



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 2022 | Sept 23-24 & Sept 30-Oct 1 (CCC) | Group Exercise Fundamentals Oct 21 & 22 (SFH) Step & Choreography Oct 23 (SFH) | Nov 18, 19, 26 (LCC) | No course | TBD |
| Group Mentorship 3hr sessions one week following specialty module | N/A | TBA (SFH) | TBA (LCC) | Individual mentorship (contact SFH) | Individual mentorship (contact SFH) |
| SFH – Saskatoon Field House SCC – Shaw Centre LCC – Lawson Civic Centre | | | | | |

Free Session—How to Become a Certified Fitness Instructor (September 1st)

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 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

Application for City of Saskatoon
Group Fitness Training Bursary Program
Fall 2022
Application Due Date: September 1, 2022

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:

| 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 | | | |

Shaw Center and 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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