



EVANSVILLE, INDIANA
Regional Training Event
August 18-27, 2011

YMCA of Southwestern Indiana
222 NW 6th Street
Evansville, IN 47708
812-423-9622

Event Information

REGISTRATION

Register online:

<http://events.SignUp4.com/Evansville>

Contact Info: Rhonda McVey

rmcvey@cincinnatiymca.org

LOCATION

YMCA of Southwestern Indiana
222 NW 6th Street
Evansville, IN 47708

DIRECTIONS

I-164 S towards Evansville/Henderson KY. Merge onto IN-66 W via Exit 7B. Stay straight to go onto E Lloyd EXPY/IN-62W. Take the ramp toward First Ave/M L King Blvd. Stay straight to go onto W Division St. Take the first Left onto NW Martin Luther King Jr. Blvd. *(If you reach Oakley St. you've gone about .1 mile too far).* Turn right onto Court Street (*Court St is just past John Street*) Take the first left onto NW 6th Street (*If you reach NW 5th Street you've gone a little too far.*) 222 NW 6th Street is on the right. *(If you reach Vine Street you've gone a little too far).*

AIR TRANSPORTATION

If you will be flying to the Regional Training Event, the Evansville International Airport (EVV) is approx. 15 minutes away.

MEALS AND SNACKS

Snacks will be provided. Meals are on your own.

Nearby Restaurants Are:

Milano's Italian Cuisine, McDonald's, Lic's Deli & Ice Cream and Subway.

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Register online at

<http://events.SignUp4.com/Evansville>

Deadline for registrations is August 10

Event Information

LODGING

You are responsible for your own accommodations.

Holiday Inn Airport

7101 Highway 41 North
Evansville, IN 47725
812-867-7999

Hampton Inn

8000 Eagle Crest Blvd.
Evansville, IN 47715
812-473-5000

Drury Inn and Suites North

3901 Highway 41 North
Evansville, IN 47711
812-423-5818

Drury Inn and Suites East

100 Cross Pointe Blvd.
Evansville, IN 47715
812-471-3400

EXPIRATION DATES

Unless an expiration date is indicated under the course description, the certification does not expire.

FINANCIAL ASSISTANCE

Financial Assistance is available on Leadership Competency Courses over \$100. Go to <http://grants.ymca.net> to apply.

BRING

See each course description to identify what you must bring with you to the course, such as: proof of age and prerequisites, appropriate clothing, manuals, and other supplies.

MANUALS

Leadership Competency Course Manuals will be provided as shown in each course description.

Aquatics/Health & Wellness Courses may require that the participant purchase their manual in advance. Please see the course description for details.

Manuals can be purchased from the YMCA Program Store at www.ymcaprogramstore.com or phone 1-800-747-0089 or fax to (773) 282-3019.

PREREQUISITES

The prerequisites identify what requirements must be met **before you are eligible** to take the course. Read these carefully. There are **NO Conditionals or Incompletes**. If you do not meet prerequisites prior to attending class you **WILL NOT** receive credit.

TRAINER CANDIDATE

Trainer Candidate Applications can be found on the registration website by clicking the Courses Offered tab or Online Registration tab. Be ready to upload your transcript and letter of recommendation when you submit the application. **Deadline for applications is 30 days prior to course start date.** You will be contacted by YUSA. You MUST receive approval before attending class. You will need to complete 2 online courses at www.ymcaexchange.org. Login to My Account. There will be an icon "Orientation to the YMCA Training System" and "Adult Learning Concepts". Cost is \$20 each and takes about 30 minutes to complete. You must also attend and pass Facilitation Skills.

Register online at <http://events.SignUp4.com/Evansville>

Deadline for registrations is August 10, 2011

Aquatics

AQ200I- YMCA Swim Lesson Instructor (YSLI) \$180

Sunday-Tuesday, August 21-23 from 8-6 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline is Aug. 10

This course provides participants with the basic knowledge and skills to teach YMCA swim lessons to parent-child pairs, preschoolers, youth, and adults. It includes both land and pool sessions and lesson planning, teaching methodology, class organization, class components, and skills for the YMCA progressive program. The course also covers the Y's expectations for instructors and outlines their responsibilities for teaching YMCA Aquatics classes that are student centered, values oriented, and safe and effective in teaching aquatic skills. Included in the course is the YMCA Instructor Safety Assistant Module. YMCA Instructor Safety Assistant (YISA), which will be taught by YSL trainers and will replace the YASA prerequisite. The YISA course focuses on how an instructor can assist and help a lifeguard in the event of an emergency in the pool area. It will teach lifeguards who are also swim instructors what role to play during an emergency while they are teaching rather than guarding. YISA will become the fifth module within the YSL instructor course and will help reinforce aquatic safety, streamline the training system and decrease the required training hours.

Expiration:	Two years, provided all prerequisite certifications are kept current.
Training Manuals:	YMCA Swim Lessons: Teaching Swimming Fundamentals (0-7360-0044-5), \$35; YMCA Swim Lessons: The Parent-Child & Preschool Aquatic Prog Manual (01-7360-0053-4), \$35; Youth and Adult Aquatic Program Manual (07-6360-0048-8), \$35. Go to www.ymcaprogramstore.com to purchase the manuals.
Items to Bring:	Bathing suit, towel, goggles, proof of age, and proof of prerequisite certifications.

Prerequisites:

Be at least 16 years of age on the last day of scheduled course Current CPR, First Aid, AED, Oxygen Administration Participants should be able to perform all the strokes, but only three of the five strokes in good form (front somersault, back somersault, canoe scull, flat-stationary sculling, tub dolphin, oyster water wheel.) Participants should be encouraged to improve their other strokes. Good form included appropriate arm actions, leg actions, breathing, and coordination of the stroke for a distance of 40 feet to 25 yards. Synchronized swimming skills: Should be able to perform all of the listed skills, but only six out of the eight synchronized swimming skills well (crawl stroke, side stroke, back crawl stroke, elementary back stroke, breaststroke; wetball skills- dribble, pass, and catch ball while walking and swimming, shoot ball into goal; diving skills- jump off one-meter board with arm swing and standing dive off deck) Tread water for two minutes Read YMCA Swim Lessons: Teaching Swimming Fundamentals and YMCA Swim Lessons: The Parent-Child and Preschool Aquatic Program Manual and Youth and Adult Program Manual prior to course

Must be able to accomplish these tasks: Besides being advanced-level swimmers, candidates to become YMCA Swim Lesson Instructors should be caring, strong, quick to respond, confident, fit and intelligent, with good interpersonal skills. The YMCA strives to include all people in their programs, but the hazard duty of a lifeguard and swim instructor may disqualify some candidates with certain physical or mental conditions from becoming certified. To become certified as a YMCA Swim Lesson Instructor, an individual must become able to accomplish these tasks: Remain alert with no laps in consciousness Sit for extended periods, including in an elevated chair Move to various locations, in and around an elevated chair Communicate verbally, including projecting the voice across distance and communicate swiftly and effectively with emergency personnel over the telephone and or in person Hear noises and distress signals in an aquatic environment, including in the water understanding that significant background noises exist in aquatic environments Observe all sections of the water area Perform all needed rescue and survival skills Think in the abstract, solve problems, make decisions, instruct, evaluate, supervise, and remember Will possess the skills to operate alone as a swim instructor, with or without other support. To become a YMCA Swim Instructor, you must meet the entrance requirements, complete the course as described, and fulfill all certification requirements. Medical clearance before participation may also be required.

Aquatics

AQ115B- YMCA Aquatic Safety Assistant (YASA) \$120

Thursday and Friday, August 18 & 19 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline is Aug. 10

This course trains and certifies participants in the YMCA Aquatic Safety Assistant program. This course presents the knowledge and skills needed to recognize aquatic risks and to assist a lifeguard in the emergency response to an accident or injury. This course does not provide participants with lifeguard training. Those who become certified in YMCA Aquatic Safety Assistant must have a certified lifeguard(s) on duty when teaching a class or leading a program activity.

Expiration:	Two years, provided all prerequisite certifications are kept current. Renew by taking the written and water test parts of the course or whole course from a currently certified YMCA Lifeguard Instructor.
Training Manuals:	On the Guard II: The YMCA Lifeguard Manual, fourth edition, (ISBN: 0736039767) Go to www.ymcaprogramstore.com to purchase the manual.
Items to Bring:	bathing suit, towel, resuscitation mask, proof of age, and proof of prerequisite certifications.

Prerequisites:

- Minimum age 14 by course start date
- Ability to swim 100 yards any stroke
- Ability to tread water for two minutes, legs only (scissors, rotary, or eggbeater)
- Current CPR Pro
- Current First Aid
- Current AED
- Current Oxygen Administration
- Surface dive (head first/feet first 4-6 feet, or submerge and touch hand on bottom in five feet of water)
- Strength and maturity to assist in backboarding procedure

Must be able to accomplish these tasks:

- Remain alert, with no lapses of consciousness
- Sit for extended periods, including in an elevated chair
- Move to various locations, including in and around an elevated chair
- Communicate verbally, including projecting the voice across distances
- Hear noises and distress signals in the aquatic environment
- Observe all areas of the aquatic environment
- Perform all needed rescues and survival skills
- Think in the abstract, solve problems, make decisions, instruct, evaluate, supervise, and remember

Aquatics

AQ145D- YMCA Aquatic Management (YAM) \$180

Thursday-Saturday, August 25-27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The YMCA Aquatic Management course provides participants with the basic knowledge, skills, and materials needed to manage YMCA aquatic programming and facilities. Course content includes: basic aquatics program development and management, program promotion, communication, aquatic facility management, and professional development and management skills. Completion of this course requires work to be done before, during, and after the classroom session.

Expiration:	Five years
Training Manual:	YMCA Aquatic Management: A Guide to Effective Leadership (ISBN: 0736044752) Go to www.ymcaprogramstore.com to purchase the manual.
Items to Bring:	Completed study guide, pen, paper, calculator, proof of age, proof of prerequisite certifications, and manual. Participants should also bring copies of their YMCA aquatic budget, program brochure, aquatics program operations manual, and aquatic staff manual.
Leadership Competency Credit:	3 credits

Eligible for Recertification Credit: Yes

Prerequisites:

- Minimum age 18
- Prior to the course, participants must read YMCA Aquatic Management: Guide to Effective Leadership and complete the course study guide. The course study guide is available to download at no cost through the YMCA of the USA extranet at www.ymcaexchange.org.

Leadership Competencies Covered:

- Commitment to YMCA Mission & Values
- Member, Community & Movement Driven
- Communication Skills
- Commitment to Development
- Commitment to Quality Results
- Financial Skills

Child Care

CC802B - Principles of YMCA Child Care \$30

Saturday, August 20 from 8 a.m. – 12 Noon

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is an introduction and basic orientation to YMCA goals, objectives, and the unique components of YMCA child care programs. The training covers YMCA program history and philosophy; an overview of YMCA child care certification courses; YMCA child care facts; principles and initiatives; YMCA of the USA guidelines and quality check; and the YMCA of the USA Member Involvement Model. This course is designed for staff members new to the YMCA, even though they may have had considerable child care experience in another setting.

Manual	Principles of YMCA Child Care, second edition (ISBN: 0736030085) Manual is recommended but not required for course. Go to www.ymcaprogramstore.com to purchase the manual.
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GN002B - Working With Youth Ages 5 to 12 \$30

Saturday, August 20 from 1-5 pm

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course covers the basic competencies needed to work with children ages 5-12 and reviews characteristics and the developmental benchmarks of this age group, emphasizing age-appropriate programming. Competencies developed in this course include: applying basic youth developmental principles; developing positive relationships with youth; planning; respecting and honoring cultural and human diversity; the ability to adapt, facilitate, and evaluate age-appropriate activities; involving and empowering youth; interacting and relating to youth in ways that support asset building; keeping kids safe in YMCA programs; supporting and Working with families; working as part of a team; and being a positive role model. The course does not cover activities for specific YMCA programs. That information is provided in the appropriate instructor- or director-level course (e.g., Day Camp Director, School-Age Child Care Director, Gymnastics Instructor, and Progressive Swimming Instructor.)

Health & Fitness

HW100B - Healthy Lifestyle Principles \$30

Friday, August 19 from 6-10 pm

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

YMCA Healthy Lifestyle Principles is the prerequisite course for all other YMCA of the USA Health and Well-Being certification courses. It provides practical and theoretical information for instructors of all YMCA Health and Well-Being programs, including information on effective leadership, basic physical activity and healthy lifestyle principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the national program training and certification system. *Prerequisite Course*

Training Manual:	YMCA Healthy Lifestyle Principles, fourth edition (0-7360-5576-2), \$27 Go to www.ymcaprogramstore.com to purchase manual.
Items to bring:	Proof of age.

Prerequisite: 18 years of age

HW200I - Foundations of Group Exercise (Instructor Level) \$60

Saturday, August 20 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is designed to train staff members in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardio-respiratory and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and a practical session on general exercise selection and execution. This course is the required prerequisite for all other courses in the YMCA of the USA Health and Well-Being Group Exercise track.

Expiration:	Three years (renewal requires 15 hours of continuing education credits and completion of a certification renewal form, available at www.ymcaexchange.org .)
Training Manual:	ACE Group Fitness Instructor Manual (1-890720-01-1), \$41.95. Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring	Proof of prerequisite certifications.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification
- Current CPR
- **Before the course**, read the ACE Group Fitness Instructor Manual.

Health & Fitness

HF342I - Foundations of YMCA Strength & Conditioning \$120

Friday and Saturday, August 26 & 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

A new instructor level certification course specifically designed for YMCA fitness center staff. Course content includes member service and orientation procedures, leadership and relationship building strategies for working with members, exercise science and practical applications, and exercise instruction for strength, flexibility, and cardiovascular training. Course includes practical sessions using various exercise equipment, case studies, and a written exam.

Expiration date:	Three years (renewal requires 15 hours of continuing education credits and completion of a certification renewal form, which can be downloaded at www.ymcaexchange.org .)
Training Manual:	YMCA Personal Training Instructor Manual, second edition (0-7360-6021-9), \$39. Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring:	Workout clothes and proof of prerequisite certifications.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification and current CPR
- **Before the course,** read the YMCA Personal Training Manual, second edition.

Health & Fitness/Membership

HF190I - YMCA Pilates Instructor \$60

Saturday, August 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course teaches exercise instructors the basic biomechanics and philosophical principles of Pilates exercise. Participants will learn a series of Pilates mat exercises which are designed to improve muscle strength and flexibility, balance, posture, and overall well-being. Also included is information on how to incorporate Pilates exercises into effective group exercise and personal training programs. Practical sessions included. *Group Exercise Track*

Training Manual:	YMCA Pilates Instructor Manual (ISBN: 0736051422) Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring	Workout clothes and proof of prerequisite certifications.
Health & Well-being Credits:	8 CECs

Prerequisites:

- YMCA Healthy Lifestyle Principles certification
- Current Foundations of YMCA Group Exercise or YMCA Group Exercise Instructor
- Current CPR

MB250B - Creating the Member Experience \$60

Wednesday, August 24 from 9-4



Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

As foundational to all membership-related training, this course is intended for all staff responsible for member experiences at a YMCA, including the exploration of possibilities in support of each member's well-being journey. The goal of this course is to involve all YMCA staff in creating member experiences that exceed member expectations, connect members to the YMCA mission, and advance members in their level of engagement to the YMCA. Includes participant manual.

Continuing Education Credits:	6 CECs toward Foundations of YMCA Group Exercise and the Foundations of YMCA Strength & Conditioning
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Leadership Competency

LC101D - Introduction to Volunteerism \$60



Monday, August 22 from 10-6 *NOTE TIME CHANGE

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The YMCA is both a volunteer led and driven organization which continues to be rooted in the spirit of local community volunteerism. This course is designed for anyone who has contact with program volunteers. Learn why volunteers are essential to the YMCAs mission and how they can make you more effective in your job. Get a step-by-step guide on how you can effectively recruit, screen, train, evaluate, and recognize volunteers. You will learn how to identify opportunities to engage and build relationships with volunteers. Participant manual included. Leadership Competency Credit: 1 credit. *This course is a requirement for the YMCA Team Leader Certification.*

Leadership Competencies Covered:

- Volunteer Driven
- Member, Community & Movement Driven
- Relationship Building Skills

LC113D - Introduction to Leading Others \$120



Mon & Tue, August 22 & 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

Having successful supervisors at the YMCA is critical to the overall success of YMCAs. Introduction to Leading Others is a two-day course that focuses on what it takes for supervisors with just a few years of experience to be successful. The course includes "how-to" topics for day-to-day tasks to higher level strategies for coaching and effectively leading staff. Also included are modules on Behavioral Interviewing, Essential Employment Laws, Coaching and Delegating. Participant Manual included. Leadership Competency Credit: 2 credits. *This module is a required course for the YMCA Team Leader Certification.*

Leadership Competencies Covered:

- Commitment to Development
- Relationship Building Skills
- Commitment to Inclusion
- Communication Skills

Leadership Competency

LC250D - Introduction to Fiscal Management \$140

Thurs & Fri, Aug 25 & 26 from 8-5 Lunch provided both days.



Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is designed specifically for Team Leaders and is an overall introduction to fiscal management and finance principles. Participants will explore the connection between the YMCA mission and their role in responsible fiscal stewardship.

Participants will learn the steps in a budget development process, review sample program budgets and then engage in experiential learning activities that will actually take them through all of the steps of creating a budget. The course also includes an overview of finance terminology and an introduction to the 4-step pricing process model. Includes Participant Manual.

This is a required course for the YMCA Team Leader Certification.

Leadership Competency Credit:	2 credits
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Leadership Competencies Covered:

- Financial Skills
- Thinking Skills

Leadership Competency

LC107D – Group and Team Work \$60



Tuesday, August 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The purpose of the Group and Team Work training course is to introduce teamwork skills for front-line staff at the leader level at the YMCA. Utilizing research on group dynamics, this class will add best practices to the effort by examining elements of the Team Model for use in group and team efforts. Participant manual included.

At the conclusion of the course, participants can expect that they will be able to:

- Describe the history of how groups and teams evolved
- Examine the organization and design of teams
- Identify the benefits of working in groups and teams
- Apply team work concepts to maximize group strengths and enhance productivity

Leadership Competency Credit: 1 credit

Eligible for Recertification Credit: Yes

This course is equivalent to PL350D-Group Work (course expired 03/31/2011) for those who are achieving certification during the transition time that ends 12/31/2011.

Leadership Competencies Covered:

- Relationships
- Inclusion
- Influence
- Emotional Maturity
- Communication

Trainer Courses

TR240B - Facilitation Skills for Trainers \$50



Friday, August 19 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The Facilitation Skills for Trainers course teaches participants how to enhance their presentation skills in order to create an effective learning environment for all students. Skills for both presenting and facilitating in a classroom setting will be not only discussed, but also practiced. Participants need to come to class prepared to conduct two, 10-minute presentations. The evaluation score on the second presentation will determine whether or not a participant passes (receives credit) or not.

Pre-work instructions for selecting and preparing for both presentations can be found at: http://www.ymcaexchange.org/front/YMCAUniversity/faculty_trainer_resources/

To become a Trainer in the YMCA of the YUSA Faculty/Trainer system, this class is a requirement. NOTE: It is strongly recommended to take this course at least 30 days before applying as a trainer candidate.

Prerequisites:

- **Required:** Adult Learning Concepts (YMCAexchange, under "My Account")
- **Recommended:** Orientation to the YMCA Training System (YMCAexchange, under "My Account")

Trainer Courses

AQ145T- YMCA Aquatic Management (YAM) Trainer \$50

Wed, Aug 24 – Meet w/Trainer Thur-Sat, Aug. 25-27th 8-5 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course trains participants to certify staff members and volunteers in the courses YMCA Aquatic Management and Principles of YMCA Aquatic Leadership. Completion of this course requires work to be done before, during, and after the classroom session.

Expiration:	Five years, as long as YAM certification is kept current and the trainer teaches at least two courses during the five-year certification period.
Training Manuals:	YMCA Aquatic Management: A Guide to Effective Leadership (ISBN: 0736044752) Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring:	Completed study guide, pen, paper, calculator, proof of age, proof of prerequisite certifications, and manual. Participants should also bring copies of their YMCA aquatic budget, program brochure, aquatic program operations manual, and aquatic staff manual.

Prerequisites:

- Minimum age 21
- Current YMCA Aquatic Management (YAM) or Aquatic Facilities Management (AFM)
- Five years YMCA aquatic management experience
- Two YMCA Aquatic Trainer certifications
- Orientation to the YMCA Training System (at YMCAexchange, under "My Account")
- Adult Learning Concepts (at YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current AFM Trainers/Faculty who would like to lead the new YAM course may do so by attending the YAM Trainer course
- Complete Trainer Candidate Application – **Deadline July 25**
- Prior to the course, participants must complete the course study guide. The course study guide is available to download at no cost through the YMCA of the USA extranet at www.ymcaexchange.org.

Trainer Courses

AQ200T- YMCA Swim Lessons Trainer \$100

Sat-Wed, Aug 20-24 8-6 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course trains participants to certify staff members or volunteers in the courses YMCA Swim Lessons Instructor and YMCA Swim Lessons Specialty Courses. Successful completion of this course will automatically renew your YMCA Swim Lessons Instructor certification.

Expiration:	Two years, provided all prerequisite certifications are kept current.
Training Manuals:	YMCA Swim Lessons: Teaching Swimming Fundamentals (0-7360-0044-5), \$35; YMCA Swim Lessons: The Parent/Child and Preschool Aquatic Program Manual (01-7360-0053-4), \$35; Youth and Adult Aquatic Program Manual (01-6360-0048-8), \$35; YMCA Swim Lessons Training Video Package (07360-0270-7) three-set video \$59.95 includes: Fundamentals of Teaching YMCA Swim Lessons Video (0-7360-1254-5), \$24.95; Parent/Child and Preschool Aquatic Program Video (0-7360-0256-1), \$24.95; Youth and Adult Aquatic Program Video (0-7360-0255-3), \$24.95; YMCA Swim Lessons Administrator's Manual (0-7360-0038-0), \$55. Go to www.ymcaprogramstore.com
Items to Bring:	Swimsuit, towel, proof of age, proof of prerequisite certifications, and manuals.

Prerequisites:

Minimum age 21
 Current YMCA Lifeguard
 Current CPR, First Aid, AED, Oxygen Administration
 Current YMCA Swim Lessons Instructor with at least 50 hours of experience teaching YMCA Swim Lessons program after being certified as an instructor.
 Orientation to the YMCA Training System (YMCAexchange, under "My Account")
 Adult Learning Concepts (YMCAexchange, under "My Account")
 Facilitation Skills for YMCA Training (available at local and Regional Training Events)
 Trainer candidates should be able to perform all the strokes for 25 yards, but only five of the six strokes in good form (crawl stroke, side stroke, back crawl stroke, elementary back stroke, breaststroke.) Good form includes appropriate arm actions, leg actions, breathing, and coordination of the stroke.
 Tread water for three minutes
 Synchronized swimming skills: Should be able to perform all of the listed skills, but only 12 out of the 14 skills well (front somersault; front walkover; canoe scull; back somersault; Tub Flat/stationary sculling; Oyster Dolphin; head-first sculling; water wheel; ballet leg; feet-first sculling; plank stroke variations; wetball skills; dribble, pass, and catch ball while walking and swimming, shoot ball into goal; diving skills; three step approach on deck, three step approach and jump off one-meter board, standing dive off one-meter board and standing dive off deck in appropriate pool depth for performing these skills in the water.
 Skin diving skills: Swim with mask and fins. Surface dive, retrieve an object from bottom of pool, clear the snorkel and return object to the side of the pool.
 Complete Trainer Candidate Application and include statement from executive director or supervisor verifying 300 hours of teaching aquatics, 50 hours of experience teaching YMCA Swim Lessons program after being certified as an YSL instructor.

Deadline July 20
 See the description for YMCA Swim Lessons Instructor for list of necessary character traits, skills, and abilities.
 To become a YMCA Lifeguard and/or Swim Instructor Trainer, you must meet the entrance requirements, complete the course as described and fulfill all certification requirements. Medical clearance before participation may also be required.

Trainer Courses

HW200T- Foundations of Group Exercise Trainer \$50

Fri, Aug 19 – Meet w/Trainer Sat, Aug. 20 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify YMCA staff members and volunteers in the courses Foundations of YMCA Group Exercise, YMCA Healthy Lifestyle Principles, and the YMCA enhanced qualifications courses. Certification is valid as long as Foundations of YMCA Group Exercise (Instructor level) is kept current, which requires renewal every 3 years. Bring workout clothes and proof of prerequisite certifications and ACE Group Fitness Instructor Manual (1-890720-01-1), \$41.95.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification 2009 version course code HW100B
- Current Foundation of Group Exercise or any current YMCA Health & Fitness Group Ex trainer-level cert.
- Orientation to the YMCA Training System (online - available now)
- Concepts in Adult Learning (online - available now)
- Facilitation Skills for YMCA Training (available at Regional Training Events)
- Current CPR
- Two years of experience in YMCA Health, Fitness and Well-Being
- Complete Trainer Candidate Application – **Deadline July 20**
- **Before the course**, read the ACE Group Fitness Instructor Manual.

HF381T- Found of YMCA Strength & Conditioning Trainer \$50

Thurs, Aug 25 – Meet w/Trainer Fri-Sat, Aug. 26-27th 8-5 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff and volunteers in Foundations of YMCA Strength & Conditioning, YMCA Healthy Lifestyle Principles, and the YMCA health and fitness enhanced qualification courses. Certification is valid as long as Foundations of YMCA Strength & Conditioning Instructor or YMCA Personal Training Instructor is kept current; certification requires renewal every 3 years. Need to bring workout clothes and proof of prerequisite certifications and training manual: YMCA Personal Training Instructor Manual, second edition (0-7360-5021-9), \$39

Prerequisites:

- Two years of experience in YMCA Health, Fitness, Well-Being
- YMCA Healthy Lifestyle Principles, version 2009, course HW100B
- Current Foundations of YMCA Strength & Conditioning or YMCA Personal Training Instructor certification
- 25 hours or three months of personal training teaching experience **after** receiving Foundations of YMCA Strength & Conditioning or YMCA Personal Training Instructor certification
- Orientation to the YMCA Training System (Available via YMCAexchange, under "My Account")
- Adult Learning Concepts (Available via YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current CPR
- Complete Trainer Candidate Application –

Deadline July 26

Trainer Courses

HF190T- YMCA Pilates Trainer \$50

Fri, Aug 26 – Meet w/Trainer Sat, Aug. 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff and volunteers in YMCA Pilates Instructor and YMCA Healthy Lifestyle Principles. *Group Exercise Track*

Training Manual:	YMCA Pilates Instructor Manual (ISBN: 0736051422) Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring	Workout clothes and proof of prerequisite certifications.
Health & Well-being Credits:	13 CECs

Prerequisites:

- Two years of experience in YMCA Health, Fitness and Well-Being
- YMCA Healthy Lifestyle Principles certification version 2009, course code HW100B
- Current Foundations of YMCA Group Exercise
- YMCA Pilates Instructor certification
- Orientation to the YMCA Training System (Available at YMCAexchange, under "My Account")
- Adult Learning Concepts (Available at YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current CPR
- Complete Trainer Candidate Application - **Deadline July 27**

Trainer Courses

LC113T - Introduction to Leading Others Trainer \$50



Sun, Aug. 21 – Meet w/Trainer Mon & Tue, Aug 22 & 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff in the Introduction to Leading Others course. Includes Introduction to Leading Others Trainer Manual.

Prerequisites:

- Current YMCA professional
- Documented experience providing team leadership to YMCA professionals as evidenced by letter from supervisor or CEO
- Prior certification in course or certification in Supervision
- Minimum of 2 years experience training adults
- Orientation to the YMCA Training System (YMCAexchange, under "My Account")
- Adult Learning Concepts (YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Team Leader YMCA Leadership Certification required
- Multi -Team or Branch Leader certification preferred
- Prescreening interview and approval by YUSA
- Complete Trainer Candidate application – **Deadline July 22**

LC250T - Introduction to Fiscal Management Trainer \$70

Wed, Aug 24 – Meet w/Trainer Thur & Friday, Aug 25 & 26 8-5 Lunch Provided

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10



This course prepares participants to train and certify staff in the Introduction to Fiscal Management course. Includes Introduction to Fiscal Management Trainer Manual.

Prerequisites:

- Current YMCA professional
- Documented experience in fiscal management as evidenced by letter from supervisor or CEO indicating responsibilities for creating and monitoring budgets.
- Prior certification in course or certification in Fiscal Management & Budgeting
- Minimum of 2 years experience training adults
- Orientation to the YMCA Training System (YMCAexchange, under "My Account")
- Adult Learning Concepts (YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Team Leader YMCA Leadership Certification required
- Multi -Team or Branch Leader certification preferred
- Complete Trainer Candidate Application – **Deadline July 25**
- Prescreening interview and approval by YUSA

Regional Training Event At-A-Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20
				YMCA Aquatic Safety Assistant 8-5	Healthy Lifestyle Principles 6-10 pm Facilitation Skills 8-5 YMCA Aquatic Safety Assistant 8-5	Found Group Ex & Trainer 8-5 Swim Lesson Trainer 8-5 Principles Child Care 8-12 Noon Working w/5-12 1-5 pm
21	22	23	24	25	26	27
Swim Lesson Instructor & Trainer 8-5	Swim Lesson Instructor & Trainer 8-5 Intro Volunteerism 10-6 Intro Leading Others & Trainer 8-5	Swim Lesson Instructor 8-5 Group & Team Work 8-5 Intro Leading Others & Trainer 8-5	Swim Lesson Trainer 8-5 Creating the Member Experience 9-4	YMCA Aquatic Management & Trainer 8-5 Intro Fiscal Management 8-5	YMCA Aquatic Management & Trainer 8-5 Intro Fiscal Management 8-5 Foundation Strength & Conditioning & Trainer 8-5	YMCA Aquatic Management & Trainer 8-5 Pilates Instructor & Trainer 8-5 Foundation Strength & Conditioning & Trainer 8-5



EVANSVILLE, INDIANA
Regional Training Event
August 18-27, 2011

YMCA of Southwestern Indiana
222 NW 6th Street
Evansville, IN 47708
812-423-9622

Event Information

REGISTRATION

Register online:

<http://events.SignUp4.com/Evansville>

Contact Info: Rhonda McVey

rmcvey@cincinnatiymca.org

LOCATION

YMCA of Southwestern Indiana
222 NW 6th Street
Evansville, IN 47708

DIRECTIONS

I-164 S towards Evansville/Henderson KY. Merge onto IN-66 W via Exit 7B. Stay straight to go onto E Lloyd EXPY/IN-62W. Take the ramp toward First Ave/M L King Blvd. Stay straight to go onto W Division St. Take the first Left onto NW Martin Luther King Jr. Blvd. *(If you reach Oakley St. you've gone about .1 mile too far).* Turn right onto Court Street (*Court St is just past John Street*) Take the first left onto NW 6th Street (*If you reach NW 5th Street you've gone a little too far.*) 222 NW 6th Street is on the right. *(If you reach Vine Street you've gone a little too far).*

AIR TRANSPORTATION

If you will be flying to the Regional Training Event, the Evansville International Airport (EVV) is approx. 15 minutes away.

MEALS AND SNACKS

Snacks will be provided. Meals are on your own.

Nearby Restaurants Are:

Milano's Italian Cuisine, McDonald's, Lic's Deli & Ice Cream and Subway.

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Register online at

<http://events.SignUp4.com/Evansville>

Deadline for registrations is August 10

Event Information

LODGING

You are responsible for your own accommodations.

Holiday Inn Airport

7101 Highway 41 North
Evansville, IN 47725
812-867-7999

Hampton Inn

8000 Eagle Crest Blvd.
Evansville, IN 47715
812-473-5000

Drury Inn and Suites North

3901 Highway 41 North
Evansville, IN 47711
812-423-5818

Drury Inn and Suites East

100 Cross Pointe Blvd.
Evansville, IN 47715
812-471-3400

EXPIRATION DATES

Unless an expiration date is indicated under the course description, the certification does not expire.

FINANCIAL ASSISTANCE

Financial Assistance is available on Leadership Competency Courses over \$100. Go to <http://grants.ymca.net> to apply.

BRING

See each course description to identify what you must bring with you to the course, such as: proof of age and prerequisites, appropriate clothing, manuals, and other supplies.

MANUALS

Leadership Competency Course Manuals will be provided as shown in each course description.

Aquatics/Health & Wellness Courses may require that the participant purchase their manual in advance. Please see the course description for details.

Manuals can be purchased from the YMCA Program Store at www.ymcaprogramstore.com or phone 1-800-747-0089 or fax to (773) 282-3019.

PREREQUISITES

The prerequisites identify what requirements must be met **before you are eligible** to take the course. Read these carefully. There are **NO Conditionals or Incompletes**. If you do not meet prerequisites prior to attending class you **WILL NOT** receive credit.

TRAINER CANDIDATE

Trainer Candidate Applications can be found on the registration website by clicking the Courses Offered tab or Online Registration tab. Be ready to upload your transcript and letter of recommendation when you submit the application. **Deadline for applications is 30 days prior to course start date.** You will be contacted by YUSA. You MUST receive approval before attending class. You will need to complete 2 online courses at www.ymcaexchange.org. Login to My Account. There will be an icon "Orientation to the YMCA Training System" and "Adult Learning Concepts". Cost is \$20 each and takes about 30 minutes to complete. You must also attend and pass Facilitation Skills.

Register online at <http://events.SignUp4.com/Evansville>

Deadline for registrations is August 10, 2011

Aquatics

AQ200I- YMCA Swim Lesson Instructor (YSLI) \$180

Sunday-Tuesday, August 21-23 from 8-6 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline is Aug. 10

This course provides participants with the basic knowledge and skills to teach YMCA swim lessons to parent-child pairs, preschoolers, youth, and adults. It includes both land and pool sessions and lesson planning, teaching methodology, class organization, class components, and skills for the YMCA progressive program. The course also covers the Y's expectations for instructors and outlines their responsibilities for teaching YMCA Aquatics classes that are student centered, values oriented, and safe and effective in teaching aquatic skills. Included in the course is the YMCA Instructor Safety Assistant Module. YMCA Instructor Safety Assistant (YISA), which will be taught by YSL trainers and will replace the YASA prerequisite. The YISA course focuses on how an instructor can assist and help a lifeguard in the event of an emergency in the pool area. It will teach lifeguards who are also swim instructors what role to play during an emergency while they are teaching rather than guarding. YISA will become the fifth module within the YSL instructor course and will help reinforce aquatic safety, streamline the training system and decrease the required training hours.

Expiration:	Two years, provided all prerequisite certifications are kept current.
Training Manuals:	YMCA Swim Lessons: Teaching Swimming Fundamentals (0-7360-0044-5), \$35; YMCA Swim Lessons: The Parent-Child & Preschool Aquatic Prog Manual (01-7360-0053-4), \$35; Youth and Adult Aquatic Program Manual (07-6360-0048-8), \$35. Go to www.ymcaprogramstore.com to purchase the manuals.
Items to Bring:	Bathing suit, towel, goggles, proof of age, and proof of prerequisite certifications.

Prerequisites:

Be at least 16 years of age on the last day of scheduled course Current CPR, First Aid, AED, Oxygen Administration Participants should be able to perform all the strokes, but only three of the five strokes in good form (front somersault, back somersault, canoe scull, flat-stationary sculling, tub dolphin, oyster water wheel.) Participants should be encouraged to improve their other strokes. Good form included appropriate arm actions, leg actions, breathing, and coordination of the stroke for a distance of 40 feet to 25 yards. Synchronized swimming skills: Should be able to perform all of the listed skills, but only six out of the eight synchronized swimming skills well (crawl stroke, side stroke, back crawl stroke, elementary back stroke, breaststroke; wetball skills- dribble, pass, and catch ball while walking and swimming, shoot ball into goal; diving skills- jump off one-meter board with arm swing and standing dive off deck) Tread water for two minutes Read YMCA Swim Lessons: Teaching Swimming Fundamentals and YMCA Swim Lessons: The Parent-Child and Preschool Aquatic Program Manual and Youth and Adult Program Manual prior to course

Must be able to accomplish these tasks: Besides being advanced-level swimmers, candidates to become YMCA Swim Lesson Instructors should be caring, strong, quick to respond, confident, fit and intelligent, with good interpersonal skills. The YMCA strives to include all people in their programs, but the hazard duty of a lifeguard and swim instructor may disqualify some candidates with certain physical or mental conditions from becoming certified. To become certified as a YMCA Swim Lesson Instructor, an individual must become able to accomplish these tasks: Remain alert with no laps in consciousness Sit for extended periods, including in an elevated chair Move to various locations, in and around an elevated chair Communicate verbally, including projecting the voice across distance and communicate swiftly and effectively with emergency personnel over the telephone and or in person Hear noises and distress signals in an aquatic environment, including in the water understanding that significant background noises exist in aquatic environments Observe all sections of the water area Perform all needed rescue and survival skills Think in the abstract, solve problems, make decisions, instruct, evaluate, supervise, and remember Will possess the skills to operate alone as a swim instructor, with or without other support. To become a YMCA Swim Instructor, you must meet the entrance requirements, complete the course as described, and fulfill all certification requirements. Medical clearance before participation may also be required.

Aquatics

AQ115B- YMCA Aquatic Safety Assistant (YASA) \$120

Thursday and Friday, August 18 & 19 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline is Aug. 10

This course trains and certifies participants in the YMCA Aquatic Safety Assistant program. This course presents the knowledge and skills needed to recognize aquatic risks and to assist a lifeguard in the emergency response to an accident or injury. This course does not provide participants with lifeguard training. Those who become certified in YMCA Aquatic Safety Assistant must have a certified lifeguard(s) on duty when teaching a class or leading a program activity.

Expiration:	Two years, provided all prerequisite certifications are kept current. Renew by taking the written and water test parts of the course or whole course from a currently certified YMCA Lifeguard Instructor.
Training Manuals:	On the Guard II: The YMCA Lifeguard Manual, fourth edition, (ISBN: 0736039767) Go to www.ymcaprogramstore.com to purchase the manual.
Items to Bring:	bathing suit, towel, resuscitation mask, proof of age, and proof of prerequisite certifications.

Prerequisites:

- Minimum age 14 by course start date
- Ability to swim 100 yards any stroke
- Ability to tread water for two minutes, legs only (scissors, rotary, or eggbeater)
- Current CPR Pro
- Current First Aid
- Current AED
- Current Oxygen Administration
- Surface dive (head first/feet first 4-6 feet, or submerge and touch hand on bottom in five feet of water)
- Strength and maturity to assist in backboarding procedure

Must be able to accomplish these tasks:

- Remain alert, with no lapses of consciousness
- Sit for extended periods, including in an elevated chair
- Move to various locations, including in and around an elevated chair
- Communicate verbally, including projecting the voice across distances
- Hear noises and distress signals in the aquatic environment
- Observe all areas of the aquatic environment
- Perform all needed rescues and survival skills
- Think in the abstract, solve problems, make decisions, instruct, evaluate, supervise, and remember

Aquatics

AQ145D- YMCA Aquatic Management (YAM) \$180

Thursday-Saturday, August 25-27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The YMCA Aquatic Management course provides participants with the basic knowledge, skills, and materials needed to manage YMCA aquatic programming and facilities. Course content includes: basic aquatics program development and management, program promotion, communication, aquatic facility management, and professional development and management skills. Completion of this course requires work to be done before, during, and after the classroom session.

Expiration:	Five years
Training Manual:	YMCA Aquatic Management: A Guide to Effective Leadership (ISBN: 0736044752) Go to www.ymcaprogramstore.com to purchase the manual.
Items to Bring:	Completed study guide, pen, paper, calculator, proof of age, proof of prerequisite certifications, and manual. Participants should also bring copies of their YMCA aquatic budget, program brochure, aquatics program operations manual, and aquatic staff manual.
Leadership Competency Credit:	3 credits

Eligible for Recertification Credit: Yes

Prerequisites:

- Minimum age 18
- Prior to the course, participants must read YMCA Aquatic Management: Guide to Effective Leadership and complete the course study guide. The course study guide is available to download at no cost through the YMCA of the USA extranet at www.ymcaexchange.org.

Leadership Competencies Covered:

- Commitment to YMCA Mission & Values
- Member, Community & Movement Driven
- Communication Skills
- Commitment to Development
- Commitment to Quality Results
- Financial Skills

Child Care

CC802B - Principles of YMCA Child Care \$30

Saturday, August 20 from 8 a.m. – 12 Noon

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is an introduction and basic orientation to YMCA goals, objectives, and the unique components of YMCA child care programs. The training covers YMCA program history and philosophy; an overview of YMCA child care certification courses; YMCA child care facts; principles and initiatives; YMCA of the USA guidelines and quality check; and the YMCA of the USA Member Involvement Model. This course is designed for staff members new to the YMCA, even though they may have had considerable child care experience in another setting.

Manual	Principles of YMCA Child Care, second edition (ISBN: 0736030085) Manual is recommended but not required for course. Go to www.ymcaprogramstore.com to purchase the manual.
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GN002B - Working With Youth Ages 5 to 12 \$30

Saturday, August 20 from 1-5 pm

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course covers the basic competencies needed to work with children ages 5-12 and reviews characteristics and the developmental benchmarks of this age group, emphasizing age-appropriate programming. Competencies developed in this course include: applying basic youth developmental principles; developing positive relationships with youth; planning; respecting and honoring cultural and human diversity; the ability to adapt, facilitate, and evaluate age-appropriate activities; involving and empowering youth; interacting and relating to youth in ways that support asset building; keeping kids safe in YMCA programs; supporting and Working with families; working as part of a team; and being a positive role model. The course does not cover activities for specific YMCA programs. That information is provided in the appropriate instructor- or director-level course (e.g., Day Camp Director, School-Age Child Care Director, Gymnastics Instructor, and Progressive Swimming Instructor.)

Health & Fitness

HW100B - Healthy Lifestyle Principles \$30

Friday, August 19 from 6-10 pm

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

YMCA Healthy Lifestyle Principles is the prerequisite course for all other YMCA of the USA Health and Well-Being certification courses. It provides practical and theoretical information for instructors of all YMCA Health and Well-Being programs, including information on effective leadership, basic physical activity and healthy lifestyle principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the national program training and certification system. *Prerequisite Course*

Training Manual:	YMCA Healthy Lifestyle Principles, fourth edition (0-7360-5576-2), \$27 Go to www.ymcaprogramstore.com to purchase manual.
Items to bring:	Proof of age.

Prerequisite: 18 years of age

HW200I - Foundations of Group Exercise (Instructor Level) \$60

Saturday, August 20 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is designed to train staff members in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardio-respiratory and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and a practical session on general exercise selection and execution. This course is the required prerequisite for all other courses in the YMCA of the USA Health and Well-Being Group Exercise track.

Expiration:	Three years (renewal requires 15 hours of continuing education credits and completion of a certification renewal form, available at www.ymcaexchange.org .)
Training Manual:	ACE Group Fitness Instructor Manual (1-890720-01-1), \$41.95. Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring	Proof of prerequisite certifications.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification
- Current CPR
- **Before the course**, read the ACE Group Fitness Instructor Manual.

Health & Fitness

HF342I - Foundations of YMCA Strength & Conditioning \$120

Friday and Saturday, August 26 & 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

A new instructor level certification course specifically designed for YMCA fitness center staff. Course content includes member service and orientation procedures, leadership and relationship building strategies for working with members, exercise science and practical applications, and exercise instruction for strength, flexibility, and cardiovascular training. Course includes practical sessions using various exercise equipment, case studies, and a written exam.

Expiration date:	Three years (renewal requires 15 hours of continuing education credits and completion of a certification renewal form, which can be downloaded at www.ymcaexchange.org .)
Training Manual:	YMCA Personal Training Instructor Manual, second edition (0-7360-6021-9), \$39. Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring:	Workout clothes and proof of prerequisite certifications.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification and current CPR
- **Before the course,** read the YMCA Personal Training Manual, second edition.

Health & Fitness/Membership

HF190I - YMCA Pilates Instructor \$60

Saturday, August 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course teaches exercise instructors the basic biomechanics and philosophical principles of Pilates exercise. Participants will learn a series of Pilates mat exercises which are designed to improve muscle strength and flexibility, balance, posture, and overall well-being. Also included is information on how to incorporate Pilates exercises into effective group exercise and personal training programs. Practical sessions included. *Group Exercise Track*

Training Manual:	YMCA Pilates Instructor Manual (ISBN: 0736051422) Go to www.yמצaprogramstore.com to purchase manual.
Items to Bring	Workout clothes and proof of prerequisite certifications.
Health & Well-being Credits:	8 CECs

Prerequisites:

- YMCA Healthy Lifestyle Principles certification
- Current Foundations of YMCA Group Exercise or YMCA Group Exercise Instructor
- Current CPR

MB250B - Creating the Member Experience \$60

Wednesday, August 24 from 9-4



Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

As foundational to all membership-related training, this course is intended for all staff responsible for member experiences at a YMCA, including the exploration of possibilities in support of each member's well-being journey. The goal of this course is to involve all YMCA staff in creating member experiences that exceed member expectations, connect members to the YMCA mission, and advance members in their level of engagement to the YMCA. Includes participant manual.

Continuing Education Credits:	6 CECs toward Foundations of YMCA Group Exercise and the Foundations of YMCA Strength & Conditioning
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Leadership Competency

LC101D - Introduction to Volunteerism \$60



Monday, August 22 from 10-6 *NOTE TIME CHANGE

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The YMCA is both a volunteer led and driven organization which continues to be rooted in the spirit of local community volunteerism. This course is designed for anyone who has contact with program volunteers. Learn why volunteers are essential to the YMCAs mission and how they can make you more effective in your job. Get a step-by-step guide on how you can effectively recruit, screen, train, evaluate, and recognize volunteers. You will learn how to identify opportunities to engage and build relationships with volunteers. Participant manual included. Leadership Competency Credit: 1 credit. *This course is a requirement for the YMCA Team Leader Certification.*

Leadership Competencies Covered:

- Volunteer Driven
- Member, Community & Movement Driven
- Relationship Building Skills

LC113D - Introduction to Leading Others \$120



Mon & Tue, August 22 & 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

Having successful supervisors at the YMCA is critical to the overall success of YMCAs. Introduction to Leading Others is a two-day course that focuses on what it takes for supervisors with just a few years of experience to be successful. The course includes "how-to" topics for day-to-day tasks to higher level strategies for coaching and effectively leading staff. Also included are modules on Behavioral Interviewing, Essential Employment Laws, Coaching and Delegating. Participant Manual included. Leadership Competency Credit: 2 credits. *This module is a required course for the YMCA Team Leader Certification.*

Leadership Competencies Covered:

- Commitment to Development
- Relationship Building Skills
- Commitment to Inclusion
- Communication Skills

Leadership Competency

LC250D - Introduction to Fiscal Management \$140

Thurs & Fri, Aug 25 & 26 from 8-5 Lunch provided both days.



Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course is designed specifically for Team Leaders and is an overall introduction to fiscal management and finance principles. Participants will explore the connection between the YMCA mission and their role in responsible fiscal stewardship.

Participants will learn the steps in a budget development process, review sample program budgets and then engage in experiential learning activities that will actually take them through all of the steps of creating a budget. The course also includes an overview of finance terminology and an introduction to the 4-step pricing process model. Includes Participant Manual.

This is a required course for the YMCA Team Leader Certification.

Leadership Competency Credit:	2 credits
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Leadership Competencies Covered:

- Financial Skills
- Thinking Skills

Leadership Competency

LC107D – Group and Team Work \$60



Tuesday, August 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The purpose of the Group and Team Work training course is to introduce teamwork skills for front-line staff at the leader level at the YMCA. Utilizing research on group dynamics, this class will add best practices to the effort by examining elements of the Team Model for use in group and team efforts. Participant manual included.

At the conclusion of the course, participants can expect that they will be able to:

- Describe the history of how groups and teams evolved
- Examine the organization and design of teams
- Identify the benefits of working in groups and teams
- Apply team work concepts to maximize group strengths and enhance productivity

Leadership Competency Credit: 1 credit

Eligible for Recertification Credit: Yes

This course is equivalent to PL350D-Group Work (course expired 03/31/2011) for those who are achieving certification during the transition time that ends 12/31/2011.

Leadership Competencies Covered:

- Relationships
- Inclusion
- Influence
- Emotional Maturity
- Communication

Trainer Courses

TR240B - Facilitation Skills for Trainers \$50



Friday, August 19 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

The Facilitation Skills for Trainers course teaches participants how to enhance their presentation skills in order to create an effective learning environment for all students. Skills for both presenting and facilitating in a classroom setting will be not only discussed, but also practiced. Participants need to come to class prepared to conduct two, 10-minute presentations. The evaluation score on the second presentation will determine whether or not a participant passes (receives credit) or not.

Pre-work instructions for selecting and preparing for both presentations can be found at: http://www.ymcaexchange.org/front/YMCAUniversity/faculty_trainer_resources/

To become a Trainer in the YMCA of the YUSA Faculty/Trainer system, this class is a requirement. NOTE: It is strongly recommended to take this course at least 30 days before applying as a trainer candidate.

Prerequisites:

- **Required:** Adult Learning Concepts (YMCAexchange, under "My Account")
- **Recommended:** Orientation to the YMCA Training System (YMCAexchange, under "My Account")

Trainer Courses

AQ145T- YMCA Aquatic Management (YAM) Trainer \$50

Wed, Aug 24 – Meet w/Trainer Thur-Sat, Aug. 25-27th 8-5 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course trains participants to certify staff members and volunteers in the courses YMCA Aquatic Management and Principles of YMCA Aquatic Leadership. Completion of this course requires work to be done before, during, and after the classroom session.

Expiration:	Five years, as long as YAM certification is kept current and the trainer teaches at least two courses during the five-year certification period.
Training Manuals:	YMCA Aquatic Management: A Guide to Effective Leadership (ISBN: 0736044752) Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring:	Completed study guide, pen, paper, calculator, proof of age, proof of prerequisite certifications, and manual. Participants should also bring copies of their YMCA aquatic budget, program brochure, aquatic program operations manual, and aquatic staff manual.

Prerequisites:

- Minimum age 21
- Current YMCA Aquatic Management (YAM) or Aquatic Facilities Management (AFM)
- Five years YMCA aquatic management experience
- Two YMCA Aquatic Trainer certifications
- Orientation to the YMCA Training System (at YMCAexchange, under "My Account")
- Adult Learning Concepts (at YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current AFM Trainers/Faculty who would like to lead the new YAM course may do so by attending the YAM Trainer course
- Complete Trainer Candidate Application – **Deadline July 25**
- Prior to the course, participants must complete the course study guide. The course study guide is available to download at no cost through the YMCA of the USA extranet at www.ymcaexchange.org.

Trainer Courses

AQ200T- YMCA Swim Lessons Trainer \$100

Sat-Wed, Aug 20-24 8-6 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course trains participants to certify staff members or volunteers in the courses YMCA Swim Lessons Instructor and YMCA Swim Lessons Specialty Courses. Successful completion of this course will automatically renew your YMCA Swim Lessons Instructor certification.

Expiration:	Two years, provided all prerequisite certifications are kept current.
Training Manuals:	YMCA Swim Lessons: Teaching Swimming Fundamentals (0-7360-0044-5), \$35; YMCA Swim Lessons: The Parent/Child and Preschool Aquatic Program Manual (01-7360-0053-4), \$35; Youth and Adult Aquatic Program Manual (01-6360-0048-8), \$35; YMCA Swim Lessons Training Video Package (07360-0270-7) three-set video \$59.95 includes: Fundamentals of Teaching YMCA Swim Lessons Video (0-7360-1254-5), \$24.95; Parent/Child and Preschool Aquatic Program Video (0-7360-0256-1), \$24.95; Youth and Adult Aquatic Program Video (0-7360-0255-3), \$24.95; YMCA Swim Lessons Administrator's Manual (0-7360-0038-0), \$55. Go to www.ymcaprogramstore.com
Items to Bring:	Swimsuit, towel, proof of age, proof of prerequisite certifications, and manuals.

Prerequisites:

Minimum age 21
 Current YMCA Lifeguard
 Current CPR, First Aid, AED, Oxygen Administration
 Current YMCA Swim Lessons Instructor with at least 50 hours of experience teaching YMCA Swim Lessons program after being certified as an instructor.
 Orientation to the YMCA Training System (YMCAexchange, under "My Account")
 Adult Learning Concepts (YMCAexchange, under "My Account")
 Facilitation Skills for YMCA Training (available at local and Regional Training Events)
 Trainer candidates should be able to perform all the strokes for 25 yards, but only five of the six strokes in good form (crawl stroke, side stroke, back crawl stroke, elementary back stroke, breaststroke.) Good form includes appropriate arm actions, leg actions, breathing, and coordination of the stroke.
 Tread water for three minutes
 Synchronized swimming skills: Should be able to perform all of the listed skills, but only 12 out of the 14 skills well (front somersault; front walkover; canoe scull; back somersault; Tub Flat/stationary sculling; Oyster Dolphin; head-first sculling; water wheel; ballet leg; feet-first sculling; plank stroke variations; wetball skills; dribble, pass, and catch ball while walking and swimming, shoot ball into goal; diving skills; three step approach on deck, three step approach and jump off one-meter board, standing dive off one-meter board and standing dive off deck in appropriate pool depth for performing these skills in the water.
 Skin diving skills: Swim with mask and fins. Surface dive, retrieve an object from bottom of pool, clear the snorkel and return object to the side of the pool.
 Complete Trainer Candidate Application and include statement from executive director or supervisor verifying 300 hours of teaching aquatics, 50 hours of experience teaching YMCA Swim Lessons program after being certified as an YSL instructor.

Deadline July 20
 See the description for YMCA Swim Lessons Instructor for list of necessary character traits, skills, and abilities.
 To become a YMCA Lifeguard and/or Swim Instructor Trainer, you must meet the entrance requirements, complete the course as described and fulfill all certification requirements. Medical clearance before participation may also be required.

Trainer Courses

HW200T- Foundations of Group Exercise Trainer \$50

Fri, Aug 19 – Meet w/Trainer Sat, Aug. 20 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify YMCA staff members and volunteers in the courses Foundations of YMCA Group Exercise, YMCA Healthy Lifestyle Principles, and the YMCA enhanced qualifications courses. Certification is valid as long as Foundations of YMCA Group Exercise (Instructor level) is kept current, which requires renewal every 3 years. Bring workout clothes and proof of prerequisite certifications and ACE Group Fitness Instructor Manual (1-890720-01-1), \$41.95.

Prerequisites:

- YMCA Healthy Lifestyle Principles certification 2009 version course code HW100B
- Current Foundation of Group Exercise or any current YMCA Health & Fitness Group Ex trainer-level cert.
- Orientation to the YMCA Training System (online - available now)
- Concepts in Adult Learning (online - available now)
- Facilitation Skills for YMCA Training (available at Regional Training Events)
- Current CPR
- Two years of experience in YMCA Health, Fitness and Well-Being
- Complete Trainer Candidate Application – **Deadline July 20**
- **Before the course**, read the ACE Group Fitness Instructor Manual.

HF381T- Found of YMCA Strength & Conditioning Trainer \$50

Thurs, Aug 25 – Meet w/Trainer Fri-Sat, Aug. 26-27th 8-5 each day

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff and volunteers in Foundations of YMCA Strength & Conditioning, YMCA Healthy Lifestyle Principles, and the YMCA health and fitness enhanced qualification courses. Certification is valid as long as Foundations of YMCA Strength & Conditioning Instructor or YMCA Personal Training Instructor is kept current; certification requires renewal every 3 years. Need to bring workout clothes and proof of prerequisite certifications and training manual: YMCA Personal Training Instructor Manual, second edition (0-7360-5021-9), \$39

Prerequisites:

- Two years of experience in YMCA Health, Fitness, Well-Being
- YMCA Healthy Lifestyle Principles, version 2009, course HW100B
- Current Foundations of YMCA Strength & Conditioning or YMCA Personal Training Instructor certification
- 25 hours or three months of personal training teaching experience **after** receiving Foundations of YMCA Strength & Conditioning or YMCA Personal Training Instructor certification
- Orientation to the YMCA Training System (Available via YMCAexchange, under "My Account")
- Adult Learning Concepts (Available via YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current CPR
- Complete Trainer Candidate Application –

Deadline July 26

Trainer Courses

HF190T- YMCA Pilates Trainer \$50

Fri, Aug 26 – Meet w/Trainer Sat, Aug. 27 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff and volunteers in YMCA Pilates Instructor and YMCA Healthy Lifestyle Principles. *Group Exercise Track*

Training Manual:	YMCA Pilates Instructor Manual (ISBN: 0736051422) Go to www.ymcaprogramstore.com to purchase manual.
Items to Bring	Workout clothes and proof of prerequisite certifications.
Health & Well-being Credits:	13 CECs

Prerequisites:

- Two years of experience in YMCA Health, Fitness and Well-Being
- YMCA Healthy Lifestyle Principles certification version 2009, course code HW100B
- Current Foundations of YMCA Group Exercise
- YMCA Pilates Instructor certification
- Orientation to the YMCA Training System (Available at YMCAexchange, under "My Account")
- Adult Learning Concepts (Available at YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Current CPR
- Complete Trainer Candidate Application - **Deadline July 27**

Trainer Courses

LC113T - Introduction to Leading Others Trainer \$50



Sun, Aug. 21 – Meet w/Trainer Mon & Tue, Aug 22 & 23 from 8-5

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10

This course prepares participants to train and certify staff in the Introduction to Leading Others course. Includes Introduction to Leading Others Trainer Manual.

Prerequisites:

- Current YMCA professional
- Documented experience providing team leadership to YMCA professionals as evidenced by letter from supervisor or CEO
- Prior certification in course or certification in Supervision
- Minimum of 2 years experience training adults
- Orientation to the YMCA Training System (YMCAexchange, under "My Account")
- Adult Learning Concepts (YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Team Leader YMCA Leadership Certification required
- Multi -Team or Branch Leader certification preferred
- Prescreening interview and approval by YUSA
- Complete Trainer Candidate application – **Deadline July 22**

LC250T - Introduction to Fiscal Management Trainer \$70

Wed, Aug 24 – Meet w/Trainer Thur & Friday, Aug 25 & 26 8-5 Lunch Provided

Register at <http://events.SignUp4.com/Evansville> - Deadline Aug. 10



This course prepares participants to train and certify staff in the Introduction to Fiscal Management course. Includes Introduction to Fiscal Management Trainer Manual.

Prerequisites:

- Current YMCA professional
- Documented experience in fiscal management as evidenced by letter from supervisor or CEO indicating responsibilities for creating and monitoring budgets.
- Prior certification in course or certification in Fiscal Management & Budgeting
- Minimum of 2 years experience training adults
- Orientation to the YMCA Training System (YMCAexchange, under "My Account")
- Adult Learning Concepts (YMCAexchange, under "My Account")
- Facilitation Skills for YMCA Training
- Team Leader YMCA Leadership Certification required
- Multi -Team or Branch Leader certification preferred
- Complete Trainer Candidate Application – **Deadline July 25**
- Prescreening interview and approval by YUSA

Regional Training Event At-A-Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20
				YMCA Aquatic Safety Assistant 8-5	Healthy Lifestyle Principles 6-10 pm Facilitation Skills 8-5 YMCA Aquatic Safety Assistant 8-5	Found Group Ex & Trainer 8-5 Swim Lesson Trainer 8-5 Principles Child Care 8-12 Noon Working w/5-12 1-5 pm
21	22	23	24	25	26	27
Swim Lesson Instructor & Trainer 8-5	Swim Lesson Instructor & Trainer 8-5 Intro Volunteerism 10-6 Intro Leading Others & Trainer 8-5	Swim Lesson Instructor 8-5 Group & Team Work 8-5 Intro Leading Others & Trainer 8-5	Swim Lesson Trainer 8-5 Creating the Member Experience 9-4	YMCA Aquatic Management & Trainer 8-5 Intro Fiscal Management 8-5	YMCA Aquatic Management & Trainer 8-5 Intro Fiscal Management 8-5 Foundation Strength & Conditioning & Trainer 8-5	YMCA Aquatic Management & Trainer 8-5 Pilates Instructor & Trainer 8-5 Foundation Strength & Conditioning & Trainer 8-5