

# **YMCA/Arthritis Foundation Aquatic Program Leader/Instructor 2 Day Training Workshop**

**Wednesday, December 17 & Thursday, December 18, 2014  
9:00 a.m. to 4:30 p.m.**

**River Valley YMCA  
3575 North Berens Road, NW  
Prior Lake, MN 55379**

**Trainer: Chris Kost, ACSM AQx CMT CES AEA**

## **Details:**

- Become a certified leader/instructor for a nationally recognized program
- Learn current arthritis information including signs and symptoms
- Learn joint protection and aquatic safety principles
- Learn tips to be an effective exercise group instructor
- Earn 16 CECs

## **Pre-Training Requirements:**

- Current Certification in Adult CPR/First Aid/Oxygen
- Complete Arthritis Education Pre-Training Module
- Ability to swim 4 laps any stroke, tread water 1 minute

## **Training Fee:**

\$120 for non-YMCA instructors - Includes manual and instruction.  
Cost of training is covered by YMCA for participating YMCA instructors.

**Register on YMCA LCDC site: <https://lcdc.yexchange.org/Catalog/Event/Detail/1871>**

*(Registration Deadline: 12/4/2014)*

**For questions regarding registering through the exchange, please  
Email [Ben.Thomaas@ymcatwincities.org](mailto:Ben.Thomaas@ymcatwincities.org)**

**For general questions regarding the Arthritis Foundation and the exercise programs  
please contact: Mary Jo Peters, Health Promotion Coordinator  
[mpeters@arthritis.org](mailto:mpeters@arthritis.org) or call direct at (651) 229-5382**