



Healthy Lifestyle Principles Certification

Friday, September 9th, 2011
5-9pm
Sonoma County Family YMCA
 1111 College Ave, Santa Rosa, CA 95404
 707-545-9622 www.scfymca.org

Registration Fee:	\$20 Staff \$30 Facility Members \$40 Program & Non Members
Prerequisites:	Must be over 18 & Hold a current CPR Certification
Bring:	Notebook & YMCA Healthy Lifestyle Principles Manual (optional) (To order the manual call the YMCA Program Store at 1-800-747-0089. Cost:\$27.00). <i>We provide some manuals to share during class.</i>

This course is a basic-level prerequisite for all YMCA of the USA Health and Fitness certifications. Information includes: effective leadership, physical activity, lifestyle principles & program safety guidelines. The course also covers the YMCA mission, philosophy, and national program training and certification system.

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Fees (please check) : Y Staff: \$20 Facility Members: \$30 Program & Non Members: \$40
Late registration: Add \$10 after September 1st

Name: _____ Phone: _____

Address: _____ E-Mail _____

Register at our Member Center OR send this form & check payable to:
Sonoma County Family YMCA, 1111 College Avenue, Santa Rosa, CA 95404
 For more info, contact Dawn Haight @ (707) 545-9622 ext.3128

Name on Card: _____ Signature: _____

Visa Mastercard Amex (please circle one) Card # _____

Exp Date _____ Security Code _____