

YMCA of the USA  
**YMCA Healthy Lifestyle Principles**  
Certification Course

TIME

**DATE:** April 23, 2010

**TIME:** 6:00pm-9:00 pm

**TRAINER:** Vickey Beard

**LOCATION:** Cansler Family YMCA  
661 Jessamine  
Knoxville, TN 37917

**COST:** \$30.00

**PREREQUISITE:** 18 years if age & CPR Certification

**COURSE DESCRIPTION:**

This is the basic-level prerequisite course for all other YMCA Health and Fitness certification courses. It provides practical and theoretical information for instructors of all YMCA health and fitness programs, including information on effective leadership, basic physical activity and healthy lifestyles principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the national program training and certification system.

**PARTICIPANTS MUST BRING:**

Notebook, pen, and proof of prerequisite.

Fees payable by check, cash or credit/debit card. Checks made out to Davis Family YMCA.

Send registration form to Davis Family YMCA, 12133 S. Northshore Dr., Knoxville, TN 37922

Attention: Vickey Beard

Deadline for registration: April 20, 2010

NAME: \_\_\_\_\_  
YMCA \_\_\_\_\_ EMAIL \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

