



2011
2012

**FITNESS INSTRUCTOR
TRAINING PROGRAM**
(Fitness Instructor Training)

Continuing Education
WORKSHOPS

Cardiopulmonary
Resuscitation (C.P.R.) and
First Aid **Certifications**

A recognized and
proven certification
of the highest level:
learn how to share
your passion for
fitness!



**THE YMCAS
OF QUÉBEC**
*Health, Fitness
and Recreation*

General Information



Prerequisite:

Minimum age of 16 years.
Good comprehension of oral and written French or English.

Number of Participants:

A minimum of 10 participants is required to offer the program.

Certification Criteria:

(see page 9 for more details on the evaluation criteria)

1. 100% attendance is required for all courses.
2. Successfully complete phase I (Basic Theory) and phase II (Applied Theory) with a minimum grade of 80%, and pass the final evaluation of phase III (Practical).
3. Up-to-date certification in Cardiopulmonary Resuscitation (C.P.R.).
4. Successfully complete criteria of phase II and III in a specialty program within the year that follows phase I.

Withdrawal and reimbursement:

If a candidate cannot complete the program, it is his responsibility to ask for a reimbursement for the remaining courses as soon as possible. The amount of his or her reimbursement will be calculated from the date of the request and not from the date of his or her withdrawal.

The reimbursement will be applied on the courses that were not attended:

Members: \$15.00 + tx/course, **Non-members:** \$20.00 + tx/course.

A total of 10 % of this amount will be added to cover the administration fees and the teaching material.

How to register:

Contact the Y centre nearest to you (see the last page for the registration dates and the contact information). Our classes fill up fast so be sure to register now!



RATES*
(Taxes not included)

PHASES		MEMBERS	NON-MEMBERS
PHASE I	BASIC THEORY	\$210.00	\$260.00
PHASE II	APPLIED THEORY Individual Conditioning	\$178.00	\$208.00
PHASE III	PRACTICAL Individual Conditioning	\$120.00	\$160.00
PHASE II	FUNDAMENTALS Group Fitness	\$82.00	\$102.00
PHASE III	Group Fitness - Choreography based: Aerobics and Step	\$210.00	\$274.00
PHASE III	Group Fitness Cycling	\$115.00	\$152.00
PHASE III	Group Fitness - DUO: Resistance Training, Core Strength and Stretch	\$165.00	\$221.00
PHASE III	Group Fitness Aquafitness	\$165.00	\$225.00
PHASE III	Group Fitness Group Fitness Seniors	\$115.00	\$152.00

*The rates include the handbooks.

YMCA F.I.T. certification

is the undisputed leader in fitness instructor training!



1. A nationally recognized certification (the first recognized fitness instructor training program in Canada) that surpasses industry standards.

2. The most complete training available that gives access to a variety of specializations to meet all needs!

- Individual conditioning
- Group fitness:
 - ✓ Aerobics/Step
 - ✓ Duo: Resistance Training, Core Strength and Stretch
 - ✓ Cycling
 - ✓ Aquafitness
 - ✓ Seniors

3. High quality standards to ensure trainers' skills are kept up-to-date thanks to several professional development workshops and a periodic re-certification process (every two years).

4. A learning experience that combines theoretical and practical training in optimal fashion with experienced fitness leaders.

5. Certification that gives access to a variety of employment opportunities within The YMCAs of Québec network, as well as in all YMCAs across Canada.

100% attendance is required for all courses

YMCA CANADA PATHWAY TO CERTIFICATION

Phase I – Prerequisites
for all courses

Basic Theory
33 hours

Choose your specialty

Individual Conditioning

Group Fitness

Phase II

Applied Theory
20 hours

Applied Theory
12 hours

Phase III

Practical
24 hours (including a 10 hours stage)

Aerobics/Step
39 hours

DUO: Resistance Training, Core Strength and Stretch
30 hours

Cycling
20 hours

Aquafitness
20 hours

Seniors
18 hours

Phase IV – Evaluation and certification

- Practical evaluation on appointment
- Successful completion of phases I to IV
- Successful completion of the practical evaluation given by a YMCA fitness instructor
- Up-to-date CPR and First Aid Certifications

PHASE I

Basic Theory



The aim of this first phase of the training program is to provide all fitness instructors with the concepts needed before moving onto the applied theory. Candidates will acquire basic knowledge on the following subjects:

- anatomy and physiology
- training principles
- the mechanics of movement
- nutrition

Leading and planning programs, healthy lifestyle habits, safety and emergency procedures, as well as legal issues will also be addressed.



Centres	Dates	Day	Time	Language
Fall Session 2011				
Hochelaga-Maisonneuve	Sept 16 – Nov 25	Friday	13:00 – 16:00	French
Du Parc	Sept 19 – Dec 5 (Oct 10 holiday)	Monday	18:00 – 21:00	French
Downtown	Sept 24 – Dec 3	Saturday	9:00 – 12:00	French
Cartierville	Oct 12 – Dec 21	Wednesday	9:00 – 12:00	French
West-Island	Sept 8 – Nov 17	Thursday	18:30 – 21:30	English
Notre-Dame-de-Grâce	Sept 12 – Nov 28 (Oct 10 holiday)	Monday	18:00 – 21:00	English
Downtown	Sept 13 – Nov 22	Tuesday	18:00 – 21:00	English
Westmount	Sept 13 – Nov 22	Tuesday	18:30 – 21:30	English
Pointe-St-Charles	Sept 24 – Oct 29	Saturday	10:00 – 17:00	English
Winter Session 2012				
Downtown	Jan 14 – April 7 (Feb 11 & 18 holiday)	Saturday	9:00 – 12:00	French
Guy-Favreau	Jan 17 – Mar 27	Tuesday	18:00 – 21:00	French
Cartierville	Mar 28 – June 6	Wednesday	9:00 – 12:00	French
Notre-Dame-de-Grâce	Jan 9 – Mar 19	Monday	18:00 – 21:00	English
Downtown	Jan 10 – Mar 27 (Feb 14 holiday)	Tuesday	18:00 – 21:00	English
Westmount	Jan 17 – Mar 27	Tuesday	13:30 – 16:30	English
West-Island	Feb 23 – May 3	Thursday	18:30 – 21:30	English
Spring Session 2012				
Guy-Favreau	April 10 – June 19	Tuesday	18:00 – 21:00	French
Hochelaga-Maisonneuve	April 13 – June 22	Friday	13:00 – 16:00	French
Downtown	April 14 – June 23	Saturday	9:00 – 12:00	French
Downtown	Mar 27 – June 5	Tuesday	18:00 – 21:00	English
Notre-Dame-de-Grâce	April 2 – June 18	Monday	18:00 – 21:00	English
Summer Session 2012				
Downtown	July 6 – 15	Friday Saturday Sunday	18:00 – 21:00 10:00 – 17:00 10:00 – 17:00	French



PHASE II Applied Theory

Individual Conditioning

The aim of this course is to allow future fitness instructors to better understand the principles related to an individual's fitness. Establishing specific objectives based on the physical state of the individual

is a key factor in creating a successful program since these objectives are the basis of the fitness program. Individual conditioning certification also allows candidates to better understand the importance of having a good relationship with the person they are working with. Emphasis is placed on

creating a basic fitness program that includes all the elements necessary for the individual to attain a balanced fitness level that is adapted to his/her needs, and carried out in a safe environment.

Centres	Dates	Day	Time	Language
Fall Session 2011				
Downtown	Oct 20 – Dec 8	Thursday	18:00 – 20:30	French
Guy-Favreau	Oct 25 – Dec 6	Tuesday	18:00 – 21:00	French
Notre-Dame-de-Grâce	Oct 12 – Nov 30	Wednesday	18:00 – 20:30	English
Westmount	Oct 12 – Nov 23	Wednesday	18:30 – 21:30	English
Downtown	Oct 17 – Nov 28	Monday	18:00 – 21:00	English
West-Island	Nov 24, Dec 1, 8, 15, Jan 17 Jan 19 (Dec 22 and 29, Jan 3 and 10 Holiday)	Thursday Saturday	18:30 – 21:30 11:00 – 16:00	English
Winter Session 2012				
Downtown	Feb 2 – Mar 22	Thursday	18:00 – 20:30	French
Du parc	Feb 6 – Mar 19	Monday	18:00 – 21:00	French
Hochelaga-Maisonneuve	Jan 20 – Mar 2	Friday	13:00 – 16:00	French
Downtown	Jan 30 – Mar 26 (Feb 13 & 20 holiday)	Monday	18:00 – 21:00	English
Notre-Dame-de-Grâce	Feb 1 – Mar 28	Wednesday	18:00 – 20:30	English
Westmount	Feb 15 – Mar 28	Wednesday	18:30 – 21:30	English
Spring Session 2012				
Downtown	May 10 – June 27	Thursday	18:00 – 20:30	French
Cartierville	June 13 – July 11	Wednesday	8:30 – 12:30	French
Downtown	April 23 – June 11 (May 21 holiday)	Monday	18:00 – 21:00	English
Notre-Dame-de-Grâce	April 25 – June 13	Wednesday	18:00 – 20:30	English
Westmount	May 1 – June 12	Tuesday	18:30 – 21:30	English
West-Island	May 17 – June 14 June 3 & 10	Thursday Sunday	18:30 – 21:30 9:00 – 12:00	English
Summer Session 2012				
Downtown	July 21 – 29	Saturday Sunday	10:00 – 15:00	French



PHASE II
Applied
Theory

Fundamentals of Group Fitness

With this course, future instructors will acquire the skills necessary to lead a group fitness class (all specialities combined). They will also learn to better understand and evaluate the needs of class participants and to build strong relationships with them.



Centres	Dates	Day	Time	Language
Fall Session 2011				
Downtown	Sept 22 – Oct 1	Thursday Saturday	18:00 – 21:00 13:00 – 16:00	French
Du Parc Downtown	Sept 22 & 29, Oct 6 & 13 Sept 16 – Oct 7	Thursday Friday	18:00 – 21:00 13:00 – 16:00	French English
Winter Session 2012				
West-Island Downtown	Jan 10 – Jan 31 Jan 19 – 28	Tuesday Thursday Saturday	18:30 – 21:30 18:00 – 21:00 13:00 – 16:00	English French
Pointe-St-Charles Downtown	Feb 21 – Mar 14 Jan 15 – Jan 29	Tuesday Sunday	18:30 – 21:30 10:30 – 14:30	English English
Spring Session 2012				
Du Parc Downtown	April 2, 12, 19 & 26 April 12 – 21	Thursday Thursday Saturday	18:00 – 21:00 18:00 – 21:00 13:00 – 16:00	French English

PHASE III Practical



Individual Conditioning

This phase of the training allows future instructors to develop fitness programs adapted to the needs and objectives of the individuals they are working with. This phase concludes with a 10-hour internship in a YMCA conditioning room.



Centres	Dates	Day	Time	Language
Fall Session 2011				
Downtown	Oct 23 – Nov 20 (Nov 13 holiday)	Sunday	8:00 – 11:30	French
Guy-Favreau	Nov 5 & 19	Saturday	9:00 – 12:00 & 13:00 – 17:00	French
Notre-Dame-de-Grâce	Oct 30 – Nov 20	Sunday	8:30 – 12:00	English
Westmount	Nov 30 – Dec 21 + Jan 11	Wednesday	18:30 – 21:30	English
Downtown	Nov 26 – Dec 17	Saturday	13:00 – 16:30	English
Winter Session 2012				
Downtown	Feb 5 – Mar 4 (Feb 26 holiday)	Sunday	8:00 – 11:30	French
Hochelaga-Maisonneuve	Mar 10 – 31	Saturday	13:00 – 16:30	French
Notre-Dame-de-Grâce	Feb 19 – Mar 11	Sunday	8:30 – 12:00	English
Downtown	Feb 25 – Mar 17	Saturday	13:00 – 16:30	English
West-Island	Jan 26 – Feb 9 Feb 11	Thursday Saturday	18:30 – 21:30 11:00 – 16:00	English
Spring Session 2012				
Du Parc	April 2, 9 & 16 April 28	Monday Saturday	18:00 – 21:00 9:00 – 13:00	French
Downtown	May 13 – June 10 (June 3 holiday)	Sunday	8:00 – 11:30	French
Cartierville	April 6 – May 4	Friday	9:00 – 12:00	French
Westmount	April 4 – May 2	Wednesday	18:30 – 21:30	English
Notre-Dame-de-Grâce	May 20 – June 10	Sunday	8:30 – 12:00	English
Downtown	May 26 – June 16	Saturday	13:00 – 16:30	English
Summer Session 2012				
Downtown	Aug 4 – 12	Saturday Sunday	8:30 – 12:00	English
Westmount	June 19 – July 17	Tuesday	18:30 – 21:30	English

PHASE III Practical



Fundamentals of Group Fitness

Practical learning of the concepts needed to teach a group class according to the chosen specialization.

- 1) Choreography-based: Aerobics/Step
- 2) Duo: Resistance Training, Core Strength and Stretch
- 3) Cycling
- 4) Aquafitness
- 5) Seniors



Specialty	Centres	Dates	Day	Time	Language
Fall Session 2011					
Choreo./Step	Du Parc	Oct 20, 27 & Nov 3, 10, 17, 24	Thursday	18:30 – 21:30	Bilingual
		Oct 22, 29 & Nov 5, 12, 19, 26	Saturday	14:00 – 18:00	
Duo Resistance and Stretch	Downtown	Oct 13 – Nov 5	Thursday Saturday	18:00 – 21:30 9:00 – 13:00	Bilingual
Cycling	Cartierville	Oct 22 & Nov 5, 12, 26	Saturday	13:00 – 18:00	Bilingual
Aquafit	Hochelaga-Maisonneuve	Sept 16, 18 & 25	Friday Sunday	17:30 – 21:30 9:00 – 18:00	French
Winter Session 2012					
Choreo./Step	Westmount	Mar 1 – May 10	Thursday	13:00 – 16:00	Bilingual
Duo Resistance and Stretch	Downtown	Feb 4 – Mar 24	Saturday	9:00 – 13:00	Bilingual
Aquafit	Cartierville	Dec 9, 10 & 11	Friday	17:00 – 21:00	Bilingual
			Saturday Sunday	8:30 – 17:30	
Cycling	Downtown	Feb 4, 11 & 18	Saturday	9:00 – 12:00 & 13:00 – 17:00	Bilingual
Choreo./Step	West-Island	Feb 21 – Mar 13	Tuesday	18:30 – 21:30	English
		Mar 3 – Mar 17	Saturday	8:00 – 16:00	
Spring Session 2012					
Choreo./Step.	Du Parc	May 3, 10, 17, 24 & 31	Thursday	18:00 – 21:00	Bilingual
		May 5, 12, 19 & 26	Saturday	14:00 – 21:00	
Duo Resistance and Stretch	Downtown	April 28 – June 16	Saturday	9:00 – 13:00	Bilingual
Cycling	Pointe-St-Charles	March 24 – May 19 (April 7 holiday)	Saturday	13:00 – 16:00	Bilingual
Seniors	Downtown	July 7, 8, 14 & 15	Sat. & Sun.	9:00 – 16:00	Bilingual
Aquafit	Hochelaga-Maisonneuve	June 8	Friday	17:30 – 21:30	French
		June 10 & 17	Saturday Sunday	9:00 – 18:00	
Duo Resistance and Stretch	West-Island	April 17 – May 29	Tuesday	18:30 – 21:30	English
		June 2	Saturday	9:00 – 17:00	

Participant Evaluation:

- **Phase I & II:** Tests in classroom (40% of the final grade) and learning activities (60% of the final grade).
- **Other Phases:** Practical Evaluations

A minimum of 80% is required to pass this course.

- Students who obtain a grade between 75% and 79% must successfully complete a supplemental oral or written exam.
- Students who obtain a grade between 65% and 74% must write a supplemental final exam.
- Students who obtain 64% or less must repeat the course or attend selected classes to the discretion of the Trainer. The cost of these classes will be of \$15.00 (+ tax) for members and of \$19.00 (+ tax) for non-members.

Students eligible to complete a supplemental exam must do so within three months, calculated from the date of the last class, as stated in the course outline. After this period, the student must pay a penalty fee of \$25.00 + tax between the fourth and twelfth month to write the supplemental exam. Failure to write the supplemental exam within one year will result in having to re-take the Phase I course in its entirety at full price.

Cardiopulmonary Resuscitation (CPR) and First Aid **Certifications**

This course trains you to prevent and recognize the signs of a heart attack, a stroke and choking. This course prepares participants with the necessary knowledge and skills to respond to these emergency situations and perform CPR and use an **AED** (automated external defibrillator) until emergency medical services arrive.

Participants who complete this course will be certified by the Heart and Stroke Foundation of Québec. We recommend a refresher course annually.

Courses:

- CPR, Level A Heart Saver AED
- CPR, Level C Basic Life Support/AED (Certification in the use of the automated external defibrillator)



The schedule is available on our website at: ymcaquebec.org/fr/education/rcr

Centres	Level A		Level C	
	Members	Non-members	Members	Non-members
Cartierville	\$40.00	\$55.00	\$55.00	\$70.00
Downtown	\$40.00	\$55.00	\$55.00	\$70.00
Du Parc	Level C only		\$55.00	\$70.00
Hochelaga-Maisonneuve	\$40.00	\$55.00	Level A only	
Notre-Dame-de-Grâce	\$40.00	\$55.00		
West-Island	\$40.00	\$55.00	Level A only	
Pointe-St-Charles	\$40.00	\$55.00	Level A only	
Westmount	\$40.00	\$55.00	Level A only	

CONTINUING EDUCATION WORKSHOPS

Updates and Recertifications

In order to maintain their FIT certification, instructors at The YMCAs of Québec are required to participate in workshops, for a minimum total of 16 hours, over a two-year period. Two of these workshops or six hours must be taken from The YMCAs of Québec Continuing Education Calendar. Refer to recertification form for full recertification requirements. Instructors with outside certification must also maintain their certification by attending continuing education workshops.

Workshops

YMCA Health, Fitness and Recreation (HFR) employees are entitled to two free workshops per year. Registration must be done with the immediate supervisor from the centre where they have been hired. YMCA Health, Fitness and Recreation (HFR) volunteers are entitled to three free workshops per year for each centre at which they volunteer. Registration for the three workshops must be done with their supervisor in each of the respective centres.

Cancellation

Cancelling your free participation in a workshop in order to re-schedule it for another date must be done with the supervisor at least 48 hours before the workshop is held. If more than 15 minutes late, you will not be admitted and you will forfeit the workshop.



Fees

Fees for additional workshops are as follows: **Members, instructors, and volunteers (HFR) of The YMCAs of Québec: \$25.00**

Non-members and external instructors: \$50.00

Please note that prices do not include taxes.

You can pay these fees in cash, by credit or debit at your centre's member services counter.

Registration of YMCA employees

Detailed information for each workshop as well as the registration forms can be obtained from the Health, Fitness and Recreation Director. The registration period begins four weeks before the date of the workshop. Since there are a limited number of spots available, the registration form must be completed and submitted to the supervisor as soon as possible in order for the registration to be processed. If you do not inform the supervisor in the event of your absence, your free participation will be forfeited. The registration form can be sent by email or submitted in person.

Registration of external instructors

Instructors who teach outside of The YMCAs of Québec must visit the centre where the workshop is being held to obtain more information as well as the registration form, or you can visit our website,

www.ymcaquebec.org.

Fees can be paid at the member services counter of any Y centre in Montreal or by telephone using your credit card.



CONTINUING EDUCATION WORKSHOPS FALL 2011, WINTER & SPRING 2012

Month	Day	Time	Workshop Title	Coupon or \$	Presenters	Location	Language
Group Fitness							
Sept 25	Sun	13:30 – 16:30	TRX Training	\$	Barry Sullivan	Westmount	English
Oct 2	Sun	14:00 – 17:00	"Tonus Barre"	C	Anne-Christine Gallin	Du Parc	French
Oct 23	Sun	13:00 – 16:00	BOSU Skills & Drills	\$	Ginette Bourque	Downtown	Bilingual
Oct 23	Sun	14:00 – 17:00	Boot Camp for Boomers	C	Louise Malone	Westmount	English
Nov 6	Sun	13:00 – 16:00	"Tonus : retour aux bases"	C	Isabelle Kroeh	Guy-Favreau	French
Nov 19	Sat	10:00 – 13:00	"Exercices pour les aînés"	C	Sophie Dupontgand	P.-St-Charles	French
Nov 20	Sun	13:00 – 16:00	Cardio Cycle for Older Adults	C	Helen Neves	Downtown	English
Jan 15	Sun	10:00 – 13:00	Cardio Cycle : Interval Training	\$	Michelle Paiement	Westmount	English
Jan 28	Sat	13:00 – 16:00	"Cardio-cycle pour aînés"	C	Sophie Dupontgand	Downtown	French
Feb 13	Sun	14:00 – 17:00	"Utilisation de la musique et cours de Cardio-cycle"	C	André Tousignant	Du Parc	French

CONTINUING EDUCATION WORKSHOPS - FALL 2011, WINTER & SPRING 2012

Month	Day	Time	Workshop Title	Coupon or \$	Presenters	Location	Language
Group Fitness							
Mar 21	Wed	18:00 – 21:00	Pilates & Props	\$	Ann McMillan	Westmount	English
Mar 24	Sat	14:30 – 17:30	"Yoga adapté pour tous"	C	Claudette Rouisse	Hoch.-Mais.	French
April 4	Wed	18:00 – 21:00	"Les alimenteries"	\$	Yannik Morin	Guy-Favreau	French
April 14	Sat	13:00 – 16:00	Rehabilitation for Common Upper Body Injuries	C	Catherine Blanchette	Cartierville	Bilingual
June 2	Sat	9:00 – 14:00	Outdoor Training and Trekfit	\$	Paul Crivello	Cartierville	English
June 3	Sun	13:00 – 16:00	Parent & Baby classes: - Yoga - Functional toning - Stroller Aerobics	C	Jennifer Pigott & Brenda Schneider	West-Island	English
		To be confirmed	Stretching	C	Julian Lopez-Bravo	N.D.G.	English
Individual Conditioning							
Sept 14	Wed	18:30 – 21:30	Training Abdominals	C	Matt Boulé	West-Island	English
Sept 18	Sun	13:00 – 16:00	Building a Brand in 30 days	C	Christopher Laurin	P.-St-Charles	English
Oct 2	Sun	10:00 – 13:00	Nutrition: Weight Loss	C	Farra Alice	N.D.G.	English
Oct 15	Sat	14:30 – 17:30	"Bouger pour vaincre la douleur"	\$	Yvan Campbell	Hoch.-Mais.	French
Oct 30	Sun	10:00 – 15:30	"Haltérophilie"	\$	Vincent Paquin	Downtown	French
Nov 6	Sun	10:00 – 15:30	"Haltérophilie"	\$	Vincent Paquin	Downtown	French
Nov 27	Sun	13:00 – 16:00	Training Muscle Fibres Part 2	\$	Dr Robin Michel	West-Island	English
Dec 11	Sun	13:00 – 16:00	Individual Training: Step by Step: Upper Body	\$	Michael Wright & Miles Krol	N.D.G.	English
Jan 11 – Feb 29	Mon	18:30 – 21:30	Biomechanics Level 2 (24 hrs)	\$	Matt Boulé & Fady Rayes	West-Island	English
Jan 22	Sun	13:00 – 16:00	Functional Anatomy	\$	Louise Malone	Downtown	English
Jan 27	Fri	18:00 – 21:00	"Mythes et réalités de l'entraînement"	C	Martin Lussier	Hoch.-Mais.	French
Jan 29	Sun	9:00 – 16:30	"Meilleur derrière, meilleur dos"	\$	Yves Éthier	Downtown	French
Feb 9	Thur	18:00 – 21:00	"Préparation physique pour le golf"	C	Denis Jolicoeur	Du Parc	French
Mar 4	Sun	13:30 – 16:30	Golf Conditioning	C	Sam Maniatis	Westmount	English
April 14	Sat	13:00 – 16:00	"L'entraînement chez les diabétiques"	\$	Luce Boulianne	P.-St-Charles	French
		To be confirmed	Youth Training (12-17)			N.D.G.	English
Feb 26	Sun	13:00 – 16:00	"Démystifier la course à pied (Intervalles)"	C	Gabriel Lapierre	Guy-Favreau	French
Aquafitness							
Sept 11	Sun	15:00 – 18:00	Noodle Twist	\$	Karl Notargiovanni	Cartierville	English
Mar 24	Sat	9:00 – 12:00	Aqua Zumba	C	Jackie Borecky	Cartierville	English
May 19	Sat	13:00 – 16:00	Aquafitness – Arthritic and Post-Rehab	\$	Donna Lamontagne	West-Island	English
Certifications							
Sept 11, 18 & 25 Oct 2, 9, 16 & 30	Sun	12:00 – 18:00	Corrective Conditioning	\$	Louise Malone	Downtown	English
Sept 10 – 11	Sat/Sun	8:00 – 18:00	Yogafit* level 1	\$	Claudette Rouisse	Downtown	Bilingual
Sept 20 – 23	Thu/Fri/ Sat/Sun	8:00 – 18:00	Yogafit* level 4	\$	Yogafit	Downtown	
Oct 20 – 21	Sat/Sun	8:00 – 18:00	Yogafit* Anatomy	\$	Claudette Rouisse	Downtown	Bilingual
Oct 22 – 23	Sat/Sun	8:00 – 18:00	Yogafit* level 5	\$	Yogafit	Downtown	English
Nov 10 – 11	Sat/Sun	8:00 – 18:00	Yogafit* level 2	\$	Claudette Rouisse	Downtown	Bilingual
Nov 30	Fri	8:00 – 18:00	Yogafit* Pre-natal	\$	Yogafit	Downtown	English
Dec 1 – 2	Sat/Sun	8:00 – 18:00	Yogafit* level 5	\$	Yogafit	Downtown	English
Jan 14	Sat	8:00 – 18:00	Yogalean	\$	Yogafit	Downtown	English
Jan 15	Sun	8:00 – 18:00	Yogaback	\$	Yogafit	Downtown	English
Mar 10 – 11	Sat/Sun	8:00 – 18:00	Yogafit* level 1	\$	Claudette Rouisse	Downtown	English
April 6, 13 & 27 May 4 & 11 April 8, 15 & 29 May 6 & 13	Fri Sun	6:00 – 21:00 12:00 – 18:00	"Conditionnement correctif"	\$	Louise Malone, Raphaël Jabour	Downtown	French
Apr 14 – 15	Sat/Sun	8:00 – 18:00	Yogafit* level 2	\$	Claudette Rouisse	Downtown	Bilingual
April 22	Sun	8:00 – 18:00	Recertification	\$	Varia	Downtown	Eng./Fr.
June 16 – 17	Sat/Sun	8:00 – 18:00	Yogafit* level 3	\$	Lisa Greenbaum	Downtown	Bilingual

► **REGISTRATION DATES:**

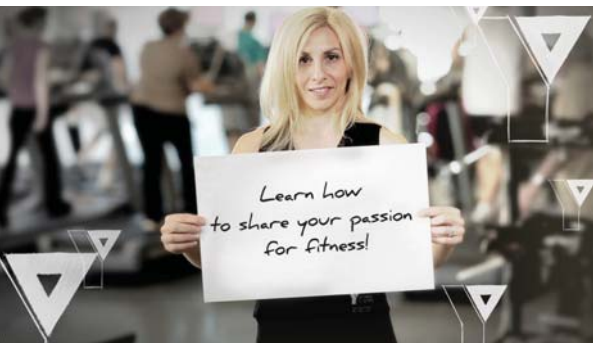
Fall Session: starting on August 8, 2011

Winter Session: starting on December 12, 2011

Spring Session: starting on February 27, 2012

Summer Session: starting on June 8, 2012

The YMCA F.I.T. training program,
a recognized and proven certification
of the highest level.



BE SURE TO CHECK OUR WEBSITE
often to stay in the loop on program updates!

ymcaquebec.org

Follow us on: facebook.com/ymcaquebec
ymcaquebec.tv



Cartierville Y Centre

11885 Laurentien Blvd.
Montreal
H4J 2R5
514 313-1047

Downtown Y Centre

1440 Stanley Street
Montreal
H3A 1P7
514 849-8393

Du Parc Y Centre

5550 Park Avenue
Montreal
H2V 4H1
514 271-9622

Guy-Favreau Y Centre

200 René-Lévesque Blvd. West
Montreal
H2Z 1X4
514 845-4277

Hochelaga-Maisonneuve Y Centre

4567 Hochelaga Street
Montreal
H1V 1C8
514 255-4651

Notre-Dame-de-Grâce Y Centre

4335 Hampton Avenue
Montreal
H4A 2L3
514 486-7315

Pointe-Saint-Charles Y Centre

255 Ash Avenue
Montreal
H3K 2R1
514 935-4711

West Island Y Centre

230 Brunswick Blvd.
Pointe-Claire
H9R 5N5
514 630-9622

Westmount Y Centre

4585 Sherbrooke Street West
Westmount
H3Z 1E9
514 931-8046