



# 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, the registration fee will be paid in full 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 and CPR. (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
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					

### Free Session – How to Become a Certified Fitness Instructor (Sept 3)

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 a fitness yoga application visit [www.saskatoon.ca](http://www.saskatoon.ca) or call 306-975-7808.

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

Phone: 306-975-7808  
 Fax: 306-975-3377  
 Email: [kimberley.guillaume@saskatoon.ca](mailto:kimberley.guillaume@saskatoon.ca)

Application for City of Saskatoon  
Group Fitness Training Bursary Program  
**Fall 2019**  
**Application Due Date: Sept 3, 2019**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: H: \_\_\_\_\_ W: \_\_\_\_\_ C: \_\_\_\_\_

Email: (please print clearly) \_\_\_\_\_

1. How often do you currently participate in fitness classes? Please check one.

\_\_\_\_\_ once a month \_\_\_\_\_ once a week \_\_\_\_\_ more than once a week

2. What type of fitness classes have you attended within the last year?  
(Check all that apply).

\_\_\_\_\_ Step \_\_\_\_\_ Boxercise \_\_\_\_\_ Aerobics \_\_\_\_\_ Spin \_\_\_\_\_ Fitness Yoga

\_\_\_\_\_ Aqua Fitness \_\_\_\_\_ Gentle Fitness \_\_\_\_\_ Muscle Sculpt. \_\_\_\_\_ Other

3. Where did you attend these classes?

4. Have you attended any City of Saskatoon fitness classes? What type of class? How often?

5. Are you familiar with the Saskatchewan Parks and Recreation Association (SPRA) fitness instructor certification process?

\_\_\_\_\_ yes \_\_\_\_\_ somewhat \_\_\_\_\_ no

6. What specialty area would you like to acquire certification? Please rate in order of preference if more than one specialty is selected.

Group (land) Exercise \_\_\_\_\_ Aqua Exercise \_\_\_\_\_ Older Adults \_\_\_\_\_

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7. Have you instructed and/or taught an adult group before through volunteering or employment?

\_\_\_ yes \_\_\_ no      What type of class? \_\_\_\_\_

8. Do you have a current Standard First Aid?

\_\_\_ yes \_\_\_no \_\_\_ registering for course

9. Do you have a current CPR (Level A or C) certification?

\_\_\_ yes \_\_\_no \_\_\_ registering for course

10. 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

11. What type of City of Saskatoon fitness classes are you interested in instructing?

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

<b>Day/Time</b>	<b>8 a.m. – 12 p.m.</b>	<b>12 p.m. – 5 p.m.</b>	<b>5 p.m. – 10 p.m.</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Daytime available applicants will be given priority.** Successful applicants will be notified within one week following application deadline date.

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

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