



Y Fitness Education Centre Courses & Workshops

March – June 2017

To Register:

Y Fitness Education Centre
Downtown Y
99 Bank Street, Ottawa ON
613-288-1424
education.centre@ymcaywca.ca

CERTIFICATION COURSES:

Group Fitness, Indoor Cycling

Instructor: Jean-Michel Beliveau

Become an Indoor Cycling Instructor! This comprehensive course, led by a YMCA Canada Certified Trainer, will take you through practical and theoretical concepts and will teach you everything you need to know to become a great instructor.

Downtown Y - 99 Bank Street – Level B1, Ottawa
Saturday, March 04, 11 & 18, 2017, 9am – 5pm
Course Code: 88898

Water Fitness

Instructor: Brian Robertson

This comprehensive course, led by a YMCA Canada Certified Trainer, provides you with the essential tools needed to design and lead safe and effective water fitness class. The course consists of in-class and at-home online component.

Ruddy Family Y – 265 Centrum Blvd, Orleans
Sundays, April 23, May 07, June 04 & 11, 2017
10am – 3:30pm
Course Code: 88948

Standard First Aid & CPR C, AED

Instructor: Patrick Perry

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR C. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid. AED is included. This course is based on the Lifesaving Society curriculum.

Downtown Y - 99 Bank Street – Level B1, Ottawa
Saturday & Sunday, April 22 & 23, 2017
9am – 5pm
Course Code: 88975

CPR C & AED

Instructor: Patrick Perry

CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infants, including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED.

Downtown Y - 99 Bank Street – Level B1, Ottawa
Sunday, April 30, 2017, 9am – 3pm
Course Code: 88984

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WORKSHOPS:

Strength Athletics: Myth vs. Reality

Presenter: Sam Dubé (Lecture and Training)

“Strongman Training” – everyone and their dog seems to be trying it these days, often with undesirable results. This workshop will dispel popular misconceptions and address the question “what can these movements do for me and my clients?” Participants will learn proper execution, instruction, integration, and modification of traditional strongman events, with the goal of making this valuable training modality safe and accessible to all. Learn how to perform and teach a proper Farmer’s Walk, Stone Lift, or Tire Flip, or variations that nearly everyone can enjoy with one of Canada’s pioneers of modern strength athletics.

Downtown Y - 99 Bank Street – Level B1, Ottawa
Saturday, March 4, 2017, 9am - 11 am
Course Code: 90815

Techniques for Increased Mobility

Presenter: Andrea Morissette

Everyone wants to increase their flexibility, but people rarely make the time to stretch! What if there was a way to open up the body without having to do time-consuming (and boring!) static stretches? The goal of this workshop is to break down the 'new' term of mobility and to teach techniques and movements that will improve overall muscular flexibility and increase joint range of motion from head to toe. Using a range of modalities, participants will leave with an understanding of how to employ various techniques and how introducing mobility movements will complement and improve the results of any fitness routine!

Downtown Y - 99 Bank Street, Ottawa ON
Sunday, April 9, 2017, 9am – 11am
Course Code: 90816

Y FITNESS SUMMIT - May 7, 2017

The Y Fitness Summit is a semi-annual half-day Fitness Education Conference that will provide the participants with an opportunity to network and learn from some of the best fitness professionals in the industry. By attending this conference, you will earn 4 Y CECs, 4 canfitpro CECs and 3 CALA CECs (upon completion of both aqua sessions).