



National Capital Region YMCA-YWCA
Fitness Certification Courses
and Workshops
January – August 2009



YMCA-YWCA

We build strong kids,
strong families, strong communities.

Fitness Education Centre
99 Bank Street Ottawa ON K1P 6B9
613.288.1424 www.ymcaywca.ca

Driven by Passion...Fueled by Knowledge

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Refund Policy

Refunds may only be approved if the following conditions are met:

- The refund request is submitted in writing by email, fax or mail 5 days prior to the course or workshop and a copy of the receipt is provided with the written request.
- For medical reasons, with a medical certificate.

NOTE: Refunds will NOT be made after the beginning of a course except with a medical certificate. An administration fee of \$25 on courses and 25% on workshops will be charged for refunds and transfers.

Refund requests must be submitted to the Fitness Education Centre.



How to Register for Courses

Our courses often fill up quickly, so to guarantee your spot, we suggest you register early.

by mail Fitness Education Centre (Downtown Y)
99 Bank Street, Ottawa, ON K1P 6B9

by phone 613.288.1424

by email educationcentre@nationalcapitalregionymca-ywca.ca

in person at your closest YMCA-YWCA location

Downtown Y
99 Bank Street
613.233.9331

Kanata Y
1000 Palladium Drive,
Scotiabank Place
613.599.0280

Metro Central Y
180 Argyle Avenue
613.788.5000

Nepean Y
1642 Merivale Road,
Merivale Mall
613.727.7070

Carlingwood Y
200 Lockhart Avenue
613.729.7131

Orléans Y
265 Centrum Boulevard
613.830.4199

Clarence-Rockland Y
1500 Du Parc Ave
613.446.7679

Fitness Education Centre
Downtown Y
99 Bank Street
Ottawa, ON K1P 6B9
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Fitness Leader Certification

Why Choose the Y for Your Certification?

"Of all the variables that can affect exercise compliance, the most important is the quality of the leader."

The National Capital Region YMCA-YWCA, an industry fitness leader, is dedicated to the training, certification and development of individuals in the area of health and wellness. Our Fitness Education Centre involves a team of expert trainers who instruct certification courses and continuing education workshops.

YMCA Canada developed the first nationally recognized Fitness Leadership Training Program and has been training fitness leaders for over 30 years. Dedicated to the development of people in mind, body and spirit, the Y promotes personal development and has a long history of helping people develop a positive self-image.

The Pathway to Y Certification program is designed to help participants to identify and achieve their fitness leadership goals. Certification courses ensure an extensive knowledge base and utilize a combination of classroom and group-centered learning techniques. Specialty certifications, such as the Personal Trainer Certification and Yoga Certification, include additional learning hours. The apprenticeship component of our program is unique to the Y, and provides the opportunity to learn from qualified fitness leaders and develop practical skills through hands-on experiences.

Y certifications meet or exceed both industry and national standards, are transferable throughout Canada, and are recognized and recommended by employers and fitness leaders. Certifications are current for a two-year period. The Fitness Education Centre offers regular ongoing local workshops towards your re-certification hours including an annual Fitness Conference, ConneXion, held in Ottawa each February.

100% attendance is required for all courses		YMCA Canada Pathway to Certification		
Step 1 Prerequisite for all courses	Basic Theory Take-home exam			
Choose your path	Individual Conditioning ↓	Group Fitness instructor ↓	Water Fitness instructor ↓	
Step 2	Individual Conditioning Course	Group Fitness Fundamentals Course Choose a specialty course: - Choreography - Strength and Stretch - Resistance Training - Indoor Group Cycling	Water Fitness Course	
Step 3	12 hours apprenticeship 8 formal hours	4 to 12 hours apprenticeship 4 formal hours		
Step 4	CPR A minimum – Standard First Aid			
Step 5 (within 6 months of Step 2)	Practical Evaluation Email the Education Centre to schedule your appointment. educationcentre@nationalcapitalregionymca-ywca.ca			

Y Fitness Certification Package Pricing

As an incentive to certify as a Y Personal Trainer or Group Fitness Instructor we now offer special pricing packages.

Personal Training Certification Package

Includes: YMCA Canada Basic Theory Course, Individual Conditioning Certification Course and Personal Training Certification Course (along with all course manuals & exams)
Y Member \$399 Non-Y Member \$475

Group Fitness Certification Package

Includes: YMCA Canada Basic Theory Course, Group Fitness Fundamentals and one Group Fitness Specialty Certification Course (Choreography or Resistance Training or Core Strength & Stretch or Indoor Group Cycling)
Y Member \$249 Non-Y Member \$329

To obtain package pricing all course components must be selected and paid in full at the time of registration and completed within six (6) calendar months.

Cancellation Policy

If a candidate wishes to withdraw from the package courses written notice of intention 5 days prior to the start date is required to avoid a cancellation fee. Within 5 days there is a \$25 administration fee applied to the refund. Cancellations will be pro-rated to the single course fee in the event of withdrawing from one or more of the packaged courses. Changes or refunds will not be accepted after the start of a course.

YMCA Canada Pathway to Certification

Step 1 Basic Theory

Basic Theory Course

YMCA Canada Basic Theory is the minimum prerequisite for all certification courses. This course includes Y vision and values, exercise science and general program development for all fitness professionals, coaches and/or avid participants. Discussion focuses on basic anatomy and physiology, exercise design, biomechanics, nutrition, liability, leadership and more! **Course fee includes registration, materials, manual and exam.**

\$155 Y member \$210 Non-Y member

Wed, Jan 7, 14	6:30 pm – 10:00 pm	Downtown Y
Sat, Jan 17, 24	9:00 am – 6:00 pm	
Wed, Mar 4, 11	6:30 pm – 10:00 pm	Downtown Y
Sat & Sun, Mar 14, 15	9:00 am – 6:00 pm	
Wed, Apr 29, May 6, 13, 20	6:30 pm – 10:00 pm	Downtown Y
Sat, May 23	9:00 am – 6:00 pm	
Wed, July 8, 15	6:30 pm – 10:00 pm	Downtown Y
Sat & Sun, Jul 18, 19	9:00 am – 6:00 pm	



Follow this pathway for Certification in Individual Conditioning

Step 2 Y Individual Conditioning Course

Individual Conditioning Certification

Prerequisite: Basic Theory

This certification course is designed to prepare the fitness leader to work in fitness facilities. The course will review physiology, training principles, training methods and proper program design for muscular fitness, cardiovascular fitness, weight management, flexibility and special populations. Participants will learn the basic guidelines to establish effective, safe and time efficient fitness programs. Participants will experience practical application of free weights, various types of resistance machines and cardiovascular equipment. Bring workout gear. **Course fee includes registration, materials, manual and exam.**

\$155 Y member \$210 Non-Y member

Sat & Sun, Jan 31, Feb 1	9:00 am – 6:00 pm	Downtown Y
Sat & Sun, Apr 4, 5	9:00 am – 6:00 pm	Downtown Y
Sat & Sun, May 30, 31	9:00 am – 6:00 pm	Downtown Y
Sat & Sun, Jul 25, 26	9:00 am – 6:00 pm	Downtown Y

Step 3 Y Individual Conditioning Apprenticeship

Individual Conditioning Apprenticeship Training Program (ATP)

Prerequisite: Individual Conditioning Certification

This program is for those who have completed the Individual Conditioning Certification and are ready for practical, hands-on learning. A maximum of eight participants work closely with a trainer on advanced training principles and program design. Practical experience and case studies are covered intensely. This ATP provides the prerequisite 12 hours towards certification. Bring workout gear. **Course fee includes all course materials.**

\$130 Y member \$184 Non-Y member

Tues, Feb 10, 17, 24, Mar 3	6:30 pm – 9:30 pm	Downtown Y
Tues, Apr 14, 21, 28, May 5	6:30 pm – 9:30 pm	Downtown Y
Tues, Jun 2, 9, 16, 23	6:30 pm – 9:30 pm	Downtown Y
Tues, Aug 4, 11, 18, 25	6:30 pm – 9:30 pm	Downtown Y

Follow this pathway for Certification in Group Fitness

Step 2 Y Group Fitness Courses

All participants must first take group fundamentals and then choose a stream of teaching to focus on any of the following: choreography, resistance training, strength and stretch, indoor group cycling, or water fitness.

More than one specialty can be taken, so that over time, instructors may build on their skill set and focus on the types of classes they want to teach.

Group Fitness Fundamentals

Prerequisite: Basic Theory

The purpose of this course is to give fitness leaders the pertinent information needed to teach in a group setting, regardless of the modality chosen. This one-day course is the first step to completing the group fitness certification. Topics will include musicality, group dynamics and leadership. Bring workout gear. **Course fee includes registration and all materials.**

\$75 Y member \$100 Non-Y member

Sat, Jan 31	9:00 am – 6:00 pm	Downtown Y
Sat, Mar 28	9:00 am – 6:00 pm	Downtown Y
Sun, May 31	9:00 am – 6:00 pm	Downtown Y

Group Fitness Choreography

Prerequisite: Group Fitness Fundamentals

This certification follows the performance standards set forth to become a step, high and low impact, and cardio group fitness instructor. The course includes class components, musicality, choreography, cueing and teaching techniques. Bring workout gear. **Course fee includes registration and all materials.**

\$75 Y member \$100 Non-Y member

Sat, Feb 7	9:00 am – 6:00 pm	Downtown Y
Sat, Apr 4	9:00 am – 6:00 pm	Downtown Y
Sat, Jun 6	9:00 am – 6:00 pm	Downtown Y

Group Fitness Resistance Training

Prerequisite: Group Fitness Fundamentals

This course will prepare fitness leaders to teach safe and effective resistance training and stretch classes. Topics will include appropriate equipment, weight, cueing and class design. Bring workout gear. **Course fee includes registration and all materials.**

\$75 Y member \$100 Non-Y member

Sun, Feb 8	9:00 am – 6:00 pm	Downtown Y
Sun, Apr 5	9:00 am – 6:00 pm	Downtown Y
Sat, Jun 13	9:00 am – 6:00 pm	Downtown Y

Group Fitness Core Strength & Stretch

Prerequisite: Group Fitness Fundamentals

This course will prepare fitness leaders to teach safe and effective basic group core strength or stretching classes. Topics include anatomy of the core and spine, class design, appropriate music and cueing techniques. Bring workout gear. **Course fee includes registration and all materials.**

\$75 Y member \$100 Non-Y member

Sat, Feb 21	9:00 am – 6:00 pm	Downtown Y
Sun, Apr 19	9:00 am – 6:00 pm	Downtown Y
Sun, Jun 7	9:00 am – 6:00 pm	Downtown Y

Group Fitness Indoor Cycling

Prerequisite: Group Fitness Fundamentals

Jump on a bike and take a ride! This course prepares fitness leaders to teach indoor group cycling. Includes bike set-up and maintenance, proper body positions and cueing, safety and injury prevention, how to build “the ride” and use of imagery. Learn how to connect your spirit, mind and body on a journey of health and fitness. Six apprenticeship hours are required to complete this certification. **Course fee includes registration and all materials.**

\$75 Y member \$100 Non-Y member

Sun, Feb 1	9:00 am – 6:00 pm	Downtown Y
Sat, Apr 18	9:00 am – 6:00 pm	Downtown Y

Step 3 Y Group Fitness Apprenticeship

Group Fitness Apprenticeship Training Program (ATP)

Prerequisite: Group Fitness Certification Course

This apprenticeship training program provides leaders with a small group to trainer ratio. All components of a group fitness class are thoroughly practiced and integrated to prepare students for formal teaching hours. This ATP provides the prerequisite 12 hours towards certification. This is an INTENSE training program. Maximum of 8 participants. This course is strongly recommended for those who have chosen Group Fitness Choreography. **Course fee includes all course materials.**

\$170 Y member \$225 Non-Y member

Mon & Thurs, Feb 9, 12, 16, 19, 23 Mar 2, 5, 9	6:30 pm – 9:30 pm	Downtown Y
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Mon & Thurs, Apr 20, 23, 27, 30 May 4, 7, 11, 14	6:30 pm – 9:30 pm	Downtown Y
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Follow this pathway for Certification in Water Fitness

Step 2 Y Water Fitness Course

Water Fitness Certification

Prerequisite: Basic Theory

Get wet! This leader certification course incorporates fitness principles with the benefits of water and includes safety, healthy lifestyle, fitness principles, research, exercise design and training guidelines. The participant must be comfortable in the water and have a bathing suit and towel. This course includes Group Fitness Fundamentals with the Water Fit option. Please note that apprenticeship hours are required to complete this certification.

Course fee includes registration, materials, manual and exam.

\$160 Y member \$215 Non-Y member

Sat, Mar 14	9:00 am – 6:00 pm	Metro Central Y
Sun, Mar 15	9:00 am – 6:00 pm	Metro Central Y

Step 3 Y Water Fitness Apprenticeship

Water Fitness Apprenticeship Training Program (ATP)

Prerequisite: Water Fitness Certification Course

This apprenticeship training program provides leaders with a small group to trainer ratio. All components of an aqua fitness class are thoroughly practiced and integrated to prepare students for formal teaching hours. This ATP provides the prerequisite 12 hours towards certification. Maximum of 8 participants. **Course fee includes all course materials.**

\$160 Y member \$215 Non-Y member

Sun, Mar 22, 29 Apr 5, 19	1:00 pm – 3:00 pm	Metro Central Y
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Apprenticeship Training Program (ATP)

The YMCA Canada certification process requires 4-12 hours of apprenticeship training and 4-8 hours of formal teaching hours within each certification pathway. To achieve this, the Y recommends that candidates participate in the Apprenticeship Training Program (ATP).

The ATP has been set up to provide candidates with a structured, individualized opportunity to specialize movements and teach techniques in a small group. Candidates will have the opportunity to practice with a certified trainer. This experience helps to ensure that candidates are comfortable, safe, informed and confident to run an enjoyable and safe program. This program is very involved and will provide candidates with the required apprenticeship hours.

Following completion of apprenticeship training, candidates will then need to complete formal teaching hours.



Step 4 Lifesaving Society First Aid and CPR Training

CPR C (Cardiopulmonary Resuscitation)

This course includes the three levels of CPR training – A, B, and C – for adults, children and infants. You will learn about the signs and symptoms for care of choking, non-breathing and pulse-less victims.

Certification (6 hours): \$48 Y member \$69 Non-Y member

Sat, Jan 17	9:00 am – 3:00 pm	Downtown Y
Sat, Feb 7	9:00 am – 3:00 pm	Downtown Y
Sat, Mar 21	9:00 am – 3:00 pm	Downtown Y
Sat, Apr 18	9:00 am – 3:00 pm	Downtown Y
Sat, May 9	9:00 am – 3:00 pm	Downtown Y
Sat, Jun 20	9:00 am – 3:00 pm	Downtown Y
Sat, Jul 11	9:00 am – 3:00 pm	Downtown Y
Sat, Aug 8	9:00 am – 3:00 pm	Downtown Y

Re-Certification (4 hours): \$26 Y member \$37 Non-Y member

Sat, Jan 17	9:00 am – 1:00 pm	Downtown Y
Sat, Feb 7	9:00 am – 1:00 pm	Downtown Y
Sat, Mar 21	9:00 am – 1:00 pm	Downtown Y
Sat, Apr 18	9:00 am – 1:00 pm	Downtown Y
Sat, May 9	9:00 am – 1:00 pm	Downtown Y
Sat, Jun 20	9:00 am – 1:00 pm	Downtown Y
Sat, Jul 11	9:00 am – 1:00 pm	Downtown Y
Sat, Aug 8	9:00 am – 1:00 pm	Downtown Y

Step 5 Y Certification

Practical Evaluation

Once candidates have completed steps 1-4, the final step towards attaining certification is the successful completion of a practical evaluation. This evaluation should be completed within six months of step 2.

Contact the Y Fitness Education Centre at 613.288.1424 or educationcentre@nationalcapitalregionymca-ywca.ca

Standard First Aid & CPR C

Comprehensive first aid training for professionals, home or recreation including components from emergency first aid as well as, spinal injuries, heat and cold dangers, injuries of the bone, joint, abdominal and chest as well as legal implications, burns and medical emergencies.

\$80 Y member \$107 Non-Y member

Sat & Sun Jan 24, 25	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Feb 21, 22	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Mar 7, 8	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Apr 25, 26	9:00 am – 4:00 pm	Downtown Y
Sat & Sun May 23, 24	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Jun 27, 28	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Jul 18, 19	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Aug 8, 9	9:00 am – 4:00 pm	Downtown Y
Sat & Sun Aug 22, 23	9:00 am – 4:00 pm	Downtown Y

Standard First Aid & CPR C Recertification

Recertification course for Standard First Aid including components from emergency first aid as well as, spinal injuries, heat and cold dangers, injuries of the bone, joint, abdominal and chest as well as legal implications, burns and medical emergencies. **Must have previously taken and hold valid Lifesaving Society Standard First Aid Certification to participate in this course.**

\$54 Y member \$80 Non-Y member

Sun, Feb 8	9:00 am – 5:00 pm	Downtown Y
Sat, Jun 21	9:00 am – 5:00 pm	Downtown Y

Anaphylaxis Rescuer Certification

This course provides participants with the proper training for how to use an auto-injector as well as understand what anaphylaxis is, the different types of auto-injectors and how to recognize symptoms.

\$15 Y member \$20 Non-Y member

Sat, Jan 17	3:00 pm – 4:00 pm	Downtown Y
Sat, Apr 19	3:00 pm – 4:00 pm	Downtown Y
Sat, Jun 20	3:00 pm – 4:00 pm	Downtown Y
Sat, Aug 8	3:00 pm – 4:00 pm	Downtown Y



8th Annual Y Fitness ConneXion Conference

2009 Feature Presenters

WHEN

Saturday, February 28, 2009
9:00 am - 3:30 pm

WHERE

Hampton Inn Conference Centre
200 Coventry Road, Ottawa

The ConneXion Fitness Conference brings together fitness leaders from Eastern Ontario to share ideas and experiences in fitness and health. The conference features a full day of workshops and lectures that will educate and inspire.

Conference participation is equal to 6 Y Continuing Education Credits

Complete Presenter, Session Schedule and Registration will be available

December 2, 2008



Stuart McGill, PhD

Stuart McGill is a professor of spine biomechanics at the University of Waterloo and a widely sought after speaker internationally. He has been the author of over 200 scientific publications that address the issues of low back function, injury mechanisms, development of evidence-based rehabilitation and performance exercise, diagnosis, and the formulation of injury avoidance strategies. As a consultant, he has provided low back expertise to various government agencies, many corporations, elite athletes and teams from many countries, and legal firms. Working at the interface between basic foundational science and clinical practice, he is one of the few scientists who is regularly asked for consult by the medical community regarding particularly difficult back cases.

Krista Popowych B. HK

Krista Popowych, B.HK is an international presenter on group fitness, personal training and management in Vancouver, B.C., Canada. Krista is a Canadian Presenter of the Year award recipient, TV Host of the Caribbean Workout and ADIDAS sponsored 3-stripe member. As a Fitness Specialist, Krista is the North American Education Director for Keiser™ M3 Indoor Cycling, Master Trainer for Resist-a-ball, Associate Editor for FBC magazine, Can-Fit-Pro Advisory member, IDEA Group Fitness Committee member and one of IHRSA's 2006 top 25 up-and-coming executives. She is featured on various management, fitness and audio DVD's. Krista is a highly sought after fitness professional who loves to inspire others through education and movement.



Shelly McDonald B.Phys.Ed.

Shelly is an Adidas sponsored athlete who has been a dedicated fitness professional for many years now as a Television Personnel, Group Fitness Director, International Presenter, and Phys Ed. teacher. She is most recognized for her involvement with TV's "Caribbean Workout" series aired on TSN, OLN and Fit TV in the US. She has appeared for twelve years and hosted the show for six seasons. The Caribbean Workout is one of the longest running fitness shows in Canada and can also be seen all over the world. The Caribbean Workout just celebrated it's 15th year of filming. Shelly also teaches physical education at Marianopolis College and is the Group Fitness Director for Club Sportif MAA in Montreal.

For regular conference updates **visit** www.ymcaywca.ca,
email educationcentre@nationalcapitalregionymca-ywca.ca or **call** 613.288.1424.

Specialty Certifications

Personal Fitness Trainer Certification

Prerequisite: Individual Conditioning

This course emphasizes personalized training programs for clients of diverse needs: beginners vs. advanced clients, special needs clients, home vs. fitness club programs. The Personal Fitness Trainer Certification follows all NFLAC guidelines and includes the following components: health and lifestyle screening, policy making, pricing strategies, legal liability and business opportunities, fitness measuring techniques, exercise ball demonstrations, stretching demonstrations, nutritional analysis, ergogenic aids and weight management. Bring workout clothes, a cloth measuring tape, calculator and heart rate monitor if you have one. Standard First Aid required for certification. **Course fee includes registration, materials, manual and exam.** \$155 Y member \$210 Non-Y member

Sat & Sun, Mar 7, 8 9:00 am – 6:00 pm Downtown Y
Sat & Sun, Jun 13, 14 9:00 am – 6:00 pm Downtown Y

Older Adult Certification

Prerequisites: Group Fitness or Individual Conditioning Certification
This program is designed to build on your knowledge of fitness for the aging population. It includes physiology of the “wise age,” aerobic components, ball stability, strength and conditioning. Course fee includes registration, materials and exam. The required textbook for this course must be purchased separately by the participant. Please call the Fitness Education Centre in advance of the course for details. \$155 Y member \$210 Non-Y member

Sat & Sun, Mar 28, 29 9:00 am – 6:00 pm Downtown Y

Sports Nutrition Certification

Prerequisite: Basic Theory

The Y’s Sports Nutrition Certification provides fitness leaders with the expertise to offer more in-depth nutrition counseling to their clients. Basic metabolism of carbohydrate, fat, protein, vitamins, minerals and electrolytes will be covered as well as sports-specific nutritional recommendations. Hot topics such as nutritional supplementation, fad diets, protein-loading and optimal nutrition for performance will also be discussed. Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant \$155 Y member \$210 Non-Y member

Sat & Sun, Apr 25, 26 9:00 am – 5:00 pm Downtown Y

Yoga Instructor Certification

Prerequisite: Basic Theory

Prerequisite Skill Level: Applicant must be actively involved in Yoga practice at an intermediate level

If you are a fitness trainer and a keen practitioner of Yoga why not consider becoming a certified Yoga instructor? This certification program consists of two intensive course training weekends, apprenticeship and a practical assessment. Not only is a Level I Certification offered, but you will finish the course with a much deeper understanding of the practice and instruction of Yoga. Yoga philosophy, guided meditation, correct alignment action in the basic types of asana and techniques of stress relief are all introduced. You will practice both observing and adjusting the poses of others and learn to better communicate Yogic principles. **Course fee includes registration, materials, manual and exam.** \$408 Y member \$510 Non-Y member

Sat & Sun, May 2, 3 9:00 am – 6:00 pm Downtown Y
Sat & Sun, Jun 6, 7 9:00 am – 6:00 pm Downtown Y

Pre & Post Natal Certification

Prerequisites: Group Fitness or Personal Trainer Certification

This course will review the physiological and psychological changes that occur during pregnancy as well as addressing common concerns of pre/postnatal clients while learning about the current research on pregnancy and exercise. Participants will gain knowledge on contraindications to exercise and recommended exercise precautions. Group Fitness Instructors and Personal Trainers will develop the ability to provide safe and effective programs for their pre/postnatal participants. Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant. \$105 Y member \$157 Non-Y member

Sun, May 3 9:00 am - 6:00 pm Downtown Y



Fitness Leadership Re-Certification

YMCA-YWCA Fitness Leader Certification is valid for a TWO YEAR period from the date of issue.

Re-certification guidelines are as follows:

Hours of Leadership

Complete a minimum of 50 hours of instruction in the area of specialty certification during the two-year period. Hours must be documented and signed by a fitness supervisor or facility manager on letterhead and provided to the evaluator at the time of re-certification.

Continuing Education

Complete 16 credits from workshops, of which a minimum of 10 credits must include Y workshops and courses. First Aid and CPR may be counted as workshops up to 2 external credits only. External workshops that wish to be credited must be approved by YMCA Canada standards. Please confirm all external credits with the Fitness Education Centre.

Evaluation

All fitness leaders must be formally evaluated by a certified YMCA-YWCA evaluator prior to their certification expiry date. Leaders further than 200 km from Ottawa may be eligible to submit a videotape of a class. Please email or phone the Fitness Education Centre to book your evaluation.

Fees

There is a \$25 administration fee and a \$35 evaluator's fee due at the time of re-certification. The administration fee is payable to the National Capital Region YMCA-YWCA and the evaluator's fee is paid directly to the evaluator. A current CPR A Certificate is required for re-certification. Standard First Aid & CPR C certification is a requirement for Personal Fitness Trainers and recommended for others. For all inquiries and requests, please contact the Fitness Education Centre.

Late Re-Certification

If you are late, you must contact the Fitness Education Centre to re-apply for certification.

Re-Certification Checklist

Information that you will need to present to your evaluator at the time of evaluation:

- Proof of fifty hours of instruction hours in the last two years (50 hours).
- Sixteen Continuing Education Credits (16 CECs), ten of which must be Y credits (10 Y CECs).
- Copies of current CPR (and First Aid as applicable) certificates.
- Re-certification fee of \$25 payable to the YMCA-YWCA Fitness Education Centre.
- An evaluation fee of \$35 payable to the evaluator at the time of evaluation.

Failure to meet any of the above criteria will result in a temporary postponement of re-certification. There is a penalty for late re-certification.



Continuing Education Workshops

The Fitness Education Centre is committed to providing fitness leaders with the most up-to-date training. Please note the key beside each course to determine suitability and continuing education credit (CEC) value. Upon completion of your workshops, you will be given a certificate of completion.

WORKSHOP SUITABILITY KEY

- GF** Group Fitness Instructors
- WF** Water Fitness Instructors
- PFT** Personal Fitness Trainers/Individual Conditioning Consultants
- GC** Group Cycling
- S** Special (Please note description for suitability)
- GI** General Interest

Kettlebells

PFT, S, GF

Trainer: Albert Guite & Mary Burney

The kettlebell is a powerful tool for building both strength and endurance. Learn how to execute and teach both basic and advanced kettlebell moves. This workshop will cover safety, warm-up techniques, spotting, exercise progression and how to develop a program for specific fitness goals. Come dressed to sweat and learn how to supercharge your workouts.

\$28 Y member \$39 non-Y member 2 Y CECs

Sun, Mar 29 10:00 am – 12:00 pm Downtown Y

Coaching and Communicating in Group Cycling

GC

Trainer: Allison Christie Sajan

Clear and effective communication in group cycling enables participants to reach desired outcomes. Many instructors report that they would like new ways to communicate messages to participants. Learn and share effective techniques for communicating and coaching to the diverse needs of your classes, to bring out the best in your participants. Following an interactive discussion, we'll test drive some of these techniques in a strength ride.

\$28 Y member \$39 Non-Y member 2 Y CECs

Sun, Mar 29 1:00 pm – 4:00 pm Downtown Y

Teaching Step 101

GF

Trainer: Katharine Chamberlain

Thinking about teaching step? Designed with the new step instructor in mind, this course will provide you with the basic fundamentals to begin creating your own step classes. Topics covered include safety, terminology, cueing, musicality and of course the moves you need to start you on your path!

\$28 Y member \$39 Non-Y member 2 Y CECs

Thurs, Apr 2 6:30 pm – 8:30 pm Downtown Y



Learning More About Arthritis

GF, WF, PFT, GC, S, GI

Trainer: Dr. Sasha Hamid

Arthritis affects one in six Canadians and is the leading cause of pain, disability and health care utilization in Canada! Learn the basics about arthritis and its relationship with body mechanics and your health. Prevention of repetitive strain, injury and degeneration are key to optimal physical performance and health maintenance. This presentation will look at the etiology, treatment and prevention of osteoarthritis and its impact on Canadians. Participants will understand how posture imbalances throughout the spine can lead to uneven wear and tear within the body over time. They will be able to recognize these patterns and understand the benefits of flexibility and balance for optimal physical performance and health maintenance.

\$28 Y member \$39 Non-Y member 2 Y CECs

Mon, Apr 20 6:30 pm – 8:30 pm Downtown Y

Prenatal/Postnatal Strength Training

GF, PFT, S

Trainer: Sarah Zahab

This workshop will focus on strength exercises that are appropriate for the pregnant woman. We will touch on the physiological changes that occur during each trimester and appropriate exercises for each stage of pregnancy. Learn why the pregnant woman should never perform an abdominal crunch. Walk away with exercises that will increase functionality, improve posture and reduce back pain in your prenatal clients and group fitness participants. We will finish with a short postnatal section to help your clients and participants bounce back quickly after baby.

\$28 Y member \$39 Non-Y member 2 Y CECs

Tues, Apr 21 6:30 pm – 9:30 pm Downtown Y

The YMCA Multi-Gym (Resistance Workout Bar)

GF, PFT

Trainer: Dylan Harries

This new exercise concept is suited for both personal trainers and group fitness instructors. The multi-gym offers a complete portable workout system that builds, tones and sculpts your entire body. A durable resistance tube helps provide unique, fluid and low impact exercises that accommodates all fitness levels. Do not be left behind, discover the greatest new fitness tool on the market.

\$28 Y member \$39 Non-Y member 2 Y CECs

Sun, Apr 26 2:00 pm – 5:00 pm Downtown Y



Zumba Master Class

GF, S, GI



Trainer: Nicole Houle
Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective

fitness system. This session will review some basic rhythms (salsa, merengue, samba and more) and movements which will then be combined in a one-of-a-kind workout which will have you moving in ways you never imagined.

\$28 Y member \$39 Non-Y member 2 Y CECs

Sun, May 3 12:00 pm – 1:30 pm Downtown Y

Functional Strength, Stretch and Balance for the Older Adult Population

GF, PFT

Trainer: Kathy Godding

Do older adults need to be treated differently regarding these important training practices? Some do, but so do people of all ages. Learn to respond to the individual needs of all your clients. Use modifications and options to increase challenges when clients are ready. This session will focus on our aging population and the needs associated with this group. You will leave with some new ideas to help clients achieve the optimal fitness they deserve.

\$28 Y member \$39 Non-Y member 2 Y CECs

Wed, May 6 6:30 pm – 8:30 pm Downtown Y

Choreography Basics

GF

Trainer: Chantal Laporte

This workshop will demonstrate how to build choreography using base moves, layering techniques and seamless transitions to make choreography achievable for everyone. Tired of attending workshops where you leave frustrated because of the complexity, afraid you won't be able to teach the combinations you learned to your group? Not in this workshop!

\$28 Y member \$39 Non-Y member 2 Y CECs

Thurs, May 14 6:30 pm – 8:30 pm Downtown Y

Programming for Diverse Populations

PFT

Trainer: Albert Guite

This workshop will review concerns, benefits, and exercise recommendations for diverse populations: youths, pregnancy, asthma, diabetes, cardiac disorders (hypertension, heart attack), older adults, arthritis and osteoporosis.

\$36 Y member \$47 Non-Y member 3 Y CECs

Sun, May 24 9:00 am – 1:00 pm Downtown Y

Yoga Meditation

S

Trainer: B.J. Porter

By popular demand, here is a workshop that will shed some light on the inner world of experience that is meditation. In recent years Yoga has taken the fitness world by storm often abandoning its roots as a road to mental mastery and liberation. Gaining control over the agitated mind is a journey of many years duration, but here is your chance to take the first step, or to deepen an existing practice. Learn and 'test drive' a number of different techniques, from a variety of different meditative traditions. Learn preparatory stretches and breathing exercises, comfortable and effective sitting positions, and how to meditate safely and confidently on your own.

\$36 Y member \$47 Non-Y member 3 Y CECs

Sun, May 24 2:00 pm – 5:00 pm Downtown Y

Circuit Training - What Goes Around Comes Around

GF, PFT

Trainer: Sharon Allard

Let's be honest. We all get bored with our classes from time to time (both participants AND instructors). Have you found yourself searching for new choreography in order to shake things up? Well, how about going back to basics, but with a new format? Try teaching a circuit class! Circuit classes are nothing new, but boy, can they be fun (can it be true?)...maybe chaotic....maybe intense...who knows! Low on the choreography scale, high on the interactive scale, this may be just what you and your participants have been looking for.

\$28 Y member \$39 Non-Y member 2 Y CECs

Wed, May 27 6:30 pm – 8:30 pm Downtown Y



Aqua Gym

WF

Trainer: Dylan Harries

Working with buoyant and resistance equipment will add a new dimension to your water fitness program. Learn the exercise physiology and how to use the equipment correctly. You will walk away with different ideas to develop a well balanced water based muscle class for both assisted and resisted training.

\$28 Y member \$39 Non-Y member

2 Y CECs

Sun, May 31 2:00 pm – 4:00 pm Metro Central Y

What the Bleep Can I Eat?

GF, WF, PFT, GC, S, GI

Trainer: Teri Gentes

It's good for you, its bad for you. It causes cancer, it prevents cancer. Drink milk for calcium – cow milk is meant for baby cows. Sound familiar? Are you confused? If you are singing (or screaming) in frustration and desperation, this session deals with these controversies and the craziness in marketing and advertising (aka – brainwashing). Studies reveal most people derive 80% of their dietary info from the media and food corporations are spending billions of dollars to sell you their products. Lifestyle and self-health wellness educator and 'inspirator' Teri Gentes reveals the many myths meant to confuse you and clarifies a healthy diet. She provides solutions enabling you to determine or enhance your own healthful approach. Take home guidelines for what foods to choose, a menu outline, preparation how-tos and her basic suggested natural supplement regime to enhance your health. Learn how to fuel yourself and impact every aspect of your life, for life.

\$35 Y member \$47 Non-Y member

2 Y CECs

Sun, Jun 7 10:00 pm – 1:00 pm Downtown Y

Sport and Athlete Training

PFT

Trainer: Hassan Saeed

Training for sport performance is the basis of any athletes training regime. This workshop will educate trainers on how improve athletic performance, through training, from assessing an athletes weaknesses and strengths, program periodization, and common problems and tendencies.

\$28 Y member \$39 Non-Y member

2 Y CECs

Wed, Jun 10 7:00 pm – 9:00 pm Downtown Y

Maximize the Stretch and Relaxation Factor

GF, PFT

Trainer: Chantal Laporte

Yes, participants do feel rushed and at the end of your class. When they should take the time to stretch and relax, do they actually take their mind into the muscle or do they let it drift back to their daily stress? Learn how to maximize the last 5 to 10 minutes of your fitness classes to help clients relax, stretch and then send them away anxiously awaiting your next class.

\$28 Y member \$39 Non-Y member

2 Y CECs

Wed, Jun 17 6:30 pm – 8:30 pm Downtown Y



Hot Yoga

S

Trainer: Jessica Ballard

This workshop is designed to heat up the body inside and out detoxifying the body and the mind, while dabbling in Yoga philosophy along the way! You will explore a variety of dynamic postures and breathing techniques that are ideal for flushing the body of toxins, heating the body, increasing flexibility, and building core strength. This series is a cardiovascular workout that strengthens, tones, and stretches the muscles while calming the mind and reducing stress. Regular practice helps improve concentration, balance, endurance, and alleviates fatigue.

\$28 Y member \$39 Non-Y member

2 Y CECs

Sun, Jun 21 2:00 pm – 4:00 pm Downtown Y

T.C.I. Interval Shakedown

GF, PFT, S

Trainer: Katharine Chamberlain

Interval classes are seeing a new surge in popularity and are one of the best ways for your participants to get fit quick! Keeping your interval classes fun and interesting yet still simple to explain and quick to set up are the keys to success. Let Katharine guide you through three approaches to athletic interval classes, using timing, counting, or intensity to organize your class. Get some great ideas for pairing of exercises and strategies to motivate, even when you aren't the one doing all the work!

\$28 Y member \$39 Non-Y member

2 Y CECs

Wed, Aug 26 7:00 pm – 9:00 pm Downtown Y

Hills & Strength Cycling Workshop

GC

Trainer: Lacey Green

This workshop will provide you with the tools you need as an instructor to create a group cycling ride that includes hills to promote strength benefits. Hill climbing is a great way to simulate an outdoor ride as well as work large leg muscles and build intensity. In this workshop you will learn advanced hill training techniques and learn how to create rides utilizing hill repeat variables.

\$28 Y member \$39 Non-Y member

2 Y CECs

Thurs, Aug 27 7:00 pm – 9:00 pm Downtown Y

Y Fitness Trainers

The Y is proud to have the following committed trainers on staff sharing their knowledge in leading courses and workshops.



Sharon Allard
B.Sc. Can-Fit-Pro FIS & PTS

Sharon has been leading group fitness classes in the Ottawa area for over 12 years. She enjoys instructing everything from Yoga through traditional low impact to more intense sports conditioning-type classes. Sharon is a motivational instructor who can take her participants to places that they never thought they would go, and to have loads of FUN along the way!



Jessica Ballard
Yoga

Jessica first discovered Yoga at a drop in class over 4 years ago. She was drawn to the overall peace and contentment that this practice brought into her life, not to mention that she no longer suffered from chronic back pain. She completed a 200 hour Hatha Yoga teacher training at Rama Lotus, and is working towards the 500 hour certification. She is deeply passionate about Yoga as not only an exercise but also as a lifestyle, and is honoured to be able to teach people this beautiful practice.



Mary Burney
Canadian Kettlebell Coach Certification (Aqtsu), YMCA PFT & Sports Nutrition

Mary has introduced Kettlebells to individuals from all levels for fitness, from the novice to the veteran athlete and the verdict is always the same. They love the incredible workout that can be achieved in less time than a traditional resistance training workout and they love the incredible improvements in their overall strength and endurance. Mary keeps busy running her Group Kettlebell Fitness Program and her early morning Circuit Camps.



Katharine Chamberlain
(BAHS) FIS, PTS

Katharine has been active in the fitness industry since 1984. She is a certified FIS, PTS, and Yoga Exercise Specialist, and is a CanFit Pro-Trainer for Fitness Instructor Specialists in the Ottawa area.

She is a regular workshop provider, and also teaches part time in the Fitness Management program at Algonquin College. Katharine is currently Lead Trainer for LifeFIT Canada at the Department of Foreign Affairs and International Trade.



Allison Christie Sajan
GC

Allison is a longtime member of the Y. She began teaching group fitness classes in 1996 and group cycling in 2000. She is a recreational road cyclist and loves to apply lessons learned on the road and up in the hills to her indoor group cycling classes.



Alicia Ennis
YMCA ICC & GC

Alicia, Health Fitness and Recreation Coordinator for the Orleans YMCA-YWCA, began her love of Yoga five years ago. Alicia has been involved in the fitness industry for 7 years, beginning as a volunteer at the Y, and gradually changing careers to fitness and wellness full time. Now a YMCA Canada Trainer certified in land and water fitness, indoor group cycling, Alicia continually seeks to enhance her knowledge in health and fitness and actively promotes healthy living in the community.

Teri Gentes
Lifestyle Wellness Coach, Gourmet Nutritionist/Chef; PFT, GF, Yoga

Internationally acclaimed for her enthusiasm, passion and integrity, Teri Gentes engages, educates and inspires her audiences to embrace and sustain healthier lifestyles. She focuses on 'whole self' wellness, positively affecting health from 'with in.' In her paradigm shifting and life-changing workshops and consulting sessions, Teri empowers people to honor and uplift their physical, mental, emotional, nutritional, environmental, and spiritual health. She is a presenter at conferences and on TV, author, creator of simple gourmet nutrition recipes and creator of Essen-sual Natural Body Care Products.



Rob Glen
YMCA PFT

Rob has been with the Y since 2004, currently as the Coordinator for Individual Conditioning and Personal Training at the Downtown YMCA-YWCA. An active cyclist and trainer he shares his knowledge and experience as a YMCA Canada Trainer instructing Basic Theory, Individual Conditioning Apprenticeship & Group Cycling Certification courses with the Y Fitness Education Centre.

Kathy Godding
YMCA MPFT, GFC

Kathy has been working in the fitness industry in Ottawa for over 10 years, holding many YMCA-YWCA certifications. She enjoys working with a diverse client base of individuals and groups designing and implementing programs that are effective and enjoyable, embracing the Y philosophy of building spirit, mind and body. Kathy was recognized as the National Capital Region 2007 YMCA-YWCA volunteer of the year.



Lacey Green
B.Ed.

Lacey took up spinning 10 years ago as cross-training for running and embraced it with a passion. She began teaching spinning in 2004 and holds YMCA Indoor Group Cycling Certification and Mad

Dogg Spinning Instructor Level 2 Certification. She currently teaches at the Y and two Ottawa Community Centres.



Albert Guite
B.P.E. (Honours)

Albert has been with the Fitness Education Centre for over 15 years and brings a great deal of experience and hands-on practical training. He is employed in the health and wellness field, as well as teaching at Algonquin

College in the Fitness and Lifestyle Management Program. Albert teaches Individual Conditioning and Personal Training courses at the Y.



Dr. Sasha Hamid
BSc, PTS, DC

Dr. Hamid practices at the Glebe Chiropractic Clinic and is an advocate for healthy living. She has been presenting workshops with the Fitness Education Centre since 2007 with great response.

Dr. Hamid also runs a variety of wellness workshops in Ottawa.



Dylan Harries
B. Rec., B.Sc. (HK), C.A.T

Dylan Harries is a former Artistic Roller Skating Champion and world team member, with over 16 years of fitness experience. He is the Executive Director for Body Rock Fitness and a Fitness Program

Consultant for the City of Ottawa (Nepean Sportsplex). In his spare time, Dylan is a renowned Athletic Trainer/International Fitness Presenter (Germany, England, USA, Canada)/figure skating and sport aerobics Performance Coach. He is Can Fit Pro (PTS/FIS), CALA (Trainer), YMCA (T for T), Exter-Ball, Bosu Balance Trainer, SPI (2), Mad Dog Athletics and NCCP (2) certified.



Nicole Houle
Can-Fit Pro FIS/PTS, YMCA, Zumba certified

Nicole has been a leader in the fitness industry for over 15 years. She teaches a variety of classes across the City and frequently travels to teach group fitness classes in the Caribbean. Nicole is a Zumba certified

instructor following the program's first official launch in Canada.



Chantal Laporte
B.Sc. Athletic Therapy,
M.Sc. Neurological Studies

Chantal is currently managing the Kanata Leisure Centre and Wave Pool and has been involved in the fitness industry for the past 15 years as an

instructor and trainer. YMCA and CALA certified, she has been a trainer and presenter with the Y since 1996 and with CALA since 2003. As a fitness director, she has had the opportunity to personally coach, evaluate and train many instructors of varied backgrounds and present workshops and master classes.



Louise McGoe
B.P.H.E B.Ed.

Louise has been teaching fitness for 16 years in the Ottawa area as a Y volunteer, as well as at several community centres in the city. She has been a trainer with the Fitness Education Centre for over

10 years and greatly enjoys sharing her knowledge and love of fitness with other leaders. Louise teaches Older Adult, Group Fitness Apprentice Training and Pre/Post Natal Certification.



Jill Pomeroy
B.A. Phys. Ed.

Jill has been teaching a range of group fitness and cycling classes for the Y since 1993 and is the Coordinator of Group Fitness, Water Fitness and Membership Plus for Women at the Metro Central

Y. She also teaches cross country skiing, bicycle skills and running clinics throughout the city. Holder of a Bachelor's degree in Physical Education, Jill currently competes in cross country skiing and duathlons.



B.J. Porter

B.J.Porter is an Ottawa yoga teacher with decades of meditative experience, from A to Zen. She also teaches at community classes, workplaces and Yoga centres across the city. Her philosophy combines the spiritual and physical aspects of Yoga.



Hassan Saeed
B. Sc. Hon. HK, CFC, CSCS

Hassan has been working elite athletes for 4 years and is a graduate of University of Ottawa's Human Kinetics program. Hassan has worked with athletes of all ages and skill levels ranging from amateur to

professional. Hassan is currently the Strength & Conditioning Coach with the University of Ottawa Gee-Gees Hockey Program.



Sarah Zahab
BSc, CK, CSEP-CEP

Sarah is a certified exercise physiologist, a certified kinesiologist, a personal trainer, group fitness instructor and former international fitness competitor with over 15 years of fitness industry

experience. She works full time in the fitness industry for Strength Tek Fitness and Wellness Consultants. Sarah recently gave birth to a baby girl and has released a Prenatal Strength Training DVD.

National Capital Region YMCA-YWCA

For over 140 years, the National Capital Region YMCA-YWCA has been dedicated to improving the health of individuals, promoting child and youth development, facilitating individual self-reliance, and developing healthier communities and vital neighbourhoods. We offer services to nearly 70,000 individuals of all backgrounds, abilities and stages of life in five core areas: Health, Fitness and Recreation; Child Care; Camping and Outdoor Education; Employment, Enterprise and Newcomer Services; and, Housing and Accommodation.

Mission

The National Capital Region YMCA-YWCA is a charitable association dedicated to improving the quality of life for children, youth, adults and families through programs that build spirit, mind and body. The National Capital Region YMCA-YWCA provides opportunities for personal growth and character development by providing unique and contemporary programs for everyone regardless of race, religion, creed, ability or economic circumstance.

Values

Caring is accepting others. It is being compassionate, generous, sensitive and thoughtful.

Honesty is shown through integrity, fairness and sincerity in words and deeds. It is being trustworthy and trustful.

Respect is acknowledging the inherent worth in oneself and others. It is treating others fairly and justly.

Responsibility is being accountable for one's behaviour, obligations and actions. It is doing what's right.

Join. Donate. Volunteer.

www.ymcaywca.ca

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