



# Fitness Instructor Training Program (FIT)

## Recertification Request Form

### PERSONAL INFORMATION

Name \_\_\_\_\_ Mobile \_\_\_\_\_  
 Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Email \_\_\_\_\_

### CERTIFICATION(S) TO BE RENEWED

Group Fitness:  
 Aquatic Fitness     Cycle     Choreography     Strength  
 Personal Trainer

To meet the YMCA's high standards of fitness instruction, instructors must renew their certification **every two years** from the date of the initial certification.

RECERTIFICATION REQUIREMENTS				DOCUMENTS TO SUBMIT	
		Personal Trainer	Group Instructor		
			1-2 specialization(s)	3+ specializations	
1	<b>Hours of Service</b> In the past two years, the candidate must have completed the minimum number of hours of instruction required in their area of specialization.	Minimum of 50 hours	Minimum of 50 hours	Minimum of 75 hours	<input type="checkbox"/> Proof of completed hours of instruction (signed letters from employers or clients)
2	<b>Continuing Education</b> In the past two years, the candidate must have earned a total of <b>16 recertification credits</b> <sup>1</sup> through Continuing Education Workshops.	16 hours			<input type="checkbox"/> Continuing Education Workshop certificates
3	<b>Current CPR (AED) Certification</b>				<input type="checkbox"/> Valid CPR certificate
4	<b>Application for Recertification</b>				<input type="checkbox"/> Completed Recertification Request Form <input type="checkbox"/> YMCA certification(s) to be renewed

FEES for each certificate renewal (tax included) <sup>2</sup>	
YMCA full-time staff and volunteers	Free
YMCA part-time staff and members	\$20
Non-members	\$40

Please send scanned copies of your documents to [ymcafit@ymcaquebec.org](mailto:ymcafit@ymcaquebec.org)

Applicant's full name \_\_\_\_\_

Date \_\_\_\_\_

dd/mm/yyyy

Supervisor's full name (full-time staff and volunteers only) \_\_\_\_\_

<sup>1</sup> 1-hour YMCA workshop = 1 credit. Six of the workshop hours must have been provided by the YMCAs of Québec. Annual conferences or other fitness certifications in the applicant's area of specialization count for 6 credits each, regardless of the number of hours completed.

<sup>2</sup> Fees are subject to change without notice.