



City of Saskatoon

Recreation & Community Development

Bursary Application

The City of Saskatoon Bursary Program exists to provide financial incentives for potential fitness leaders to obtain certification that is recognized through the National Fitness Leadership Alliance (NFLA). Currently the City of Saskatoon and Neighborhood Community Associations accepts the following fitness agency certifications: SPRA, YWCA, YMCA, CALA.

The Bursary Program does not fund retroactive courses (i.e. you may not apply for funding **after** taking a leadership certification course).

Application Procedures:

1. Applicants must provide the Selection Committee with:
 - a. An application form
 - b. Copy of Standard First Aid & CPR – Level A or C
2. Successful applicants must pay 100% of the course registration fee upfront. Upon completion of the terms and conditions outlined in the Commitment Contract, 75% of the registration fee will be paid by the City of Saskatoon (upon receipt of registration receipts).
3. Successful applicants are required to **attend training courses in the bursary application season**. Please refer to the training schedule below to ensure you are available for these training sessions.
4. The applicant is responsible for completion of Standard First Aid, CPR, and pre-requisites. (The Bursary Program does not cover these costs).
5. Should an applicant not meet minimum requirements for the Exercise Theory exam and/or practicums the fee for a re-write/test is the sole responsibility of the applicant.
6. Should an applicant not meet minimum requirements for the Exercise Theory, Group or Aqua Exercise modules, and/or mentoring program, the agreement will be terminated.
7. Applicants may re-apply for the bursary training program one year from the unsuccessful course date.

City of Saskatoon Dates for Upcoming Certification Courses

| Session | Exercise Theory | Group Exercise | Aquatic Exercise | Exercise for Older Adults | Fitness Yoga (BMB) |
|---|---------------------------------------|---|--------------------------------|------------------------------|--|
| Fall 2019 | Sept 13 & 14 Sept 20 & 21 (SFH) | Group Exercise Fundamentals Oct 25 & 26 (SFH) Total Body Conditioning Oct 27 (SFH) | Nov 22-24 (LCC) | Nov 22- 24 (SFH) | Module 1: Nov 15-17 Module 2: Dec 6-8 |
| Group Mentorship 3hr sessions one week following specialty module | N/A | TBD by Sept 1, 2019 (SFH) | Dec 1 9:00-12:00pm (LCC) | TBD by Sept 1, 2019 (SFH) | N/A |
| SFH – Saskatoon Field House SCC – Shaw Centre LCC – Lawson Civic Centre | | | BMB – BreatheMoveBe | | |

Free Session – How to Become a Certified Fitness Instructor

Individuals interested in learning more about becoming a certified fitness instructor are encouraged to attend the City of Saskatoon **free** information sessions on how to become a certified fitness instructor. Sessions are held in January, April and September and provide the following information:

- How to Become a Certified Fitness Instructor
 - S.P.R.A. Exercise Theory and Specialty Module training
 - City of Saskatoon Mentorship Program
- Benefits of becoming a City of Saskatoon Fitness Instructor
- City of Saskatoon Fitness Instructor Bursary Program

FITNESS YOGA

The City of Saskatoon also offers a bursary program for fitness yoga instructor training. This program is available to S.P.R.A. Group certified fitness instructors. Bursary applications for fitness yoga are due three (3) weeks prior to the start of the Teacher Training. To obtain fitness yoga application visit www.saskatoon.ca or call 306-975-7808.

Return to: Fitness Specialist
Saskatoon Field House
Recreation & Community Development Division
2020 College Dr.
Saskatoon, SK S7N 2W4

Phone: 306-975-7808
Email: Kimberley.guillaume@saskatoon.ca

7. Approximately how many hours in the last year have you:

Participated in Fitness Yoga classes? _____ **OR**
(Fitness yoga I bursary applicants)

Instructed Fitness Yoga I classes? _____
(Fitness yoga II applicants)

8. Have you participated in any other type(s) of yoga classes?

_____yes _____no

What type(s) of classes? _____

9. Do you have a current Standard First Aid?

___ yes ___ no ___ registering for course

10. Do you have a current CPR–Level A or C certification?

___ yes ___ no ___ registering for course

11. At which of the following City of Saskatoon facilities would you be available to instruct fitness classes:

___ Lakewood Civic Centre ___ Lawson Civic Centre ___ Saskatoon Field House

___ Cosmo Civic Centre ___ Harry Bailey Aquatic Centre ___ Shaw Centre

12. Please indicate below all times you would be available to instruct fitness classes:

| Day/Time | 8 a.m. – 12 p.m. | 12 p.m. – 5 p.m. | 5 p.m. – 10 p.m. |
|-----------------|-------------------------|-------------------------|-------------------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

Successful applicants will be notified within one week following application deadline.

Please note: Only those applicants able to attend training in this application season should complete a bursary application for consideration.

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