

YMCA of Western Ontario-Fitness Leadership Course Calendar 2011/2012



YMCA of Western Ontario

COURSE	DATE	TIME	LOCATION	PRE-REQUISITES	COST
Group Fundamentals + Resistance and Core Stream (combined) Vicki Williton	June 11, 2011 June 12, 2011	9-5pm	Stoney Creek Community Centre, YMCA & Library	Completed or enrolled in BT 16 years of age	Member \$50 Non \$100 + manuals
Basic Theory Alicia Ennis Shari Rocheleau (Co-Teach)	September 24, 2011 October 1, 2011 October 2, 2011	9-5pm	Centre Branch YMCA	16 years of age	Member \$100 Non \$200 + manuals
Individual Conditioning 2 Karen Carroll Ricardo Mathison	November 19, 2011 November 27, 2011	9-5pm	Bob Hayward YMCA	Completed BT	Member \$100 Non \$200 + manuals
Group Fundamentals/Aquafitness Timarra Milmine Angela Rita (Co-Teach)	December/January Christmas Break Dates TBA	9-5pm	YMCA of Woodstock	Completed or enrolled in BT 16 years of age	Member \$50 Non \$100 + manuals
Individual Conditioning 1 Vicki Williton	January 12, 2012	6-10pm	Stoney Creek Community Centre, YMCA & Library	16 years of age	Member \$25 Non \$50 + manuals
Basic Theory Trainer TBD	February 5, 2012 February 12, 2012 February 26, 2012 March 4, 2012	10-4pm	Centre Branch YMCA	16 years of age	Member \$100 Non \$200 + manuals
Group Fundamentals/Choreography Shari Rocheleau	April 7, 2012 April 8, 2012	9-5pm	Strathroy-Caradoc Family YMCA	Completed or enrolled in BT 16 years of age	Member \$50 Non \$100 + manuals
Individual Conditioning 2 Vicki Williton	June 9, 2012 June 10, 2012	9-5pm	Family YMCA of St. Thomas- Elgin	Completed BT	Member \$100 Non \$200 + manuals

*Please note: All participants must meet the minimum pre requisites prior to the course start date. All participants are required to be registered in CLASS.
Note: Current Staff/Volunteers Are FREE to Register.