



Training Events

South Florida

	Course Title	2010 Dates	Time
Day 1	CPR	February 9 th April 20 th August 10 th November 16 th	8:00 am to noon
	YMCA Healthy Lifestyle Principles	February 9 th April 20 th August 10 th November 16 th	1:00 pm to 5:00 pm
Day 2	YMCA Foundations of Group Exercise	February 10 th April 21 st August 11 th November 17 th	8:00 am to 5:00 pm
Day 3 and 4	EnhanceFitness New Instructor Training	February 11 th to 12 th April 22 nd to 23 rd August 12 th to 13 th November 18 th to 19 th	Day 3: 8:00 am to 5:00 pm Day 4: 8:00 am to 12:00 noon
	EnhanceFitness Annual Workshop	To be determined.	To be determined.

Please note the following:

All dates and times are subject to change.

You must be preregistered to attend a training event. If not enough people register, then the event will be cancelled.

Once registered, you must cancel at least two business days prior to the start of the training to avoid a \$50.00 late cancellation fee.

Your site license must be current to attend EnhanceFitness training events.

Payment for YMCA trainings must be made prior to the training by all non-HARC members.



Training Events (continued)

South Florida

How to register:

- If you are a partner of the Healthy Aging Regional Collaborative (HARC) of South Florida: contact Eliane Morales, (305) 374-7912, emorales@hfsf.org
- If you are not a partner of the HARC: contact Meera Nilekani, (206) 727-6219, meeran@seniorservices.org

Course Descriptions:

YMCA Healthy Lifestyle Principles — This is the 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 and healthy lifestyle principles, and program safety guidelines.

Tuition Cost: \$50.00 includes course manual (tuition is waived for HARC partners)

YMCA Foundations of Group Exercise — This course is designed to train you in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardiovascular 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.

Prerequisites: CPR certification, YMCA Healthy Lifestyle Principles

Participants must bring: Workout clothes, proof of prerequisite certifications, notebook, pen, and course manual.

Course manual: ACE Group Fitness Instructor Manual (1-890720-01-1; \$41.95), available from YMCA Program Store (1-800-747-0089)

Tuition Cost: \$100.00 includes course manual (tuition is waived for HARC partners)

EnhanceFitness New Instructor Training — This course is designed for instructors who will be teaching EnhanceFitness classes. It covers program history and philosophy, specific program exercises and how to teach them and program recordkeeping processes.

Prerequisites: CPR certification, fitness certification

Tuition Cost: Free to current HARC EnhanceFitness partners. There is a nominal fee of \$125.00 for non-HARC partners to cover the cost of training materials; your site must hold a current EnhanceFitness license.

EnhanceFitness Annual Workshop — The workshop includes a review of 2009's events as well as topics relevant to providing and managing older adult fitness classes.

Tuition Cost: Free to current HARC EnhanceFitness partners. There is a nominal fee of \$50 for non-HARC partners to cover the cost of training materials and refreshments; your site must hold a current EnhanceFitness license.