



Certification Course

2012

Contact Information

Michelle Kiddoo
402-434-9257
mkiddoo@ymcalincoln.org

YMCA Cardio and Step Aerobics Instructor

This course is designed to train staff members in the skills needed to conduct traditional group exercise classes such as step and high/low aerobics. Course content includes movement choreography and pattern development, skills for teaching group aerobic classes, class structure and components, practical sessions, and a practical examination.

Session & Registration Dates

Session Date
TBD

Registration Dates
Lincoln Y Staff TBD
Non-Y Staff TBD

Time

TBD

Fees

Y Staff \$ 40
Non Y Staff \$ 50

Prerequisites

- Current CPR
- YMCA Healthy Lifestyle Principles
- Current Foundations of YMCA Group Exercise

Bring

- Purchase the YMCA Cardio and Step Aerobics Instructor Manual, YPSHE0401, \$26.00, (YMCA Program Store, 1.800.747.0089 or www.ymcaprogramstore.com or discuss with your YMCA Program Director to borrow a manual)
- Proof of prerequisite certifications
- Workout clothes and shoes
- Notebook and pen
- Travel, meals, and lodging are on your own. (Feel free to bring food. Light snacks and drinks provided)

Northeast Y

Registration Information

Registration

Complete the Registration below. Return this, with payment, to the Northeast Y or mail to: Michelle Kiddoo, 2601 North 70th Street, Lincoln, NE 68507

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

YMCA Cardio and Step Aerobics Instructor

Name _____ Phone _____ Date _____

Address _____ City _____ Zip _____

Email _____ Birthdate _____ Age _____

YMCA/Branch you are affiliated with _____

Current position at YMCA (if applicable) _____

Goals you have for taking this course _____

Completed prerequisite (MUST bring proof with you!)

- Current CPR
- YMCA Healthy Lifestyle Principle
- Current Foundations of YMCA Group Exercise

Programs you currently instruct (circle): Group Land Exercise Group Water Exercise Group Cycling
Personal Training Other _____

List educational experiences related to health and wellness, such as certifications, training experiences, and college courses

Check YMCA employee status: ___ Full-Time Staff ___ Part-Time Staff ___ Volunteer ___ Non-Staff

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225