

Fitness Instructor Training Program (FIT) Recertification Request Form

PERSONAL INFORMATION

Name			Mobile		
Address			Home Phone		
City	Province	Postal Code	Email		

CERTIFICATION(S) TO BE RENEWED

Aquatic Fitness	Cycle	Choreography	Strength	Personal Trainer	Cardio Strength
-----------------	-------	--------------	----------	------------------	-----------------

To meet the YMCA's high standards of fitness instruction, instructors must renew their certification **every two years** from the date of the initial certification.

RECERTIFICATION REQUIREMENTS				DOCUMENTS TO SUBMIT	
		Personal Trainer	Group Instructor		
			1 - 2 spécialisation(s)	3 spécialisations et plus	
1	Hours of Service In the past two years, the candidate must have completed the minimum number of hours of instruction required in their area of specialization.	Minimum of 50 hours	Minimum of 50 hours	Minimum of 75 hours	Proof of completed hours of instruction (signed letters from employers or clients)
2	Continuing Education In the past two years, the candidate must have earned a total of 16 recertification credits ¹ through Continuing Education Workshops.	16 hours			Continuing Education Workshop certificates
3	Current CPR (AED) Certification				Valid CPR certificate
4	Application for Recertification				Completed Recertification Request Form YMCA certification(s) to be renewed

FEES for each certificate renewal	
YMCA full-time staff and volunteers	Free
YMCA part-time staff and members	\$20
Non-members	\$40

Please send scanned copies of your documents to
ymcafit@ymcaquebec.org

Status: Volunteer Full-Time or Part-time

Applicant's full name _____ Date: ____/____/____
Day Month Year

Supervisor's full name (YMCA of Quebec staff and volunteers only) _____

¹ 1-hour YMCA workshop = 1 credit. Six of the workshop hours must have been provided by the YMCAs of Québec. Annual conferences or other fitness certifications in the applicant's area of specialization count for 6 credits each, regardless of the number of hours completed.