



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Instructor

The YMCA Water Fitness Instructor (YWFI) course, based on the latest research, provides participants with the necessary knowledge and skills needed to teach YMCA Water Fitness classes. The course includes all components of fitness principles, information on designing purposeful exercises and methods for targeting specific training objectives.

Dates: Friday, March 4 and Saturday, March 5
Friday, March 18 and Saturday, March 19 and Saturday, April 2
Times: Fridays, 5:30pm – 9:30pm Saturdays, 9am – 1pm
Fee: \$135 for YMCA members, \$175 for non-members
- fee includes YMCA Water Fitness for Health manual
Where: Eastside YMCA, 2101 Nagle Road, Erie PA 16510
Trainer: Aileen Baxter
Contact: Aileen Baxter Tel: (814) 899-9622 EXT: 253 Fax: (814) 899-5122
Pre-requisites: Minimum Age: 18
Current First Aid
Current CPR (including adult, child and infant and two-rescuer CPR
and obstructed airway maneuver)
Current YMCA Lifeguard or YMCA Aquatic Safety Assistant (YASA)
Registration Deadline: Monday, February 28, 2011

Participants should bring swimming suit, water shoes, towel, proof of age and YMCA Water Fitness for Health Manual (included in the registration cost) and Proof of Prerequisite Certifications to first training

Registration Form

Course Title: YMCA Water Fitness Instructor ____

Name: _____ Tel: _____

Address: _____ City: _____ ZIP: _____

YMCA: _____ YMCA Tel: _____

Address: _____ City: _____ ZIP: _____

Supervisor's / Executive Director's Signature for Approval: _____

Send check and registration form to: Eastside YMCA, 2101 Nagle Road, Erie PA 16510