



**AFLCA FITNESS FOR THE OLDER ADULT
Leadership Workshop Registration Form**

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: (Day) _____ (Evening) _____

Please indicate the dates of the course you are registering for: _____

COURSE LOCATION: EDMONTON, AB

COURSE COST: \$190.00

PAYMENT OPTIONS:

By Mail

- Cheque or Money Order enclosed (Payable to AFLCA)
Mail with registration form to: AFLCA
Provincial Fitness Unit, Faculty of Physical Education & Recreation, University of Alberta,
Edmonton, AB T6G 2H9

By Fax: 780-455-2264

- Visa / Mastercard

Credit Card Number: _____ Expiry Date: _____

Name on card: _____

Signature: _____

NEEDS ASSESSMENT

Do you have any experience leading an older adult fitness class? If yes, please detail

Have you completed the AFLCA Exercise Theory Course? _____

If so, when? _____

Is there specific information that you would like to see addressed in the course?

Do you have any questions or concerns about the course or its content that you wish to discuss in the course?

Remember to bring your workout gear on both days.

Please contact **Lesley McEwan at 492-4435** or email: lesley.mcewan@ualberta.ca if you have any questions regarding the course.