

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

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

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.

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	___ TOTAL HOURS (MINIMUM 12)

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.

- ___ Choreography
- ___ Cycle
- ___ Step
- ___ Portable Equipment
- ___ Mind/Body

Please note designation courses are not eligible for subsidy.

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 | | |
| ___ | TOTAL HOURS (MINIMUM 20) | | |

FITNESS FOR THE OLDER ADULT CONTENT & HOURS

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

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) _____ |
| ___ | TOTAL HOURS (MINIMUM 20) | | | | |

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.

Trainer Travel \$ _____

The AFLCA will provide subsidy for out-of-town Trainer travel ONLY. (City centre to city centre at .21 cents per km)

Trainer Meals \$ _____

The AFLCA will provide a maximum of

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

Manual Fees \$ _____

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

Facility Rental \$ _____

The AFLCA will review subsidy to a maximum of \$250 (8 hour Recertification), \$500 (Fitness Theory or Specialty), and \$1000.00 (Dual Course – Fitness Theory & Specialty)

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)

