

# Specialized Trainings

## ACE Prep

- 9/16-12/1
- \$100 for members
- Meets Tuesday & Thursday @ 4:00pm in the SRC Classroom. Does not certify students, but prepares them to sit for the American Council on Exercise Personal Trainer Exam.

## Fitness Instructor Training

- 9/8- 10/16
- Registration is online, and open

## Climbing Wall Instructor Course

- 10/21-10/23
- \$60 for members

## Adventure Facilitator Training

- Backcountry Travel & Leadership course – currently evaluating offering a course in December or January.

## Lifeguards

- Candidates must be currently lifeguard certified (American Red Cross is preferred, Ellis and Associates, YMCA, and Star Guard are accepted).
- First, candidates will apply through CougLink
- Second,(invitation only) is to complete a skills screening prior to being invited for an interview which will include: 300 yard timed swim, 10lbs brick retrieval at 14 feet, and demonstration of lifeguarding skills.