



Ever Active Adults' Registration Form

The **Alberta Fitness Leadership Certification Association** delivers the 16-hour, two day Ever Active Adults' course, Fall/Winter, 2008

Edmonton – October 22 & 23, 2008

Registration Deadline: October 13, 2008

Calgary – November 26 & 27, 2008

Registration Deadline: November 17, 2008

Cost:

\$190.00 per participant.

Space is limited to the first 15 paid registrations for each course.

Confirmation of registration and location details will be provided to participants after payment.

Cancellation Policy:

An administration fee of \$50.00 will be withheld from cancelled registrations one week (7 days) prior to start date of course. No refunds after this date.

For more details, please contact:

Lesley McEwan; AFLCA Project Coordinator

Phone: (780) 492-4435/E-mail: lesley.mcewan@ualberta.ca

Ever Active Adults' Registration Form

All registrations must be paid by

Cheque OR Money order OR Visa or M C

(Please make cheques payable to: the Alberta Fitness Leadership Certification Association)

Please complete the registration form and mail with payment to:

Alberta Fitness Leadership Certification Association

Ever Active Adults' Course

3rd Floor 11759 Groat Road, Edmonton AB T5M 3K6



Location Requested: _____

Name of Participant: _____

Organization: _____

Position: _____

Mailing Address: _____

Phone Number: _____

Fax Number: _____

E-mail Address: _____

November, 2005

Activity Coordinators:

The Alberta Fitness Leadership Certification Association (AFLCA) continues to provide the **EVER ACTIVE ADULTS** Certification of Completion course throughout the province of Alberta.

The main purpose of this program is to increase opportunities for physical activity among older adults within the province of Alberta.

This 16 hour certificate course educates practitioners of seniors' housing facilities with appropriate active living strategies for improving the quality of life for Alberta seniors. Throughout the duration of the course participants have an opportunity to compile a reservoir, framework and work plan enabling them to implement new ideas and programming necessary to foster an active living facility.

Ever Active Adults offers an opportunity to network, learn and access resources and services. The participants learn how to establish links with key community organizations and influential individuals within the community. Ever Active Adults combines lecture style presentations, self-directed learning, and group work with peers.

Enclosed for your information:

- Promotional poster
- Information Brochure
- Course dates, locations and Registration form

If you are interested in hosting an Ever Active Adults course in your area or would like further registration information contact: Lesley McEwan (780) 492-4435, E-mail lesley.mcewan@ualberta.ca.

In health and fitness,

Lesley McEwan, AE, EAA Trainer
AFLCA Project Coordinator

IT'S HERE! The Alberta Fitness Leadership Certification Association (AFLCA) is excited to announce their new Older Adult designate - **EVER ACTIVE ADULTS!**

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Register now for these courses, as we anticipate overwhelming registration:

Edmonton	October 16 & 17, 2003
Calgary	November 13 & 14, 2003

If you are interested in hosting an Ever Active Adults course in your area or would like further registration information contact: Lesley McEwan (780) 492-4435, E-mail lesley.mcewan@ualberta.ca.

November, 2006

Dear Ever Active Adults Participant,

Thank you for your interest in the upcoming Ever Active Adults' course. This letter confirms your registration in the course below.

Ever Active Adults - Red Deer, Alberta.

The course will be hosted at:
Bethany Collegeseide
99 College Drive (Just beside the Red Deer College)
Red Deer, Alberta T4N 7G2
(403) 357-3700

Wednesday, Dec 13, 2006 9 a.m. - 4:30 p.m.

Thursday, Dec 14, 2006 9 a.m. - 4:30 p.m.

What to expect?

Participants in the two-day Ever Active Adults' course will learn how to encourage physical activity participation and to ensure that physical activity programs meet the needs of all lodge residents.

The Ever Active Adults' course may be a different learning experience for you. This course combines lecture style presentations, self-directed learning, and group work with peers. The 2nd edition of Ever Active Adults' will be given to you at the beginning of the course and is yours to take home.

Please bring with you writing utensils, your knowledge and expertise, an open mind, enthusiasm, and a willingness to share with colleagues.

Please bring your own lunch. There is a cafeteria available on site if you prefer.

Following Ever Active Adults', you will receive a certificate in the mail showing that you have completed the Ever Active Adults' module within the Alberta Fitness Leadership Certification Association. As well there will be a recognition certificate for the facility that you work at.

If you have any questions, please call me at (780) 492-4435 or email me at:
lesley.mcewan@ualberta.ca

I look forward to meeting you in December!

Sincerely,

Lesley McEwan
AFLCA Project Coordinator

**Please note that the Ever Active Adults' course does NOT provide certification to lead an exercise class for older adults. If you have any questions or would like any clarification regarding certification issues, please contact me ASAP.*

PHYSICAL CULTURE (For educational purposes only)

- | | |
|---|-----------------------------|
| 1) Kenny G/Louie Armstrong
Wonderful World | Warm up |
| 2) Contours
Do you Love Me | Department |
| 3) Shania Twain
When | Hand Jive |
| 4) Shania Twain
Feel Like A Woman | Department |
| 5) Rod Stewart
Rhythm of the Heart | Exercises |
| 6) Kenny G
Heart Goes On (Titanic) | Rhythms |
| 7) Kenny Loggins
Christopher Robin | Rhythms/Exercises
Lunges |
| 8) Hero | Chair/Exercises |
| 9) Lonestar
Amazed | Chair |
| 10) Uncle Cracker
Follow Me | Department |
| 11) Billy Elliot Soundtrack
Love to Boogie | Department |
| 12) Contours
Sea Cruise | Department |
| 13) Enya
Only time | Rhythm |

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EVER ACTIVE ADULTS course

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Upcoming 2005 Course Dates:

January 12 & 13 Edmonton	Registration Deadline: January 4, 2005
February 23 & 24 Red Deer	Registration Deadline: February 15, 2005
March 9 & 10 Camrose	Registration Deadline: March 1, 2005
May 25 & 26 Fort MacMurray	Registration Deadline: May 17, 2005
October 12 & 13 Grande Prairie	Registration Deadline: October 4, 2005
November 23 & 24 Medicine Hat	Registration Deadline: November 15, 2005

Ever Active Adults is recognised as the **pre-requisite** for the Alberta Senior Citizens' Housing Association & Red Deer College Certificate Program for Activity Coordinators