



We build strong kids, strong families, strong communities.

## Group Exercise/Personal Trainer TRAINING SCHEDULE

**JUNE 2008**

COURSE	EQC's	PRE-REQUISITES	REGISTER BY:	Course Date	COST
<b>YMCA Healthy Lifestyles and Principles</b> <b>Course # 13983</b>  Trainer: Eden Monteilh Location: Nuuanu YMCA/Board Room	4	<ul style="list-style-type: none"> <li>CPR</li> </ul> This course is a mandatory pre-requisite for ALL YMCA Fitness Trainings AND for new fitness staff.	Thurs June 19th	Saturday JUNE 21st	\$25 (staff) \$45 (non-staff) \$20 Manual optional
<b>YMCA Foundations of YMCA Group Exercise Instructor</b> <b>Course #</b>  Trainer: Michelle DuVernay Location: Nuuanu YMCA/Board Room	9	<ul style="list-style-type: none"> <li>Current CPR</li> <li>Healthy Lifestyle Principles certification or Principles of Health and Fitness</li> <li><u>Before the course, read the ACE Group Fitness Instructor Manual</u></li> </ul>	Thursday June 19th	Monday June 23rd 8a-6p	\$55 (staff) \$120 (non-staff) \$41.95 Manual
<b>YMCA Cardio and Step Aerobics Instructor</b> <b>Course #</b>  Trainer: Michelle DuVernay Location: TBD	9	<ul style="list-style-type: none"> <li>CPR</li> <li>YMCA Healthy Lifestyles Principles</li> <li>Foundations of YMCA Group Exercise or YMCA Group Exercise Instructor (current)</li> </ul>	Thursday June 19th	Tuesday June 24th 8a-6p	\$55 (staff) \$120 (non-staff) \$26 Manual
<b>YMCA Foundations of YMCA Strength and Conditioning</b> <b>Course #</b>  Trainer: Michelle DuVernay Location: Nuuanu YMCA/Board Room	16	<ul style="list-style-type: none"> <li>CPR</li> <li>Healthy Lifestyles/Principles</li> <li><u>Before the course, read the YMCA Personal Training Manual (2nd edition)</u></li> </ul>	Thursday June 19th	Wednesday June 25th; and Thursday June 26th  8a-5:30p	\$65 (staff) \$135 (non-staff) \$39 Manual
<b>YMCA/IDEA Get Real Weight Management Instructor</b> <b>Course #</b>  Trainer: Raye Vincent Location: Leeward YMCA	16	<ul style="list-style-type: none"> <li>YMCA Healthy Lifestyle Principles certification</li> <li>Recommended: Foundations of YMCA Group Exercise certification</li> </ul>	Thursday June 19th	Friday June 27th And Saturday June 28th  8a-5:30p	\$55 (staff) \$120 (non-staff) \$15.95 + \$19 Manuals

**\*Wear workout apparel for all courses except Healthy Lifestyles and Principles. Bring writing material, a jacket, fluid and snack. \*Lunch will be provided for all CERTIFICATION (8 hr) courses.**

## CERTIFICATION COURSES

**YMCA HEALTHY LIFESTYLE PRINCIPLES:** This is the pre-requisite course for all YMCA of the USA Health and Fitness Certifications. It provides practical and theoretical information for instructors of all YMCA health and fitness programs, including information on effective leadership, basic physical activity and healthy lifestyles principles, and program safety guidelines. This course also covers the YMCA mission, philosophy and national program trainings.

**FOUNDATIONS of YMCA GROUP EXERCISE:** Course contents includes the practical application of cardiorespiratory and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and practical session on general exercise selection and execution. Course includes a written examination. This course is required for all other courses in the YMCA of the USA Health and Fitness Group Exercise Track.

**YMCA CARDIO AND STEP AEROBICS INSTRUCTOR:** This course is designed to train staff in the skills needed to conduct a traditional group exercise class such as High/Low and Step. Course content includes movement choreography and pattern development, skills for teaching group exercise classes, class structure and components, practical sessions and a practical examination.

**FOUNDATIONS OF YMCA STRENGTH AND CONDITIONING:** A new course (2007). Course contents includes member service and orientation procedures, leadership and relationship building strategies for working with members, exercise science and practical applications, and exercise instruction for strength, flexibility and cardiovascular training. Course includes practical sessions using various exercise equipment, case studies and a written exam.

**YMCA/IDEA GET REAL WEIGHT MANAGEMENT INSTRUCTOR:** This is a course developed in collaboration with IDEA, Health and Fitness Association, based on the book Get Real: A Personal Guide to Real Life Weight Management. This course teaches the techniques and strategies on conducting weight management group classes and individual sessions. It also shows how to incorporate this information into exercise and fitness programs. Content covers sensible nutrition, self empowerment and body image, and the role of physical activity in successful lifelong weight management.

All courses can be petitioned to ACE for CEC's, as most are co-written by ACE.

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