

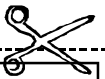
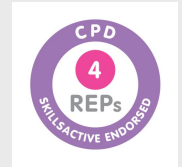


# NORTH WALES SPECTACULAR

For Instructors who want to specialise

Sunday 9<sup>th</sup> May  
Colwyn Bay Leisure Centre  
Erias Park, Colwyn Bay LL29 3HG

- ◆ New Teaching Ideas
- ◆ Practical Workshops
- ◆ A Chance to network with other instructors
- ◆ Continued Professional Development
- ◆ A choice from eight fantastic sessions



## NORTH WALES SPECTACULAR

**EARLY BIRD PAY BEFORE 1<sup>st</sup> APRIL AND TAKE £5 OFF THE SPECTACULAR PRICE  
£45 MEMBERS /£50 NON MEMBERS**

Three Ways to Pay

- 1) To pay by debit/credit card please book online at [www.fitnesswales.co.uk/modules.asp](http://www.fitnesswales.co.uk/modules.asp)
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

Name.....DOB.....

Address.....Post Code.....

Tel No. (day).....(eve).....(mobile).....

Do you have any conditions or concerns we should know about e.g. Dyslexia, deafness, physical problems, mental health issues. If so please give details.....

**PLEASE COMPLETE THE TABLE OVERLEAF WITH YOUR CHOICE OF SESSIONS**

*I have read and understood the terms and conditions overleaf and wish to apply for a place on the above Course.*

Signed.....Date.....

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff. CF5 5AL  
[www.fitnesswales.co.uk](http://www.fitnesswales.co.uk) / tel 029 20575155**

# EIGHT GREAT SESSIONS TO CHOOSE FROM

**CHAIR AEROBICS** (Mary Sparks and Chris Jenkins) Ideas for seated work in a class format or to give as alternatives to gym clients

**SMOOTH PILATES** (Rachel Hubbard) Experience exercises that flow effortlessly, whilst learning how the core operates as a whole unit

**CHESTER STEP AND INCREMENTAL WALK TEST** (Dave Jones) learn how to administer these tests that will provide a bench mark for exercise referral schemes

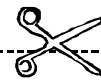
**BACK CARE** (Rachel Hubbard) A taster session (theory and practical) for those wanting to get into this specialist area at level four

**THE GREAT OUTDOORS** (Rachel Hubbard) Want to take clients outside but they can't walk for long? Look at ways to use the natural environment to give a simple but effective multi level workout

**ETM FOR OLDER ADULTS** (Mary Sparks) Mary brings years of experience to show how you need to cater for older adults in specialist classes. Simple strategies for content that is multi level and effective

**PRACTICAL IDEAS FOR REFERRAL CLIENTS** (Chris Jenkins) Chris is full of ideas for adapting exercises in the gym, circuits or any class. If you are stuck for ways to adapt, then this session will give you new approaches to try

**MOTIVATIONAL INTERVIEWING** (Rachel Hubbard) Get clients engaged in the change process. How to hook them, help and keep them



Please hi-light or circle your choice of session from each time slot

9.45	Registration	
10.00	Chester Step & Incremental Walk Test	Smooth Pilates
11.15	Chair Aerobics	Back Care
12.15	Lunch	
1.15	The Great Outdoors	ETM for Older Adults
2.30	Practical ideas for Referral Clients	Motivational Interviewing

## Terms and Conditions of Booking

Please read before signing the application form.

Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be NVQ equivalent.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Workshop fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.