



Certification Course

2012

Contact Information

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

YMCA Healthy Lifestyle Principles

This basic-level course provides practical and theoretical information for instructors of all YMCA health and wellness programs. Included is information on leadership, basic exercise physiology, healthy lifestyles and safety guidelines, as well as the YMCA mission, philosophy, and the national program training system.

It is a prerequisite for all other YMCA health and fitness certification courses.

Session & Registration Dates

Session Dates

TBD

Registration Dates

Lincoln Y Staff TBD

Non-Y Staff TBD

Time

TBD

Fees

Lincoln Y Staff \$ 30

Non-Y Staff \$ 40

Prerequisite

18 years of age

Bring

- Purchase the YMCA Healthy Lifestyle Principles, Fourth Edition, YPSHE0409, \$27.00 (YMCA Program Store, 1.800.747.0089 or www.ymcaprogramstore.com or discuss with your YMCA Program Director to borrow a manual)
- Proof of age
- Comfortable clothes
- Notebook and pen
- Travel, meals, and lodging are on your own. (Feel free to bring food. Light snacks and drinks provided)

Northeast Y

