

JANUARY-AUGUST
2011

NATIONAL CAPITAL REGION YMCA-YWCA
FITNESS CERTIFICATION
COURSES AND WORKSHOPS

www.ymcaywca.ca



YMCA-YWCA

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CONTACT THE FITNESS EDUCATION CENTRE



educationcentre@nationalcapitalregionymca-ywca.ca



613.288.1424



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

REFUND POLICY

- Refunds or course transfers 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 made within five days of the course start date.
- For packages, refunds will be pro-rated in the event of withdrawing from one or more courses.
- Refund requests must be made to the Education Centre



Y FITNESS CERTIFICATION PACKAGE PRICING

Personal Fitness Trainer Certification

ALL INCLUSIVE PACKAGE

Y Member \$499 | Non-Y Member \$599

Includes:

- YMCA Canada Basic Theory Course
- Individual Conditioning Certification Course
- Individual Conditioning Apprenticeship Training Program
- Personal Fitness Trainer Certification Course
- Emergency First Aid/CPR B
- All course manuals and exams

Personal Fitness Trainer Certification

CORE PACKAGE

Y Member \$399 | Non-Y Member \$499

Includes:

- YMCA Canada Basic Theory Course
- Individual Conditioning Certification Course
- Personal Fitness Trainer Certification Course
- All course manuals and exams

Group Fitness Instructor Certification

ALL INCLUSIVE PACKAGE

Y Member \$399 | Non-Y Member \$499

Includes:

- YMCA Canada Basic Theory Course
- Group Fitness Fundamentals
- One Group Fitness Specialty Certification Course (Choreography or Resistance Training or Core Strength & Stretch or Indoor Group Cycling)
- Group Fitness Apprenticeship Training Program
- CPR C and AED
- All course manuals and exams

Group Fitness Instructor Certification

CORE PACKAGE

Y Member \$289 | Non-Y Member \$339

Includes:

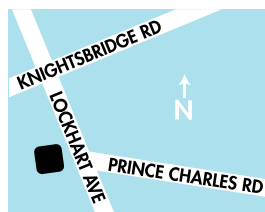
- YMCA Canada Basic Theory Course
- Group Fitness Fundamentals
- One Group Fitness Specialty Certification Course (Choreography or Resistance Training or Core Strength & Stretch or Indoor Group Cycling)
- All course manuals and exams

HOW TO REGISTER

Registration begins November 15, 2010

Our courses often fill up quickly, so to guarantee your spot we suggest you register early. Registration closes 24 hours before the start of the course. Full payment is due at the time of registration.

To register, please visit or call your closest YMCA-YWCA location.



Carlingwood Y
200 Lockhart Avenue
613.729.7131



Clarence-Rockland Y
1-1525 Du Parc Ave
613.446.7679



Downtown Y
99 Bank Street
613.233.9331



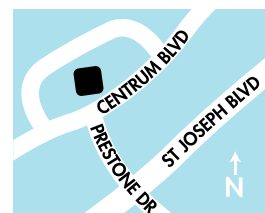
Kanata Y
1000 Palladium Drive
613.599.0280



Metro Central Y
180 Argyle Avenue
613.788.5000



Nepean Y
1642 Merivale Road
613.727.7070



Ruddy Family Centre Y
265 Centrum Boulevard
613.830.4199

WHY CHOOSE THE Y FOR YOUR CERTIFICATION

- YMCA Canada developed the first nationally recognized Fitness Leadership Training Program and has been certifying fitness leaders for over 30 years.
- Y certifications exceed industry standards and are consistently updated.
- Y certifications are transferable throughout Canada and are recognized and recommended by employers
- The Y provides a “Pathway to Certification” to help you identify and achieve your certification goals.
- Our Y certified trainers ensure participants obtain an extensive knowledge base through their courses with an optimal mix of classroom education and hands-on training.
- Through our apprenticeship training program, the Y offers the opportunity to practice with experienced fitness leaders and develop practical skills, while gaining valuable experience.
- The Y Fitness Education Centre offers ongoing continuing education workshops and an annual fitness conference – ConneXion – that make obtaining continuing education credits easy.
- YMCA-YWCA is a charitable association and a values-driven organization
- The Y is dedicated to the development of people in spirit, mind and body.

APPRENTICESHIP TRAINING PROGRAM (ATP)

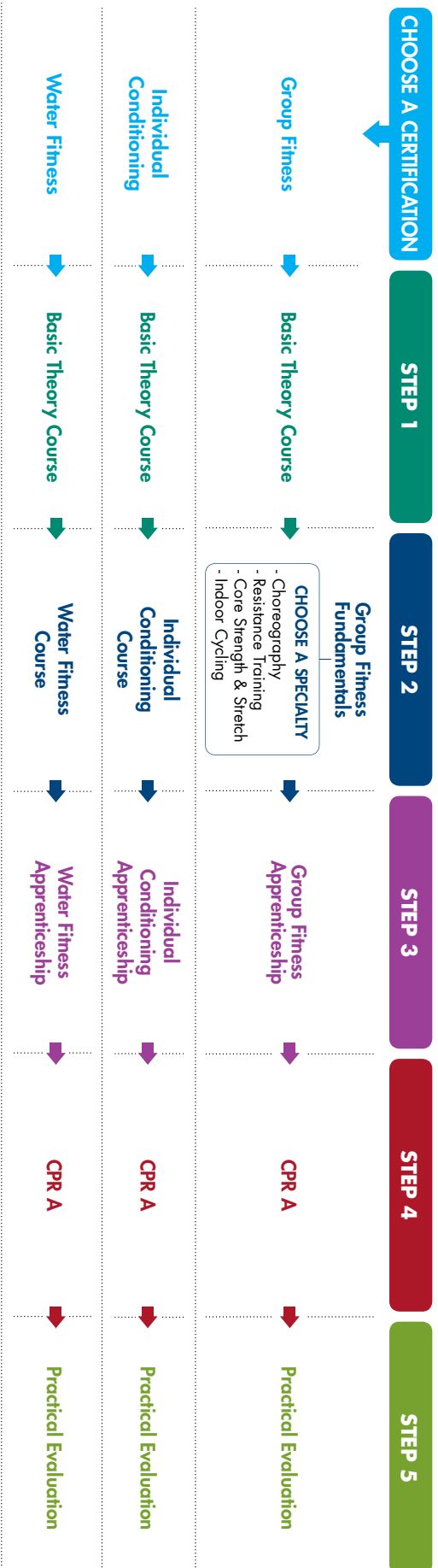
The YMCA Canada certification process requires four to 12 hours of apprenticeship training and four to eight hours of formal teaching hours within each certification pathway. To achieve this, the Y recommends that candidates participate in the Apprenticeship Training Program (ATP).

The ATP has been set up to provide candidate 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.



CERTIFICATION PATHWAYS



SPECIALTY CERTIFICATION PATHWAYS



STEP 1 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! There will be 10 in-class quizzes and a take-home exam. Course fee includes registration, materials, manual, quizzes, and exam.

DOWNTOWN Y

63948	Sa	Jan 8	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	Jan 9	9:00 am – 6:00 pm	
	Sa	Jan 15	9:00 am – 6:00 pm	
63949	Sa	Feb 26	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	Feb 27	9:00 am – 6:00 pm	
	Sa	Mar 5	9:00 am – 6:00 pm	
63950	Sa	May 7	9:00am – 6:00pm	} \$160 M \$215 NM
	Sa	May 14	9:00am – 6:00pm	
	Su	May 15	9:00am – 6:00pm	
63951	Sa	Jul 9	9:00am – 6:00pm	} \$160 M \$215 NM
	Su	Jul 10	9:00am – 6:00pm	
	Sa	Jul 16	9:00am – 6:00pm	



FOLLOW THIS PATHWAY FOR CERTIFICATION IN INDIVIDUAL CONDITIONING

STEP 2 Y INDIVIDUAL CONDITIONING COURSE

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.

DOWNTOWN Y

63954	Sa	Jan 29, Feb 5	9:00 am – 6:00 pm	\$160 M	\$215 NM
63955	Sa	Mar 19, Mar 26	9:00 am – 6:00 pm	\$160 M	\$215 NM
63956	Sa	May 28, Jun 4	9:00 am – 6:00 pm	\$160 M	\$215 NM
63957	Sa, Su	Jul 23, 24	9:00 am – 6:00 pm	\$160 M	\$215 NM

STEP 3 INDIVIDUAL CONDITIONING APPRENTICESHIP TRAINING PROGRAM (ATP)

Prerequisite: Individual Conditioning Course

This program is for those who have completed the Individual Conditioning Course and are ready for practical, hands-on learning. A maximum of 10 participants work closely with a trainer on training principles and program design. Practical experience and case studies are covered. This ATP provides the prerequisite 12 apprenticeship hours towards certification. Participants will still need to complete eight formal teaching hours. Bring workout gear. Course fee includes all course materials.

DOWNTOWN Y

63958	Su	Feb 6, 13, 20	12:30 pm – 4:30 pm	\$136 M	\$190 NM
63959	Su	Apr 10, 17, May 1	12:30 pm – 4:30 pm	\$136 M	\$190 NM
63960	Tu	Jun 7, 14, 21, 28	6:30 pm – 9:30 pm	\$136 M	\$190 NM
63961	Tu	Aug 2, 9, 16, 23	6:30 pm – 9:30 pm	\$136 M	\$190 NM

FOLLOW THIS PATHWAY
FOR CERTIFICATION IN

GROUP FITNESS

STEP 2a GROUP FITNESS FUNDAMENTALS

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

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.

DOWNTOWN Y

63962	Sa	Jan 22	9:00 am – 6:00 pm	\$80 M	\$105 NM
63963	Sa	Mar 12	9:00 am – 6:00 pm	\$80 M	\$105 NM
63964	Sa	May 28	9:00 am – 6:00 pm	\$80 M	\$105 NM
63965	Sa	Jul 23	9:00 am – 6:00 pm	\$80 M	\$105 NM

STEP 2b GROUP FITNESS SPECIALTY COURSE

Choose a stream of teaching to focus on from the specialty courses listed on the right. 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.

STEP 3 GROUP FITNESS APPRENTICESHIP TRAINING PROGRAM (ATP)

Prerequisite: Group Fitness Fundamentals and Specialty Course

This intense training program provides leaders with a small group to trainer ratio (maximum of 8:1). 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 apprenticeship hours towards certification. Participants will still need to complete formal teaching hours. This course is strongly recommended for those who have chosen Group Fitness Choreography. Bring workout gear. Course fee includes all course materials.

DOWNTOWN Y

63979	Su	Feb 6, 13, 20	1:00 pm – 5:00 pm	\$170 M	\$225 NM
63980	Su	Apr 10, 17, May 1	1:00 pm – 5:00 pm	\$170 M	\$225 NM

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.

DOWNTOWN Y

63966	Sa	Jan 29	9:00 am – 6:00 pm	\$80 M	\$105 NM
63967	Sa	Mar 19	9:00 am – 6:00 pm	\$80 M	\$105 NM
63968	Sa	Jun 4	9:00 am – 6:00 pm	\$80 M	\$105 NM

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.

DOWNTOWN Y

63969	Su	Jan 30	9:00 am – 6:00 pm	\$80 M	\$105 NM
63970	Su	Mar 13	9:00 am – 6:00 pm	\$80 M	\$105 NM
63971	Sa	Jun 11	9:00 am – 6:00 pm	\$80 M	\$105 NM
63972	Sa	Aug 6	9:00 am – 6:00 pm	\$80 M	\$105 NM

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.

DOWNTOWN Y

63973	Sa	Feb 5	9:00 am – 6:00 pm	\$80 M	\$105 NM
63974	Su	Mar 20	9:00 am – 6:00 pm	\$80 M	\$105 NM
63975	Su	May 29	9:00 am – 6:00 pm	\$80 M	\$105 NM

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. Bring your cycling gear. Course fee includes registration and all materials.

DOWNTOWN Y

63976	Su	Feb 27	9:00 am – 6:00 pm	\$80 M	\$105 NM
63977	Sa	Mar 26	9:00 am – 6:00 pm	\$80 M	\$105 NM
63978	Sa	Jun 4	9:00 am – 6:00 pm	\$80 M	\$105 NM



FOLLOW THIS PATHWAY FOR CERTIFICATION IN **WATER FITNESS**



STEP 2
Y WATER FITNESS COURSE

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.

METRO CENTRAL Y

63982 Sa, Su Mar 5, 6 9:00 am – 6:00 pm \$175 M \$230 NM

STEP 3
WATER FITNESS APPRENTICESHIP TRAINING PROGRAM (ATP)

All Water Fitness participants must complete four to 12 hours of apprenticeship training and four hours of formal teaching before doing their practical evaluation. It is the participants' responsibility to locate a certified trainer who will mentor them through this step.

STEP 4 LIFESAVING SOCIETY FIRST AID, CPR AND AED TRAINING

CPR C & AED (Cardiopulmonary Resuscitation and Automated External Defibrillation)

This course includes the three levels of CPR training – A (adults), B (children), and C (infants). You will learn about the signs and symptoms for care of choking, non-breathing and pulse-less victims. Participants learn when and how to operate an AED including maintenance, data management, and reporting protocols required following an incident.

6 HOUR CERTIFICATION – DOWNTOWN Y

64002	Sa	Jan 8	9:00 am – 3:00 pm	\$58 M	\$79 NM
64004	Sa	Mar 5	9:00 am – 3:00 pm	\$58 M	\$79 NM
64005	Sa	Apr 30	9:00 am – 3:00 pm	\$58 M	\$79 NM
64006	Sa	Jun 18	9:00 am – 3:00 pm	\$58 M	\$79 NM
64008	Su	Aug 14	9:00 am – 3:00 pm	\$58 M	\$79 NM

4 HOUR RE-CERTIFICATION (CPR C only) – DOWNTOWN Y

* Must have previously taken and hold valid LifeSaving Society CPR Certification to participate in this course.

64010	Sa	Feb 13	9:00 am – 1:00 pm	\$28 M	\$39 NM
64011	Sa	Mar 19	9:00 am – 1:00 pm	\$28 M	\$39 NM
64012	Su	May 1	9:00 am – 1:00 pm	\$28 M	\$39 NM
64014	Sa	Jul 9	9:00 am – 1:00 pm	\$28 M	\$39 NM
64015	Sa	Aug 6	9:00 am – 1:00 pm	\$28 M	\$39 NM

Emergency First Aid & CPR B

*New minimum requirement for Personal Fitness Trainers (7 hours)

For people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke, and how to deal with external bleeding. Includes CPR-B certification. Recognized by the Workplace Safety and Insurance Board.

DOWNTOWN Y

64017	Su	Jan 9	9:00 am – 4:00 pm	\$50 M	\$75 NM
64031	Sa	Feb 26	9:00 am – 4:00 pm	\$50 M	\$75 NM
64018	Sa	Apr 9	9:00 am – 4:00 pm	\$50 M	\$75 NM
64019	Su	May 8	9:00 am – 4:00 pm	\$50 M	\$75 NM
64020	Su	Jun 19	9:00 am – 4:00 pm	\$50 M	\$75 NM
64032	Sa	Jul 16	9:00 am – 4:00 pm	\$50 M	\$75 NM
64021	Sa	Aug 13	9:00 am – 4:00 pm	\$50 M	\$75 NM

Standard First Aid, CPR C & AED

Provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR C and AED certification. Recognized by the Workplace Safety and Insurance Board.

DOWNTOWN Y

64024	Sa, Su	Jan 22, 23	9:00 am – 5:00 pm	\$90 M	\$116 NM
64025	Sa, Su	Feb 19, 20	9:00 am – 5:00 pm	\$90 M	\$116 NM
64026	Sa, Su	May 14, 15	9:00 am – 5:00 pm	\$90 M	\$116 NM
64027	Sa, Su	Jun 11, 12	9:00 am – 5:00 pm	\$90 M	\$116 NM
64028	Sa, Su	Aug 20, 21	9:00 am – 5:00 pm	\$90 M	\$116 NM

Standard First Aid & CPR C Re-certification

*Must have previously taken and hold valid Lifesaving Society Standard First Aid Certification to participate in this course.

DOWNTOWN Y

64029	Su	Mar 27	9:00 am – 5:00 pm	\$54 M	\$80 NM
64030	Su	Jul 10	9:00 am – 5:00 pm	\$54 M	\$80 NM

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. The practical evaluation should be completed within six months of Step 2 and a \$35.00 evaluator's fee applies.

Practical evaluations can be arranged by contacting the Education Centre:



educationcentre@nationalcapitalregionymca-ywca.ca



613.288.1424

After successfully attaining certification, candidates are eligible to pursue specialty certifications (see next page for details).

SPECIALTY CERTIFICATIONS TO CONTINUE PROFESSIONAL DEVELOPMENT

Yoga Instructor Certification

Prerequisites: Basic Theory

Prerequisite skill level: Actively involved in yoga practice for at least one year.

If you are a fitness trainer or a keen practitioner of yoga why not consider becoming a certified yoga instructor? This certification program consists of two intensive course training weekends. 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.

DOWNTOWN Y

63990	Sa	Apr 9	9:00 am – 6:00 pm	-\$415 M	\$525 NM
	Su	Apr 10	9:00 am – 6:00 pm		
	Sa	Apr 30	9:00 am – 6:00 pm		
	Su	May 1	9:00 am – 6:00 pm		

Apprenticeship and Practical Evaluation

12 apprentice hours and 8 formal teaching hours are required to gain hands-on experience. It is the participants' responsibility to locate a certified trainer who will mentor them through this step. The final step towards certification is a practical evaluation. The practical evaluation should be completed within six months of the course and a \$35 evaluator's fee applies.

Pre and Post Natal Certification

Prerequisites: Group Fitness or Personal Fitness 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 contradictions to exercise and recommended exercise precautions. Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant.

DOWNTOWN Y

63991	Su	Apr 17	9:00 am – 2:00 pm	\$62 M	\$75 NM
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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.

DOWNTOWN Y

63989	Su	Mar 13, 20	9:00 am – 6:00 pm	\$160 M	\$215 NM
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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. Emergency First Aid required for certification. Course fee includes registration, materials, manual and exam.

DOWNTOWN Y

63983	Su	Jan 16, 23	9:00 am – 6:00 pm	\$160 M	\$215 NM
63984	Su	Mar 6, 13	9:00 am – 6:00 pm	\$160 M	\$215 NM
63985	Sa	June 18, 25	9:00 am – 6:00 pm	\$160 M	\$215 NM

Apprenticeship and Practical Evaluation

Upon completion of the Personal Fitness Trainer course, participants are encouraged to apply their knowledge with apprenticeship hours. The final step towards certification is a practical evaluation. The practical evaluation should be completed within 6 months of the course and a \$35 evaluator's fee applies.

Personal Fitness Trainer Apprenticeship Program

Prerequisite: Personal Fitness Trainer Course

This program is for those who have completed the Personal Fitness Trainer Course and are ready for advanced practical, hands-on learning. A maximum of 8 participants work closely with a trainer to expand their knowledge of training tools and program design. Topics include split routines, pyramid routines, drop sets, and periodization. Gain experience using medicine balls, stability balls, kettle bells, BOSU balls, various cardio equipment, and more.

DOWNTOWN Y

63986	Sa	Mar 26, April 9, 16	9:00 am – 12:00 pm	\$98 M	\$137 NM
63987	Tu	July 5, 12, 19	6:30 pm – 9:30 pm	\$98 M	\$137 NM

PATHWAY TO CERTIFICATION

SPECIALTY CERTIFICATIONS TO CONTINUE PROFESSIONAL DEVELOPMENT

Pilates Certification

Prerequisites: Basic Theory

Prerequisite skill level: Actively involved in Pilates practice for at least one year.

The Y Method of Pilates has modified both traditional and contemporary Pilates exercises based on the latest scientific research. This course prepares you to teach beginner – intermediate group mat classes. You will learn how to sequence the exercises into a flowing workout, how to transition between moves and warm-up/cool-down stretches. You will learn how to cue proper form and technique for the exercises plus give modifications and progressions. Apprenticeship hours are required for this course. Written exam and practical evaluation will take place on the last day of the course. Course fee includes registration materials, manual and exams.

DOWNTOWN Y

63992	Sa	May 7	9:00 am – 6:00 pm	— \$365 M \$465 NM
	Su	May 8	9:00 am – 6:00 pm	
	Sa	May 28	9:00 am – 6:00 pm	
	Su	May 29	9:00 am – 6:00 pm	

Sports Nutrition Certification

Prerequisite: Basic Theory

The Y's Sports Nutrition Certification provides fitness leaders with the expertise to provide 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.

DOWNTOWN Y

63988 Sa, Su May 14, 15 9:00 am – 5:00 pm \$160 M \$215 NM

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 two 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.

Late Re-certification

If you are late, you must contact the Fitness Education Centre to re-apply for certification. There is a late fee penalty of \$10 per month.

First Aid & CPR

Group Fitness leaders are required to maintain current CPR A (as a minimum) certification and are to submit proof for recertification.

Personal Fitness Trainers are required to maintain Emergency First Aid & CPR B (as a minimum) certification and are to submit proof for recertification.

Re-certification Checklist

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

- Proof of 50 hours of instruction hours in the last two years.
- 16 Continuing Education Credits (CECs), 10 of which must be Y credits (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.

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. You will be given a certificate upon completion of your workshops.

- GF Group Fitness Instructors
- PFT Personal Fitness Trainer
- WF Water Fitness Instructors
- ICC Individual Conditioning Consultant
- GC Group Cycling
- S Specialty (Please note description for suitability)

Back to Basics: 3 Hand Positions and 5 Movements

GC

Trainer: Tracy J Beardsley

Proper technique and form are critical when in an indoor cycling class. This hands-on workshop will ensure that you are teaching and performing the three hand positions and five movements correctly. We will discuss the parameters of each movement and how each position relates to riding outdoors. Then get ready for a one hour ride! **2 Y CECs**

DOWNTOWN Y

64071	Su	Jan 30	10:00 am – 12:30 pm	\$30 M	\$40 NM
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Kettlebell Training for Strength, Power, and Endurance

PFT S

Trainer: Jane Hermanson

Kettlebells are taking the world of strength and conditioning by storm. The workouts are intended to increase strength, endurance, agility, and balance. The workouts challenge the muscular and cardiovascular systems with dynamic total-body movements. This workshop will teach you a variety of exercises and how you can incorporate them into your regular training program. **2 Y CECs**

DOWNTOWN Y

64072	Su	Jan 30	2:00 pm – 4:00 pm	\$30 M	\$40 NM
64073	Su	Feb 6	2:00 pm – 4:00 pm	\$30 M	\$40 NM



Fast Feet for a Better Athlete

PFT S

Trainer: Sarah Leslie

Being able to move quickly and with agility is an important skill for athletes in all sports. This workshop will focus on footwork drills using agility ladders, grids, and steps to improve speed, agility, and reaction time. Learn how to create fun, challenging exercises to add to your programs whether training beginner or advanced athletes, indoors or outdoors. **2 Y CECs**

DOWNTOWN Y

64093	Th	Feb 17	6:30 pm – 8:30 pm	\$30 M	\$40 NM
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Join the Hooping Revolution

GF S

Trainer: Jenny Anderson

Join Jenny for this special exploration of the new hoop fitness revolution. Definitely not your childhood hula hoop: you'll be spiralling out from your deepest core with adult sized, heavier hoops. Hooping can be an intense, incredibly fun workout for your whole self while turning into a powerfully rhythmic movement meditation. Hoops will be available to borrow or buy to continue your hoop practice at home. This workshop is designed for fit adults new to hoping. **2 Y CECs**

DOWNTOWN Y

64074	Su	Feb 27	1:00 pm – 3:00 pm	\$30 M	\$40 NM
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What is a Rotator Cuff?

GF ICC PFT

Trainer: Lisa Guadamuz

Has anyone ever told you they have a rotator cuff injury? What does that mean? In this workshop you will learn proper terminology of the muscles associated with the infamous rotator cuff. Study the function of the muscles, how they work together to form the cuff-like structure, and how to train them effectively. Most important, you will learn the most crucial question to ask when someone presents you with a concern regarding their rotator cuff. Workout clothing recommended. **2 Y CECs**

METRO CENTRAL Y

64075	F	Mar 11	6:00 pm – 8:00 pm	\$30 M	\$40 NM
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Just got your Personal Fitness Trainer Certification – Now What?

ICC PFT

Trainer: Laurie Sweig

Now that you've put the time and energy into getting your Personal Fitness Trainer certification, what would you like to do with it? Do you work for an established facility or do you start your own business? It's a big decision. There are many things to do before welcoming your first client and then there are the on-going tasks that are necessary to keep the business running smoothly. This workshop will provide a general overview of the various aspects of operating a business (operational, financial, and marketing). Time allotted for questions so be sure to bring yours along! **2 Y CECs**

DOWNTOWN Y

64076	Th	Apr 28	6:30 pm – 8:30 pm	\$30 M	\$40 NM
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CONTINUING EDUCATION WORKSHOPS

Examining the Risks

Trainer: Louise McGoey

As group fitness leaders, we are told to “examine the risks” of the exercises we are doing. How do we do that? This workshop will provide you with suggestions and ideas on how to accommodate the needs of a diverse group safely and effectively. **2 Y CECs**

GF PFT

DOWNTOWN Y

64084	Th	May 5	6:30 pm – 8:30 pm	\$30 M	\$40 NM
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Building a Better Bootcamp

Trainer: Kenny Rolland

Whether you’re a group fitness leader (resistance training) or personal trainer, the popularity of bootcamps is on the rise... but not all bootcamps are created equal. Kenny will share his approach to being a bootcamp leader and the different sequences and exercises that make his workouts intense. Learn exercises that can be used indoors or outside. These are primarily functional exercises geared for a fit population looking for a challenge. **2 Y CECs**

GF PFT

DOWNTOWN Y

64092	Sa	May 7	2:00 pm – 4:00 pm	\$30 M	\$40 NM
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Deep Tension Release

Trainer: Mary Burney and Janice Soderholm

Learn to explore a deeper tension release through the hips, thighs, and lower back. You will gain awareness of where your body holds its’ tension and how to help release it by using gentle posture modifications, conscious breath and assists. Some partner work. This workshop is suitable for yoginis and yogis at all levels who are open to experiencing deep tissue release with gentle assists. **2 Y CECs**

GF S

DOWNTOWN Y

64077	Su	May 8	2:00 pm – 4:00 pm	\$30 M	\$40 NM
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Would I Inspire Me?

Trainer: Chantal Laporte

Go back to what inspires you the most, what motivates you to be the best you can be. This workshop is introspective and helps you unleash your power to motivate and coach others. We will look at tools and solutions to common exercise participant issues such as lack of results and drop out. **2 Y CECs**

GF ICC PFT

DOWNTOWN Y

64078	Th	May 12	6:30 pm – 8:30 pm	\$30 M	\$40 NM
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Have you ever Banana Rolled?

Trainer: Kim Gurtler

Personal training clients with physical and mental disabilities can be extremely rewarding, but also means that you must go beyond the traditional methods of training in order to create programs that are fun, motivating, and functional. This course will change your perceptions about who can benefit from a personal trainer. You’ll also learn some of the creative exercises, methods, and goal setting that have generated extraordinary results training physically and mentally challenged individuals. **2 Y CECs**

ICC PFT S

DOWNTOWN Y

64079	Su	Jun 12	10:00 am – 12:00 pm	\$30 M	\$40 NM
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Cardio Kickboxing Boot Camp

Trainer: Fabienne Blizzard

Back by popular demand! This is a total body workout combining innovative kickboxing drills, high intensity cardio, and resistance in a fun, upbeat, and safe class. Practice the technique, breakdown and cueing for kicks, punches, elbows, knee strikes, combinations, and interval transitions. Learn proper body alignment, biomechanics, and appropriate modifications. Explore favorite class formats and learn how to incorporate athletics smoothly into the Cardio Kickbox boot camp workout to create a new and unique workout experience. **2 Y CECs**

GF PFT

DOWNTOWN Y

64095	Su	Jun 19	2:00 pm – 4:00 pm	\$30 M	\$40 NM
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Y FITNESS TRAINERS



JENNY ANDERSON

Akhanda (holistic) Hatha yoga

Jenny is a yoga teacher in the Akhanda method, practicing yoga for over 16 years and instructing for 4 years. Hooping became a new love 3 years ago and, after more intensive hoop training, she has recently started teaching the hooping way to full and dynamic classes in the East end of Ottawa.

TRACY J. BEARDSLEY

Maddog (star 2), ACE PT

Tracy has been working in the fitness field for over 16 years. She has a passion for exercise and helping others adopt a healthy lifestyle. She has a keen interest in cycling and has been teaching spinning classes for over 10 years. Tracy runs Tj Fit (private fitness studio) which offers personal training, spinning, and outdoor recreational cycling and guided cycling adventures. In her spare time, she loves spending time with her three children.



FABIENNE BLIZZARD

B.Soc.Sci and Comp. Sci

Fabienne has been a personal trainer, cardio kickboxing and group fitness instructor at the Y for over five years and has been coaching high performance athletes for over 10 years. Fabienne has a great passion for fitness and demonstrates it through her knowledge delivering workshops in the corporate arena.



MARY BURNEY

PFT, Yoga Instructor, SN, Reiki Practitioner

Pursuing her passion for fitness and well-being, Mary has obtained certifications as a personal trainer, sports nutritionist, and kettlebell coach. She strives to provide motivation and guidance to clients seeking a healthy lifestyle. Mary teaches a variety of yoga programs including Akhanda, Hatha, Yin, and Pre-Natal. She will be assisted by Janice Soderholm in the yoga workshop.



LACEY GREEN

B.Ed.

Lacey took up spinning 12 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. Lacey is recognized as a knowledgeable and thorough cycling instructor with the Y Education Centre.



LISA GUADAMUZ

YMCA Canada Trainer, PFT, Stability Ball, GC

Lisa has been actively involved in sports and fitness since a young age. Currently she coaches, trains, and educates others to reach their full potential in a fun and supportive manner. Lisa is an energetic YMCA Canada Trainer who brings a wealth of knowledge to her classes and clients.



ALBERT GUTE

B.P.E. (Honours)

Albert has been with the Y 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.



KIM GURTLE

Kim has been working as a certified personal trainer and spinning instructor at the Point for Fitness for the past 2 years. She works closely with a variety of both able and disabled clients. She is a cancer survivor and Stanford University certified trainer for the Living Well Beyond Cancer workshops.



DYLAN HARRIES

B. Rec., B.Sc. (HK)

Dylan Harries brings over 17 years of fitness experience to his workshops. He is the Executive Director for Body Rock Fitness and a Fitness Program Consultant for the City Of Ottawa (Nepean Sportsplex). He has certifications in Can Fit Pro (PTS/FIS), CALA (Trainer), YMCA (T for T), Exer-Ball, Bosu Balance Trainer, SPI (2), Mad Dogg Athletics and NCCP Level 2. Dylan is a well-known, energetic instructor in water fitness and cycling for the Y.

GLYNIS HARRISON

YMCA Group Fitness and PFT

Glynis is the Group Fitness and Individual Conditioning Coordinator of the Carlingwood Y. As a YMCA Canada Trainer, she helps new fitness leaders start in the field by teaching certification courses and doing practical evaluations.

Y FITNESS TRAINERS



JANE HERMANSON

Jane has a varied sports background including running, soccer, rock climbing and free weights. She is an experienced pilates instructor with the Pilates Space and the Y. With her wealth of experience and knowledge, she was responsible for updating the Pilates Certification curriculum offered by the Y Education Centre. Jane also instructs kettlebell workouts. She is passionate about physical and mental fitness, invigorating activity and good health.



SARAH LESLIE

B.Sc., B.Sc.(Hon), CPT-CSEP, NCCP 4

Sarah's sports background is in competitive figure skating and speed skating. While training at the National Training Centre in Calgary, she completed her B.Sc. in Exercise and Health Physiology while pursuing NCCP coaching certifications. She has trained athletes from a variety of sporting backgrounds, young and mature, beginner and high performance.



LOUISE MCGOEY

B.P.H.E B.Ed.

Louise has been teaching fitness for 17 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 Regional Director of the Kanata 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.



JACQUELINE RICHARDS

Senior Mortgage Consultant is complemented with twenty years of customer service and project management. Regularly teaching in hers and other communities, Jacqueline is also a YM-YWCA group fitness volunteer for over 13 years and teaches Hatha Yoga for over four years.



BRENDA RIDDELL

B.F.A., DSA, RHN, YMCA, Can Fit Pro

Brenda has worked in fitness, health and wellness management since 1991. She is a Registered Holistic Nutritional Consultant and teaches many workshops and certification courses in nutrition. She brings her energy, experience, and passion regarding fitness and nutrition to groups and individuals in the Ottawa area.



MELODY ROCHON

YMCA certified in Group Fitness, Aquafitness, Pre-Post Natal, ICC.

Melody has been active in just about every stream of fitness. She is the Group Fitness Program Coordinator at the Nepean Y and is a YMCA Canada Trainer for Group Fitness courses. She has also obtained pilates and Drums Alive certifications. She is a mother of two and enjoys attending workshops and conferences to stay current on the latest fitness trends.



KENNY ROLLAND

YMCA PFT, S.N. CrossFit Level 1, Kettlebell Level 1

Kenny has been with the National Capital Region YMCA-YWCA for over nine years in a variety of capacities. He is infamous for his bootcamp classes and is a popular personal trainer. He teaches the Apprenticeship programs for Individual Conditioning and Personal Trainer.



JANICE SODERHOLM

Yoga instructor

Janice's philosophy is that yoga is for everyone: all ages and all physical abilities. Her inspiration for pursuing yoga came during a visit to India. Since then, she has studied many forms of yoga and instructs at her Ottawa studio. She strives to improve the well-being of her clients and enrich their lives by bringing emotional peace and clarity. She will be instructing the yoga workshop with Mary Burney.



LAURIE SWEIG

Maddog spinning (star 3), YMCA PFT

Laurie is one of the founders of the Point for Fitness (located in Ottawa) and Cadence Revolution (an online business). She has spent the past three years working full-time in the fitness industry providing personal fitness training services, teaching Spinning classes, and managing the business.

10TH ANNUAL Y *Connexion*

FITNESS CONFERENCE | April 2, 2011

Palais des Congrès de Gatineau
50 Maisonneuve Blvd | 3rd floor
Gatineau (Québec)

Registration begins January 2011



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