

YMCA OF THE USA

YMCA PERSONAL FITNESS PROGRAM

DIRECTOR CERTIFICATION COURSE



DATE: April 10-11, 2010
 Saturday & Sunday
 TIME: 9:00 am-6:00 pm
 LOCATION: Olympia
 Downtown YMCA, 510
 Franklin Street, Olympia
 CONTACT:
 (360) 918-0257
 FEES:
 \$100.00 YMCA Staff
 \$150.00 Non-Staff
 DEADLINE: Saturday,
 04/03/10

COURSE DESCRIPTION

This course teaches the YMCA's innovative program of introducing inactive people to regular exercise. The program is based on the science of exercise behavior change and teaches staff how to manage staff, facilities, equipment, and activity issues by better understanding the needs and motivations of the health seeker. Course content also includes effective goal setting and strategies for helping health seekers identify and overcome barriers to physical activity. Participants will be presented a staff training outline for use with instructors at their Ys. This training course is designed for the Health and Fitness Directors and staff leaders who will oversee the implementation of the PFP program at their facility.

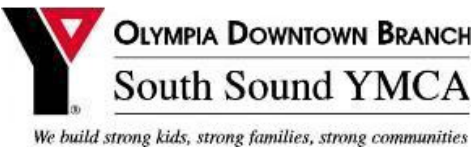
TEXTBOOK

YMCA Personal Fitness Program Manual (0-88011-949-7), \$32.
 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 #10WAHF243DY001)

**YMCA Personal Fitness Program Director, April 10-11, 2010, Saturday & Sunday, 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 3, 2010