



Y ASSOCIATE OPPORTUNITY

Group Exercise Instructor Certification with NETA (National Exercise Trainers Assoc.)

The Y and NETA, a non-profit fitness professional association, have partnered to offer nationally recognized fitness certification opportunities to Y associates at a special reduced rate!

Register Early & Save More

● **Group Exercise Certification: Saturday, March 12, 8am – 5pm**

The Weinberg Y in Waverly, 900 E. 33rd St., Baltimore, MD 21218

Potential and current fitness instructors will learn basic academic and practical application of teaching group exercise. No college, science or teaching background required. Workshop registration includes a full-day review, written exam and 2-year certification.

Y Associate Early Bird Rate: \$249

Y Associate Rate: \$299

Register by February 10th and save \$50! Use promo code staff50.

● **Youth Fitness Specialty Certification: Sunday, March 13, 8am – 3pm**

The Weinberg Y in Waverly, 900 E. 33rd St., Baltimore, MD 21218

Designed for instructors/trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for ages 3 to 18 will be addressed in addition to child development stages. Participants will learn how to safely develop youth athletes through multilateral training and promote physical activity for a healthier weight. Upon completion of the workshop and the online exam, you will earn the NETA Specialty Certificate in Youth Fitness.

Y Associate Rate: \$179

Use promo code staff70.

**REGISTER TODAY AT NETAFIT.ORG
OR CALL 1-800-237-6242.**

Open to all Y associates.

Questions: Please contact HeidiWalter@ymaryland.org





Y ASSOCIATE OPPORTUNITY

Personal Trainer Certification with NETA (National Exercise Trainers Assoc.)

The Y and NETA, a non-profit fitness professional association, have partnered to offer nationally recognized fitness certification opportunities to Y associates at a special reduced rate!

Register Early & Save More

**Personal Trainer Certification: Saturday, April 2, 8am – 5pm
Sunday, April 3, 8am – 4pm**

The Greater Annapolis Y in Arnold, 1209 Ritchie Hwy., Arnold MD, 21012

This 2-day training includes demonstrations and practical application of one-on-one training. NETA's expert trainer will cover exercise science review, communication skills, exercise programming, health assessments and more. Registration includes written exam and 2-year certificate. NETA's Personal Trainer Certification is accredited by the National Commission of Certifying Agencies (NCCA), the "gold standard" for accreditations in the health and fitness industry.

Y Associate Early Bird Rate: \$349

Register by March 3rd and save \$50! Use promo code staff200.

Y Associate Rate: \$399

**REGISTER TODAY AT NETAFIT.ORG
OR CALL 1-800-237-6242.**

Open to all Y associates. Pre-requisite: CPR and First Aid.
Questions: Please contact DianaBeeson@ymaryland.org

