

YMCA OF THE USA

YMCA FOUNDATIONS OF GROUP EXERCISE CERTIFICATION COURSE



DATE: April 24, 2010
 Saturday
 TIME: 9:00 am-6:00 pm
 LOCATION: Olympia
 Downtown YMCA, 510
 Franklin Street, Olympia
 CONTACT:
 (360) 918-0257
 FEES:
 \$75.00 YMCA Staff
 \$100.00 Non-Staff
 DEADLINE: Saturday,
 04/17/10

COURSE DESCRIPTION

This course is designed to train staff members in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardio-respiratory and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and a practical session on general exercise selection and execution. This course is the required prerequisite for all other courses in the YMCA of the USA Health and Well-being Group Exercise track.

Expiration date: Three years (renewal requires 15 hours of continuing education credits and completion of a certification renewal form)

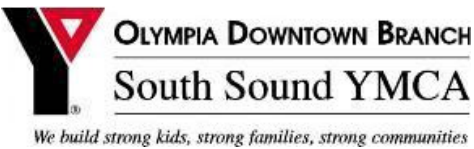
TEXTBOOK

ACE Group Fitness Instructor Manual (1-890720-01-1), \$41.95.
 Available from YMCA Program Store (1-800-747-0089).

PARTICIPANTS MUST BRING

Proof of CPR and YMCA Healthy Lifestyle Principles certifications. Notebook, pen and manual. Travel, meals and lodging are on your own.

MAKE CHECKS PAYABLE TO: SOUTH SOUND YMCA



Send Registration Form and Fee to:
 H&F Trainings c/o Lloyd Moore
 Olympia Downtown YMCA
 510 Franklin Street SE,
 Olympia, WA 98501



YMCA of the USA (Sanction #10WAHW200IY008)
YMCA Foundations of Group Exercise, April 24, 2010, Saturday, 9am-6pm
CERTIFICATION COURSE APPLICATION

Name: _____

Job Title: _____ YMCA: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Telephone: _____

If YMCA Staff, Signature of Executive Director is Required: _____

Name of YMCA Executive Director _____

REGISTER BY: Saturday, April 17, 2010