

YMCA TRAINING

Presented by the

Kosciusko Community YMCA Staff

Visit us at our website
www.kcymca.org

Healthy Lifestyles Principles - This is a new prerequisite course for all other YMCA of the USA Health and Fitness certifications. It provides practical and theoretical information for instructors of all YMCA health and fitness programs, including information on effective leadership, basic physical activity, healthy lifestyle principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the national program training and certification system. **Prerequisite: Current CPR**

Foundations of YMCA Group Exercise - 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 cardiorespiratory 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 Fitness Group Exercise track. **Prerequisite: Current CPR and Healthy Lifestyles Principles**

YMCA Indoor Group Cycling Instructor - This course was developed in collaboration with Reebok University, originators of The Cycle Reebok program. It is designed to teach YMCA exercise instructors how to develop new and exciting indoor group cycle classes. The emphasis of this training is on providing instructors with the practical and theoretical skills needed to create a variety of safe and effective cycle exercise programs.

Prerequisite: Current CPR, Healthy Lifestyles Principles and Foundations of YMCA Group Exercise

Sign up at the YMCA Welcome Center or mail your registration form to the Kosciusko Community YMCA.

Class Name	Date	Time	Location	Cost	Number of Hours
Healthy Lifestyles Principles	11/07/08	5:00 _{PM} -9:00 _{PM}	Racquet Center	\$35 (Free to Kosciusko Community YMCA staff)	4 Hours No Test
Foundations of YMCA Group Exercise	11/08/08	8:00 _{AM} -5:00 _{PM}	Racquet Center	\$60 (Free to Kosciusko Community YMCA staff)	8 Hours 50 Question Test
YMCA Indoor Group Cycling Instructor	10/19/08	8:00 _{AM} -5:00 _{PM}	Smith Street Branch	\$60 (Free to Kosciusko Community YMCA staff)	8 Hours Practical Test

Smith Street Branch
1401 E Smith St
Warsaw, IN 46580
574-269-9622



Racquet Center
3919 North State Rd 15
Warsaw, IN 46582
574-268-9622

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

