

# Be a Leader

## Take our YMCA Fitness Leader Certification Course

### Stage 1

#### **Basic Theory**

Covers all the basic information to get you started. Topics covered are basic physiology, anatomy, movement mechanics and nutrition. We will use fun and effective methods to help you learn.

### Stage 2

#### **Group Fitness or Individual Conditioning**

This portion of the course is more specific to your needs. The information learned in Basic Theory is reviewed and then applied to either group fitness or individual conditioning.

### Stage 3

#### **Apprenticeship and Certification**

At this point you will be using all the information you have learned and applying it, while working directly with a certified instructor. Once you have completed and successfully passed your practical assessment you will be a certified fitness leader.

### **Upcoming dates:**

#### ***Basic Theory***

Sunday, April 10<sup>th</sup> 9-5 pm, Tuesday, April 12<sup>th</sup> 6-9 pm, Sunday, April 17<sup>th</sup> 6-9 pm

#### ***Group Fitness***

Fundamentals – Sunday, May 1<sup>st</sup> 9-3 pm

#### ***Individual Conditioning***

Level 1 – Tuesday, May 3<sup>rd</sup> 6-9 pm

Level 2 – Saturday, May 7<sup>th</sup> 9-5 pm, Tuesday May 10<sup>th</sup> 6-9 pm



YMCA

We build strong kids,  
strong families, strong communities.

For more information contact Alicia Strong, Program Director,  
YMCA Lunenburg County  
(902) 543-9622  
alicia\_strong@ymca.ca