

HOW DO I START?

The YMCA-YWCA of the Central Okanagan is committed to the health of our members and program participants. As a non-profit charitable organization, many of our fitness programs rely on volunteer instructors.

Our instructors learn through on-going participation, training and evaluation to ensure the highest caliber of leaders possible. Our volunteer instructors obtain the practical, technical and leadership skills they require to successfully lead fitness classes.

STEPS TO BECOMING AN INSTRUCTOR

Step 1 - Basic Theory

Pre-requisite: 16+ years

This is the first step in becoming a Fitness Leader and covers the principles of exercise, basic bones & muscles, nutrition, training, exercise design and more. Also learn about the Y and what makes us unique.

16 hour course plus 8 -12 hours of homework

Step 2 - Applied Theory

Specialize in Group Fitness or Individual Conditioning. Each course is a minimum 16 hours.

Step 3 - Apprenticeship/Practicum

Attain peer and practical teaching experience for your specialty area under the supervision of a qualified fitness trainer. 12 hour practicum

Step 4 - Practical Evaluation

A Y trainer of fitness leaders will observe and evaluate your instructional methods.

Upon completion of all steps, including securing an Emergency First Aid & CPR-C course, you will receive a two-year YMCA fitness leadership certification. All Y Instructor Training courses are recognized by the BCRPA.

CERTIFICATION



“Y staff go out of their way to make all volunteers feel they are valued members of the Y team.”

CERTIFICATION REQUIREMENTS

To remain current, you must obtain and recertify the following awards:

- YMCA or BCRPA Instructor Certification in Group Fitness or Individual Conditioning (BCRPA instructors must obtain the YMCA certification)
- Emergency First Aid and CPR-C
- Within each two-year certification period: attend a minimum of 16 hours of YMCA Canada training, be observed and evaluated annually by a YMCA fitness trainer and provide proof of 50 hours of classes or instruction.

COMMITMENT

VOLUNTEER COMMITMENT

The YMCA-YWCA of the Central Okanagan expects volunteer fitness instructors to commit to teaching the same class once a week.

Our goal is for our fitness instructors to not only become competent and confident in leading classes but to develop a good rapport with participants.

“After becoming a certified fitness trainer through the Y, I still knew I had to elevate my game and gain experience. I found what I wanted by volunteering at the Y. Each week, the people in my class work hard, I work hard and the Y is just a great place to learn.”



BENEFITS

Volunteering is more than just sharing your time and passion. It's about the satisfaction of giving back to your community and knowing you are positively impacting people's health through exercise.

Be a part of our dynamic fitness team today!

VOLUNTEER BENEFITS

- Sponsored Y fitness instructor training course fees (application & interview required to determine eligibility)
- FREE additional training - attend Y fitness workshops and First Aid/CPR classes at no charge plus participate in the YMCA Annual Fitness Retreat
- Gain valuable experience and build your resume
- Attend annual Volunteer Week celebrations & special recognition events
- FREE childminding while you teach (when available)

“By teaching group fitness classes, I can keep fit and help lead programs that encourage others to stay active.”



CONTACT

MAKE A DIFFERENCE, GET INVOLVED TODAY

If you would like to become a fitness volunteer leader or would like more information, please contact the fitness department at your nearest branch.

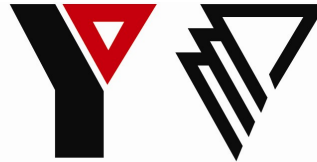
KELOWNA FAMILY Y

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H2O ADVENTURE + FITNESS CENTRE

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YMCA-YWCA
of the Central Okanagan

OUR CHARITABLE MISSION

Based on the principles of human dignity, equality, justice and peace, the mission of the YMCA-YWCA of the Central Okanagan is to support the development of strong individuals, families and communities in body, mind and spirit and to connect with and support the Y's global family.

YMCA-YWCA HEALTH & FITNESS

Be a **YMCA-YWCA** Fitness Volunteer



Improve your
HEALTH
while giving back to the
COMMUNITY



YMCA-YWCA
of the Central Okanagan

*We build strong kids,
strong families,
strong communities.*