

LEARNING EVENT

FRIDAY, AUGUST 20—4:00 PM—10:00 PM

SATURDAY, AUGUST 21—8:30 AM—8:30 PM

SUNDAY, AUGUST 22—11:30 AM—5:30 PM

GALLAGHER CENTRE—YORKTON

FITNESS THEORY...BECOME A CERTIFIED FITNESS LEADER

Take the first step today toward empowering others to lead healthy, active lifestyle while creating a new and rewarding employment opportunity for yourself by becoming a Certified Fitness Leader.

Step 1—Fitness Theory Course

Register and successfully complete the Fitness Theory Course and National Fitness Leadership Alliance (NFLA) Exam. You must be 16 years of age or older.

WHAT WILL FOLLOW?

- Step 2: Completing a Certifying Module—Three Options: Group Exercise, Exercise For Older Adults or Aquatic Exercise. Each has an NFLA Exam plus a one hour practical evaluation with a S.P.R.A. Course Conductor.
- Step 3: CPR (level B or C) and Standard First Aid current with 2 years of date of issue
- Step 4: Certification—successful completion of Steps 1 to 3 and payment of certification fee. **CERTIFIED!**

COST for THEORY COURSE: ONLY \$65.00

REGISTRATION FORM

NAME: _____

MAILING ADDRESS: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

_____ Cheque Enclosed for \$65.00: Payable to: Parkland Valley Sport, Culture & Recreation District

Mail to: Parkland Valley SCR District, Box 263, Yorkton, SK S3N 2V7 or Fax: 306-782-0474

For more information, call Dan Gallagher at 306-786-6585

