

**YMCA Instructor Certification Courses
coming in September to the
YMCA of Greater Springfield**

Individual discounts and Group Discounts for 5 or more! See our web-site for details.

September 10, 2010 5:30-9:30 PM

YMCA Healthy Lifestyle Principles

Fee: \$20.00

Basic level prerequisite course for all other YMCA Health and well being certification courses.

Must Purchase: Material will be provided

Optional – YMCA Healthy Lifestyle Principles (4th edition)

#YPSHE0409, \$27.00.

September 18, 2010 8:00 AM- 4:00 PM

Foundations of Group Exercise

Fee: \$30.00

Provides staff with basics of conducting all varieties of all group exercise classes. This course is the prerequisite for all courses in the YMCA of the USA Health and well being exercise track.

Must Purchase: ACE Group Fitness Instructor Manual (2nd edition)

YPSHE0406, \$49.95.

September 24, 2010 5:30-9:30 PM

25, 2010 8:00 am – 2:00 pm

YMCA Cardio and Step Aerobics Instructor

Fee: \$30.00

Train staff in the skills needed to conduct group exercise classes such as high/low, cardio & step aerobics.

Prerequisite: Foundations of Group Exercise

CEC's – 2 YMCA, .6 ACE

Must Purchase: YMCA Cardio and Step Aerobics Instructor Manual

#YPSHE0401, \$26.00.

September 26, 2010 8:00 am – 4:00 PM

YMCA Group Cycling Instructor

Fee: \$30.00

Providing instructors with the practical and theoretical skills needed to create safe and effective cycle exercise programs.

Must Purchase: Cycle Reebok: Professional Instructor Training Manual

#YPSHE0402, \$25.00.

Prerequisite: Foundations of Group Exercise

CEC's – 2 YMCA , .6 ACE

Prerequisites: Must be 18 years of age. Participant must possess and present current CPR certification and form of picture I.D. to the Trainers.

Fee: Price Includes cost for your certification card and materials.

Participants should bring: Workout clothes, proper footwear, water bottle, towel, pen, notebook, food.

Registration deadline is September 5, 2010: Please download a copy of the registration form from our website at www.springfieldy.org and mail in with payment to:

YMCA of Greater Springfield

C/O Diana, Group Exercise Coordinator

275 Chestnut Street

Springfield, MA 01104

(413)-739-6951, x145 Or Pay by credit by calling 413-739-6951, x140

YMCA of the USA

Instructor Certification Courses

Name: _____

Address or PO Box: _____

City _____ State _____ Zip _____

Phone Number: _____ E-Mail Address: _____

YMCA Affiliation: _____

Course Names (check all that apply):

September 10, 2010	5:30-9:30 PM	YMCA Healthy Lifestyle Principles	\$20.00	_____
September 18, 2010	8:00 AM-4:00 PM	Foundations of Group Exercise	\$30.00	_____
September 24, 2010	5:30-9:30 PM	YMCA Cardio and Step Aerobics Instructor		
25, 2010	8:00 AM-2:00 PM		\$30.00	_____
September 26, 2010	8:00 AM-4:00 PM	YMCA Group Cycling Instructor	\$30.00	_____
		Subtotal course fees	\$	_____
		Discounts Applied	\$-	_____
		Total Course Fees	\$	_____

Discounts Offered:

Group discount - 5 or more registrants per course, one person goes for free. All registration forms must be submitted together. (Individual discount does not apply).

Individual discount - \$5.00 off 3 courses, \$10.00 off 4 courses

Textbooks Required: You are responsible for ordering these from the YMCA Program Store

YMCA Healthy Lifestyle Principles, (4th edition), # YPSHE0409, \$27.00.

Ace Group Fitness Instructor Manual (2nd edition), # YPSHE0406, \$49.95.

YMCA Cardio and Step Aerobics Instructor Manual, # YPSHE0401, \$26.00.

Cycle Reebok: Professional Training Manual, # YPSHE0402, \$25.00.

YMCA Program Store 1-800-747-0089 or www.ymcaprogramstore.com

Send registration form and fee to:

YMCA of Greater Springfield (check made payable to YMCA of Greater Springfield)

C/O Diana, Group Exercise Coordinator

275 Chestnut Street

Springfield, MA 01104

Deadline for registration: September 5, 2010. Refunds will be provided if there are not enough registrants to run the course.