

**SPECIALTY COURSE AND  
SUBSIDY APPLICATION  
(Please Check One)**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>GROUP EXERCISE FUNDAMENTALS</b> | <input type="checkbox"/> <b>AQUATIC EXERCISE</b>    |
| <input type="checkbox"/> <b>FITNESS FOR THE OLDER ADULT</b> | <input type="checkbox"/> <b>RESISTANCE TRAINING</b> |

**Agency Hosting Course:** \_\_\_\_\_

**Agency Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Course Dates & Times:** \_\_\_\_\_

**Location of Course:** \_\_\_\_\_

**Registration Fee:** \$ \_\_\_\_\_ (per person including GST).  
**This must include the manual fee for each person.**

The above information will be used for administration and to return course confirmations.

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**Application Deadline!**

Course applications must be received a minimum of 6 weeks prior to course start date. Any courses requesting subsidy must apply quarterly - applications not meeting the quarterly deadlines may not be considered for subsidy.

**Training Application Deadlines:**

April 1 - June 30	Feb. 1
July 1 - September 30	April 1
October 1 - December 31	July 1
January 1 - March 31	Nov. 1

**The hourly breakdown of course topics which will be covered in the course must be completed.** This information is to be completed by, or in association with the AFLCA Trainer.

**GROUP EXERCISE FUNDAMENTALS CONTENT & HOURS**

___ Developing Leadership	___ Developing Movement Combinations
___ Trends and Media	___ Cueing Strategies
___ History of Group Exercise	___ Exercise Analysis
___ Legal Responsibility & Accountability	___ Proper Posture and Core Stabilization
___ Components of a Group Exercise Class	___ Special Populations
___ Music, Movement Combinations and Cueing	___ <b>TOTAL HOURS (MINIMUM 12)</b>

If you are offering a designation course in conjunction with the Group Exercise Fundamentals course please indicate and complete and attach the designation application form. Please note designation courses are not eligible for subsidy.

- \_\_\_ Choreography
- \_\_\_ Cycle
- \_\_\_ Step
- \_\_\_ Portable Equipment
- \_\_\_ Mind/Body

**RESISTANCE TRAINING CONTENT & HOURS**

- |     |                                       |     |                       |
|-----|---------------------------------------|-----|-----------------------|
| ___ | A Brief History                       | ___ | Specialty Background  |
| ___ | Techniques and Precautions            | ___ | Safety Considerations |
| ___ | Exercise Analysis, Design and Anatomy | ___ | Training Methods      |
| ___ | Program Design                        | ___ | Other (Specify)       |
| ___ | Women, Older Adults and Youth         |     |                       |
| ___ | <b>TOTAL HOURS (MINIMUM 20)</b>       |     |                       |

**FITNESS FOR THE OLDER ADULT CONTENT & HOURS**

- |     |                                 |     |                    |     |                       |
|-----|---------------------------------|-----|--------------------|-----|-----------------------|
| ___ | Nutrition                       | ___ | Sociology of Aging | ___ | Common Disorders      |
| ___ | Physiology of Aging             | ___ | Risk Management    | ___ | Other (Specify) _____ |
| ___ | <b>TOTAL HOURS (MINIMUM 20)</b> |     |                    |     |                       |

**AQUATIC EXERCISE CONTENT & HOURS**

- |     |   |     |                             |     |                       |
|-----|---|-----|-----------------------------|-----|-----------------------|
| ___ | Use of Equipment                              | ___ | Special Groups              | ___ | Use of Music          |
| ___ | Pool Organization                             | ___ | Safety in Water Environment | ___ | Practical             |
| ___ | Principles of Water, Effects on Body Movement |     |                             | ___ | Other (Specify) _____ |
| ___ | <b>TOTAL HOURS (MINIMUM 20)</b>               |     |                             |     |                       |

**AFLCA Trainer's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**If you are applying for subsidy, please complete the following:**

**AFLCA SUBSIDIZED EXPENSES**

**Trainer Honorarium** \$ \_\_\_\_\_  
 The AFLCA will provide subsidy for based on the minimum number of course hours for certification and recertification courses only.

**Manual Fees** \$ \_\_\_\_\_  
 AFLCA manuals are: Aquatic Exercise - \$55.00, Resistance Training - \$55.00, Group Exercise - \$60.00 Fitness For the Older Adult - \$55.00 (add GST)

**Trainer Travel** \$ \_\_\_\_\_  
 The AFLCA will provide subsidy for out-of-town Trainer travel ONLY. (City centre to city centre at .30 cents per km)

**Facility Rental** \$ \_\_\_\_\_  
 The AFLCA will review subsidy to a maximum of \$500.

**Trainer Meals** \$ \_\_\_\_\_  
 The AFLCA will provide a maximum of

- \$ 6 for breakfast
- \$ 7 for lunch
- \$12 for dinner

**TOTAL SUBSIDIZED EXPENSES** \$ \_\_\_\_\_  
**Total Subsidized Expenses ) Number of Participants = Subsidized Cost Per Participant**

\$ \_\_\_\_\_ . \_\_\_\_\_ /Participant

**REVENUE**

**Registration Fees** \$ \_\_\_\_\_  
 \_\_\_\_\_ Participants X \$ \_\_\_\_\_ Registration Fee  
 (minimum 8 participants in rural area)  
 (minimum 10 participants in urban area)

**Other** \$ \_\_\_\_\_  
 If dollars will be secured from another source please indicate the sponsor and the amount.  
 (Eg. Municipal or Provincial Leadership Grants or Continuing Education Grants)

**TOTAL REVENUE** \$ \_\_\_\_\_

**Subtract TOTAL EXPENSES** \$ \_\_\_\_\_

**SURPLUS / DEFICIT** \$ \_\_\_\_\_  
 (Total Revenue - Total Expenses)  
 (If there is a proposed deficit subsidy may be reserved)



**Government of Alberta**

