



Fitness Instructor Training Program (F.I.T.)

Recertification Request Form

PERSONAL INFORMATION

Name _____ Mobile _____
 Address _____ Home Phone _____
 City _____ Province _____ Postal Code _____ Email _____

CERTIFICATION(S) TO BE RENEWED

Group Fitness:
 Aquatic Fitness Cycle Choreography Strength
 Individual Conditioning

To meet the YMCA's high standards of fitness instruction, instructors must recertify **every two years** from the date that the certification was issued.

RECERTIFICATION REQUIREMENTS				DOCUMENTS TO SUBMIT	
		Personal Trainer	Group Instructor		
			1-2 specialization(s)	3 or more specializations	
1	Hours of Service In the past two years, the candidate must have completed the minimum hours of instruction required in their area of specialization.	Minimum of 50 hours	Minimum of 50 hours	Minimum of 75 hours	<input type="checkbox"/> 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 from Continuing Education Workshops.	16 hours			<input type="checkbox"/> Continuing Education Workshop certificates
3	Current CPR Level A or C (AED) Certification				<input type="checkbox"/> Valid CPR certificate
4	Application for Recertification				<input type="checkbox"/> Completed and signed Recertification Request Form <input type="checkbox"/> YMCA certifications to be renewed

FEES for each certificate renewal (taxes included) ²	
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

To make a payment, please call 514 849-5331, ext.1226

Date ____/____/____ Applicant's signature _____
yyyy mm dd

Date ____/____/____ Supervisor's signature (full-time staff and volunteers only) _____
yyyy mm dd

¹ 1 hour of a YMCA workshop = 1 credit. 6 hours must be completed at a workshop organized by the YMCAs of Québec. Annual conferences or other fitness certifications in the applicant's area of specialization may count as 6 credits each, regardless of the amount of hours completed.

² Fees are subject to change without notice.