Become an
Exercise to Music
Aqua Training
Kids’ Fitness
Instructor
“A career where every day is different and every day you make a difference.”

Denise Page, Head of YMCAnfit
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WHY CHOOSE US?
A career within the fitness industry continues to be the best option for those seeking a positive work-life balance around a job that offers both freedom and happiness. The industry itself, meanwhile, is booming with an ever increasing number of health and fitness facilities opening up around the country.

Established in 1984, YMCAfit is the most experienced fitness training provider in the UK having delivered the very first Exercise to Music course in the UK, and subsequently going on to train over 90,000 instructors. We have developed the largest portfolio of fitness training products available and continue to lead the way with new training options to keep our graduates at the head of the industry.

Just like the fitness industry, we never stand still. We continue to invest heavily in a development programme that provides exciting, relevant and high quality training opportunities for instructors across a wide range of disciplines.

Whether you are thinking of beginning your career in exercise and fitness, or moving upwards into advanced levels, you’ll find that there are many new and exciting ways to add skills to your professional repertoire.

Making a difference
As a registered charity and a not for profit organisation, we are able to use all our resources to constantly improve and develop our service. In addition to this, we educate individuals on the benefits of physical activity to mental, physical and social health, to empower them to improve the health of their wider communities.

Previously, we have designed specific projects to address inequalities and increase participation in the fitness industry. This has included successful programmes for black and ethnic minority women, unemployed individuals, disabled people, those living with HIV, those living in areas of deprivation and individuals with mental illness.

Founder member of REPs

ymcaf.org.uk  bookings@ymcaf.org.uk  020 7343 1850
COMMUNITY
CLASS
REVIVAL
From Zumba to street dance local halls and community centres across the country are currently seeing a surge in the number of fitness classes being held. Demand from the public is high and the need for freelance fitness instructors is even higher. Indeed, there’s never been a better time to extend your instructing skills beyond the gym and to bring a whole host of exercise opportunities to your local community.

Community fitness used to begin and end with aerobics, but the industry has expanded considerably in modern times with classes such as cardio kick, step, supple strength, Pilates and yoga now all in demand. Being skilled in multiple areas and able to offer a range of ETM classes therefore allows instructors to maximise their incomes and build up a following amongst different groups.

Completing YMCAfit’s ETM course will qualify you to work for a fitness facility or set up a business in your local community. This will allow you to:

- incorporate the latest music
- change your choreography on a regular basis to keep your class numbers up
- set up classes that are adaptable
- use music and choreography routines to appropriately meet the needs of a variety of community groups.

If setting up a community class as a business seems a daunting prospect, YMCAfit run a Business Skills module which will give you the skills to effectively market and promote yourself and your classes. By completing the ETM and Business Skills module, you will have all of the tools that you need to build a successful career.

“When I first started in the industry the majority of ETM teachers were women who wanted to teach classes in their local halls. Many of them had thriving businesses for many years. Today it’s come full circle as men and women make a living from running classes in their communities.”

“We can see this cultural shift in communities today. People do not want to get tied down to lengthy contracts any more, they prefer the flexibility that single classes in their local centres can offer. This makes sense for class attendees and can be very profitable for instructors.”

Denise Page

Denise Page is Head of YMCAfit and an international fitness presenter.
Exercise to Music

If you’ve always dreamed of teaching group classes to music, then this is the perfect place to start. Exercise to Music was the first course ever delivered by us in 1984 and to this day, we remain market leaders in this area.

Our course will allow you to comfortably teach aerobics and conditioning classes to music. You’ll have the skills to design your own individual and creative choreography whilst working to the beat, phrase and rhythm of a variety of music styles. Our experienced tutors endeavour to make all of our ETM graduates self-reliant by facilitating freestyle choreography design and vocal projection. This ensures that you are perfectly prepared for anything that may arise in your class and for attendees ranging from beginners to experienced exercisers.

The underpinning theory behind exercising will also be covered, focusing on identifying the major bones, muscles and muscle actions and how they can be manipulated to ensure you teach a safe and effective class.

Format:
- intensive: 10 days theory and practical over 3 weeks
- blended learning: 6 days practical plus theory via eLearning

Class: Aerobics and conditioning

It’s a 7.45am start this morning and I am just about to teach my first class of the day. In recent weeks there seems to have been an influx of interest which must be because the summer is approaching and people are preparing themselves for their holidays. There were 18 people last week, three of which were men. Last week, I tried out some new choreography and the group seemed to love it, although they didn’t all pick it up straight away. This week, I think they will be better. I normally change my choreography every four weeks which means that by the end of each routine’s lifespan of choreography, everyone is normally very good at following.
“You can walk into any club and work if you have a YMCA ETM qualification.”
Lee Burrows, ETM Instructor
“YMCA fit is an amazing company to train with.”

Kerry Cornez, ETM Instructor
Kids’ Fitness

The news regularly reports on the sedentary lifestyle of today’s children and the shortfalls of physical exercise in schools. Indeed, one April 2012 study reported that 51% of girls in the UK are put off exercise and sport by their experiences of PE at school. There is therefore an increasing reliance on after school clubs and other community-based opportunities to reverse this trend and help children to be more active.

Our Kids’ Fitness course will ensure that you can be a part of this revolution, helping young people to be active and healthy, and earning a living through making a difference.

For new instructors, you can work towards a full Kids’ Fitness qualification that will allow you to gain entry to REPs as a Level 2 instructor*. In addition to the practical teaching you will cover anatomy and physiology at Level 2 which includes identifying the major bones, muscles and muscle actions of the body along with looking at cardiovascular adaptations that take place through exercise.

*For those already qualified at Level 2, you will not be required to redo the anatomy and physiology aspect of this course.
Kids’ Fitness Dance

Dance has many influences, genres and styles. It is popular with both boys and girls of all ages and abilities and is a superb tool for developing coordination, cardiovascular fitness and an improved sense of wellbeing. With dance groups such as Diversity showcasing the pinnacle of the genre, local dance classes offer a fantastic introduction for young people. By working in groups the children build confidence and creativity as they learn to follow new moves and routines. Although this course is orientated around street dance, cheerleading and musical theatre, we embrace the different dance flavours that our diverse communities enjoy. So you can expect a little salsa or Bollywood dancing too. Our energetic and enthusiastic tutors will give you the skills to modify your sessions dependant on the differing levels of athletic competence and stages of development.

Format:
- blended learning: 4 days practical plus theory via eLearning

13:00
Class: Kids’ dance

This afternoon I have a fun packed day of adult classes, but what I’m most looking forward to is spending 40 minutes with a group of six year olds! I regularly take on work at my local primary school, covering the full-time teachers in their PPA time. This stands for planning, preparation and assessment, basically time out periods from teaching where they use people like me to come in and cover. Government is really cracking down on getting children active, what better way to do this than with a fun dance class! I love introducing them to moving with music and we find lots of fun ways to work with the beat. Some days we link our moves to animals, other days we even use cheerleading pom poms! Today I’ve got a special sports-themed routine that I’m linking to the Olympics, I can’t wait!
Kids’ Fitness Play and Games

Our Play and Games course aims to release your creative side. Although the course is structured to ensure that you become a confident and competent instructor, we encourage the creative spark that will make our graduates as innovative in their class design as possible. Within our sessions, we’ll incorporate the development of effective movement patterns to develop balance, coordination, body and spatial awareness, confidence and social interaction. We’ll also identify the physiological changes that occur during a child’s development and demonstrate how this will affect your planning and delivery of children’s sessions. The training days will be very practical so, in addition to learning to teach, be prepared to dust off your acting skills as you regress to being a child.

Format:
- blended learning: 4 days practical plus theory via eLearning

I’m preparing myself for the onslaught of 10 hyperactive eight year-olds! It may be some people’s worst nightmare, but I just love teaching kids! Where else do you get to run around like a child yourself, where one day you might be a pirate sailing the seas and the next you’re dodging soft balls in a game of dodgeball? It’s ideal as the after school club is just down the road from where I taught the children’s dance class earlier. I’m planning to play some relay games and then finish with some crab football! Teaching the kids’ classes fits so well in to my schedule. After my early morning aerobics class, I went straight into teaching spin followed by a kids dance class in the early afternoon, and now I get paid to do lots of running and jumping and to have some serious fun! As most kids’ classes fit into times of the day when there aren’t adult classes, I get to expand my business and make money in the off peak times. Fantastic!
Aqua Training

Water-based exercise sessions are a popular form of group workout that continue to flourish in leisure facilities around the country. A low impact alternative approach to exercise is ideal for older people, pregnant women and those undergoing rehabilitation. Instructors in this discipline are in demand wherever there is a pool. Different styles of aqua sessions will be explored such as ETM classes and circuit-based classes delivered with or without music. Exercising in water is very different from exercising on dry land, so we’ll be looking at the properties of water and how to manipulate them for a more challenging workout. Our excellent tutor team will also use their expertise on how floatation equipment can be included within a session to alter the training effect. This course includes Level 2 anatomy and physiology but an option allows already qualified instructors to only undertake the practical element of the course.

Format:
- blended learning: 3 days practical plus theory via eLearning

scan to see the course in action

18:45
Class: Aqua circuits

It’s the last class of the day and it’s time for Aqua. I will only have half of the pool to use tonight as they use the other half for the swimmers. As it’s a big pool, it’s fine, but having good voice projection really does come in handy! Last week I used music and put together an aqua aerobics routine, but this week I have planned a circuit approach which means that the class participants will spend a minute at each station. They will work in pairs to motivate each other. The class recently complained that the water was very cold, but for me it’s the opposite. I teach from the side of the pool which actually gets rather hot, so I’ll definitely be jumping in at the end.
Hit the gym

- Increase full-time employment opportunities by being skilled in both one-to-one and group teaching.

Recommended modules

Gym Instructor
Learn how to teach and demonstrate good personal technique on a range of CV equipment, fixed resistance, free weights and body weight exercises.

Personal Training
Completing either the Certificate or the full Advanced Diploma will allow you to provide long-term training programmes and nutritional advice in order to develop a thriving business.

Broaden your range

- Create exciting freestyle classes which express your own personality.
- Add variety to your work.
- Enhance your employability prospects.

Recommended modules

Sculpt
A popular class for all, teach a choreographed resistance workout to music.

Keiser Cycle Foundation
Teach fun and effective indoor cycling classes.

Supple Strength
A blend of yoga, Pilates and body conditioning elements for a challenging holistic workout.

Step
An iconic class which remains popular on all class timetables.

Cardio Kick
Develop a routine which involves kick, punch and hook combinations into an invigorating workout.
By completing one of the entry level courses detailed in this brochure, you’ll have developed a vast array of skills which will ensure that your classes are professional, varied and fun. The quality of your teaching skills will be evident and your individuality should shine through in your choreography. We want to ensure that our graduates stay ahead of the game, with a range of exciting continuing professional development (CPD) courses.

The holistic route

- Diversify your offering to work in studios and one-to-one.
- Incorporate holistic principles into your current sessions.

Recommended modules

STOTT PILATES® Mat-Plus
Design and teach essential and intermediate level Matwork classes, including integrating small equipment which will allow you to add variety to your sessions.

STOTT PILATES® Reformer
Teach a broad range of exercises, variations and modifications performed on the Reformer to offer a training approach different to any other form.

Yoga
Teach asana, pranayama, mudra, bandha and other Hatha Yoga practices within a specialised class or incorporate into your one-to-one sessions.

Boost your business

- Maximise your earning potential through starting your own business.
- Teach classes for demographics with specific medical conditions.
- Inspire under-active individuals and groups in your community.

Recommended modules

Business Skills
Devise and implement an effective marketing and business plan to ensure that your classes are both popular and profitable.

Exercise for Older Adults
Age should be no barrier to exercise so broaden your market by offering classes to older adults.

Ante and Postnatal Exercise
Develop the skills to adapt your classes to offer specialist workouts for ante and postnatal women.
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Venues
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