

PERSONAL TRAINER

Certificate Program



Yorkdale's Personal Trainer Program enables students to gain the knowledge and skills necessary for a career in the growing fitness and health field. Yorkdale's Personal Trainer program meets industry standards and prepares students to become fitness professionals in established fitness facilities and/or to become self employed. All classes are taught by highly qualified teachers and fitness professionals in a new state of the art facility.

In this 18 week intensive program students can:

- Earn a Personal Trainer Certificate
- Earn 6 Credits towards the OSSD
- Gain real world work experience through a co-operative education placement in a fitness facility
- Earn Canadian and Ontario recognized industry certificates

Yorkdale's Personal Trainer Certificate Program has two components:

Part 1: In-school (9 weeks)

- Monday- Friday, 8:25am-3:15pm

Part 2: In -school and Cooperative Education Placement (9 weeks)

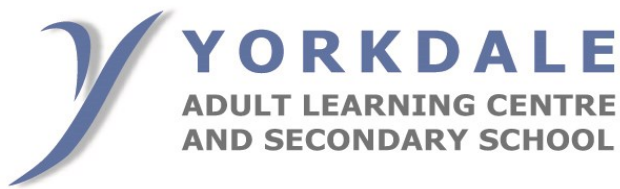
- Monday– Friday 8:25am-3:15pm

Courses: Intro to Kinesiology (PSK4U)
Healthy Active Living (PAF4O),
Recreation and Healthy Active Living Leadership (PLF4M),
Entrepreneurial Studies (BDV4C)

Included: CPR/First Aid, Whimis, Step 4 Worker Health and Safety,
Vulnerable Sector Police Search, Sport Program Design

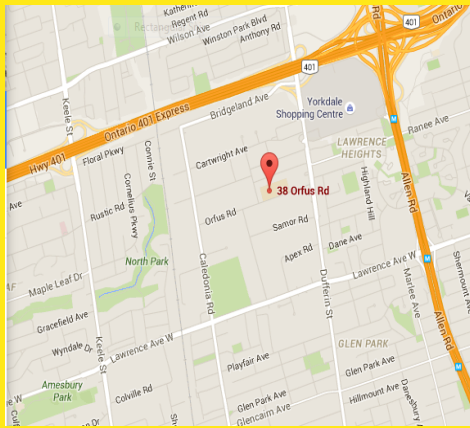
Cost: Approximately \$500.00

www.yorkdale.net



Program Registration Information

38 Orfus Road, Toronto, ON
M6A 1L6
(416)395-3350
www.yorkdale.net
yorkdale@tdsb.on.ca



“We believe in your success!”

Intakes:

September, February

Classes: (there are no classes in July and August)

- September—January
- February—June

To register you must:

- Be 21 years of age or have an OSSD
- Have an English 11C or achieve a eligible grade in the Yorkdale English assessment test
- Be in good physical condition
- Pass an interview with a Yorkdale staff member

Successful applicants must be able to show proof of the following:

(not required until accepted into the program)

- Clear Vulnerable Sector Police Search

OSAP is not Available.

Financial assistance may be available through OW, WSIB, ODSP, Employment Ontario, Toronto Employment and Social Services

