

# YMCA OF THE USA

## YMCA HEALTHY LIFESTYLE PRINCIPLES

### CERTIFICATION COURSE



DATE: April 9, 2010,  
Friday

TIME: 5:00-9:00 pm

LOCATION: Olympia  
Downtown YMCA, 510  
Franklin Street, Olympia

CONTACT:  
(360) 918-0257

FEES: \$25.00 YMCA  
Staff  
\$40.00 Non-Staff

DEADLINE: Friday,  
04/02/10

#### COURSE DESCRIPTION

This is a basic-level prerequisite course for all other YMCA Health and Fitness certification courses. It provides practical and theoretical information for instructors of all YMCA health and fitness programs, including information on effective leadership, basic physical activity principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the YMCA national program training and certification system.

#### TEXTBOOK

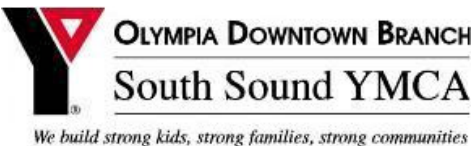
*YMCA Healthy Lifestyle Principles*, 4<sup>th</sup> edition (0-7360-5576-2, \$27.00), available from YMCA Program Store (1-800-747-0089).

#### PARTICIPANTS MUST BRING

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 #10WAHW100BY006)**  
**YMCA Healthy Lifestyle Principles, April 9, 2010, Friday, 5-9 pm**  
**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: Friday, April 2, 2010**