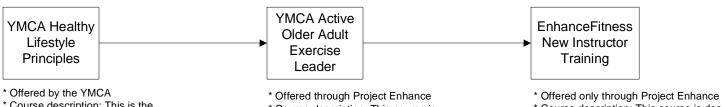
YMCA Certification Track

12/29/2005

For people who want to be EnhanceFitness instructors and do not have a fitness background or a nationally recognized fitness certification. Project Enhance offers YMCA certification.

The YMCA Certification Track via Project Enhance

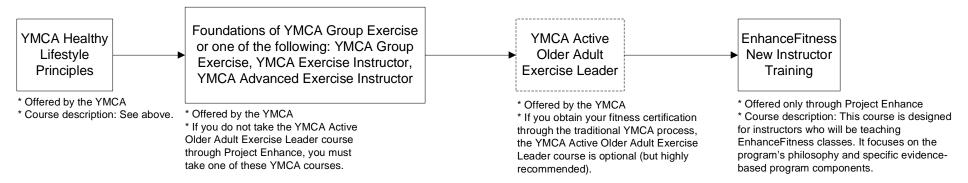


- * Course description: This is the prerequisite course for all other YMCA of the USA Health and Fitness certifications. It provides practical and theoretical information for instructors of all YMCA health and fitness programs, including information on effective leadership, basic physical activity and healthy lifestyles principles, and program safety guidelines.
- *This prerequisite must be taken prior to the Older Adult Exercise Leader course.
- * Number of hours: 4.0
- * Cost: \$25.00

- * Course description: This course is designed for people who lead or assist in teaching exercise classes for active older adults. It focuses on adaptations for older adult participants and includes sample exercise classes.
- * Note: If you do not take this course through Project Enhance, you must take the YMCA Foundations of Group Exercise course (see track below).
- * Number of hours: 8.0
- * Cost: \$50.00

- * Course description: This course is designed for instructors who will be teaching EnhanceFitness classes. It focuses on the program's philosophy and specific evidencebased program components.

The YMCA Certification Track via Traditional YMCA Process



Note: Prices are set by individual YMCAs; check with your local YMCA.