



SPRA Older Adult Module

By 2025, it is believed that Older Adults will outnumber grandchildren! Are you ready to lead exercises to Older Adults in the community, as classes are going to be in high demand!

Learn how to lead safe exercise classes specifically for Older Adults. Are you currently leading group fitness classes and feel that you would like to have more knowledge about how to offer modifications for Older Adults? Then this practical training program may be for you!

Training Dates

Friday, February 23rd, 2018	5:00pm – 9:00pm
Saturday, February 24th, 2018	9:00am – 5:00pm
Sunday, February 25th, 2018	9:00am – 5:00pm

Cost: **Early Bird (payment received prior to January 26th) \$275.00**
 Regular Registration \$299.00

***Includes cost of first exam fee. Practical evaluation fee of \$50 not included.**

Location: 930 Heritage View, Saskatoon – Just west of Boychuk Drive

There will be a ½ hour lunch break, so please bring a bagged lunch.

There is a fridge and microwave on the premises. Please bring a water bottle, snacks and wear comfortable clothing and running shoes to exercise in.



REGISTRATION FORM

NAME: _____

ADDRESS: _____

_____ POSTAL CODE _____

PHONE: _____

EMAIL ADDRESS: _____

Do you have experience in leading an exercise group? Yes_____ No_____

If yes, how many years have you been teaching _____

Are you Saskatchewan Parks and Recreation (SPRA) or Can Fit Pro Certified?

Yes_____ No_____

Is there anything specific you would like to learn from this training?

**As space is limited, please email Kimberly at
cm_kimberlywillison@hotmail.com to register and to avoid
disappointment.**

Please mail registrations with your registration fee to: (cheques payable
to Kimberly Willison)

Kimberly Willison
Box 192
Clavet, SK. S0K 0Y0
Ph: 306-229-9094

**OR E-transfers and scanned registration forms can be sent to:
cm_kimberlywillison@hotmail.com**

* Full refunds given up to February 9th; 75% refunds given Feb. 10th-20th. No refund
past February 21st.*