

TRAINING COURSES

Develop your leadership skills & increase your fitness knowledge
... Become a Y Fitness Instructor

YMCA NATIONAL BASIC THEORY COURSE

Are you interested in teaching group exercise classes or becoming a personal fitness trainer? If yes, this is the course you need. This dynamic 30 hour course will expand your knowledge of fitness. Course content includes anatomy, physiology, exercise science, ethics and professionalism. Manual included. This is a BCRPA recognized course.

DOWNTOWN Y

Saturday & Sunday, 8:30 am - 5:00 pm

Jan 28, 29, Feb 11, 12 or Course 5358
Apr 28, 29, May 12, 13 5413

Members: \$190 Non-Members: \$255

YMCA NATIONAL INDIVIDUAL CONDITIONING COURSE

This information packed course is designed for the fitness leader wanting to work in the growing area of weight training. Topics covered include: muscle structure and function, muscle physiology, lifting techniques, program design and much more. Manual included. Pre-requisite: Fitness Theory.

DOWNTOWN Y

Sundays, 8:30 am - 5:00 pm

Mar 18 & 25 Course 5337

Members: \$190 Non-Members: \$225

YMCA NATIONAL GROUP FITNESS COURSE

Have you completed your fitness theory course and are now ready for some hands on practical coaching and teaching experience? This course is the next step on your way toward becoming a Group Exercise Instructor. This practical 16 hour course will help you develop your presentation skills while polishing your flow and body alignment. After completing this course, you will have the basics you need to teach a variety of different class formats.

DOWNTOWN Y

Sunday, 8:30 am - 5:00 pm

Apr 15 & 22 Course 5411

Members: \$180 Non-Members: \$210

YOGA FITNESS INSTRUCTOR CERTIFICATION

At the end of this BCRPA approved Yoga Fitness Module, the students should have the necessary skills to implement a safe and effective basic yoga class in a fitness class setting for an apparently healthy population. Prerequisite BCRPA theory.

NORTH SHORE Y

Fridays, 4:00 - 9:00 pm

Feb 17 & 24

Course 5577

Saturdays, 8:30 am - 5:30 pm

Feb 18 & 25

Sundays, 8:30 am - 5:30 pm

Feb 19 & 26

Members: \$399 Non-Members: \$450

FIRST AID & C.P.R.

EMERGENCY FIRST AID

8 hours, Pre-requisite: none

Course includes: Emergency action principles, airway, breathing and cardiovascular emergencies, bleeding, shock, secondary survey. It is recommended that participants re-certify every three years.

DOWNTOWN Y

Saturday, 8:30 am - 4:30 pm

Mar 17

Course 5342

Fee: \$85

BECOME A PERSONAL TRAINER

Pre-requisite: Completed YMCA/BCRPA Theory and Weight Training Course. Minimum 20 hrs of weight room instruction experience. This course is taught in two parts.

Distance Education - starts April 30

Learning activities due each Friday

DOWNTOWN Y

In Person -

Course 5412

Friday, May 25, 9:00 am - 1:00 pm

Saturday, May 26, 10:00 am - 4:00 pm

Sunday, May 27, 10:00 am - 4:00 pm

Students are responsible for purchasing the NSCA Essentials of P.T text book from BCRPA.

Fee: \$395

LIFEGUARD TRAINING

BRONZE MEDALLION

Pre-Requisites:

- Bronze Star (Recommended)
- Must be 11 years old if candidate has completed Bronze Star, or 13 years by the first day of the course.

Description: Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue: education-judgement, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, tows and carries in preparation for challenging rescues. Bronze Medallion includes the CPR-B certification.

BRONZE CROSS

Pre-Requisites:

- Bronze Medallion (Required)

Description: Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. The program is one of the pre-requisites for all advanced Lifeguarding and Leadership training. Bronze Cross includes the CPR-C certification.

For more information, contact the Aquatics

Coordinator at

250-372-7725 ext: 211 or

aquatics@kamloopsy.org



- We reserve the right to change schedules.
- Fees subject to applicable taxes.

kamloopsy.org

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