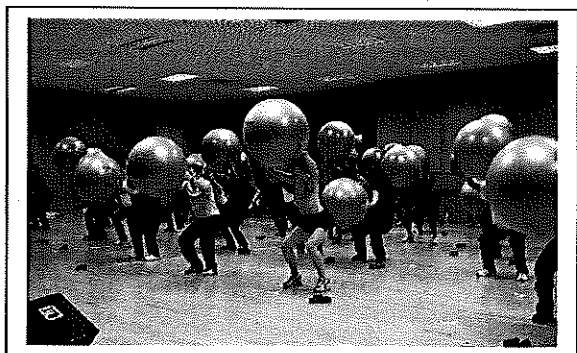




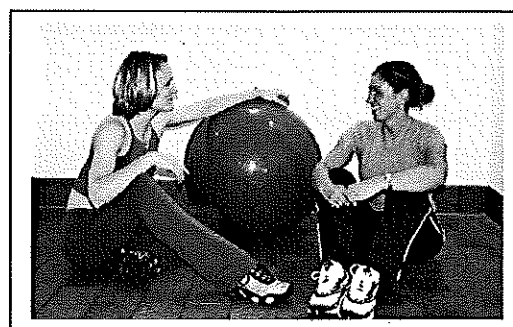
# Stability Ball



## Learn to effectively teach stability ball exercises

### For Group Exercise & Gym Instructors.

**Esporta Health Club, Cardiff**  
**Sat 4 & Sat 11 December 2010**  
**9.00am – 5.00pm**



### Booking Form – Stability Ball December 2010

£135 Fitness Wales Members / £160 Non members (includes £25, which is one year's membership)

#### 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.....Email.....

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

Tel No. (home).....(work).....(mobile).....

Do you have any conditions or concerns we should know about (eg dyslexia, deafness, physical or mental health issues etc) if so please give details.....

**APPLICANTS MUST HAVE QUALIFICATIONS IN EXERCISE & FITNESS EQUIVALENT TO LEVEL II**  
Fitness or any other relevant qualifications/Experience.....

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

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



# Stability Ball

## **Course will include: -**

### **Day One**

- **Benefits & Advantages to using a Stability Ball**
- **Choice and care of Stability Balls**
- **Technique for basic positions**
- **Progressions and movement patterns**
- **Assessing abdominal strength**

### **Day Two**

- **Moving on – more advanced work**
- **Practical Assessments**

**To become a certified Stability Ball Instructor**, applicants will be assessed at the end of the 2nd day teaching part of a Stability Ball Class. Alternatively you may submit a video presentation\* no later than 12 weeks after completion of the Module. You will also need to submit a lesson plan of a full Stability Ball Class. *\*Please note that there is an additional cost of £30 for video assessment.*



## **Terms and Conditions of Booking**

Please read before signing the application form.

**The Fitness Wales Certificate of Competence for the Stability Ball is only valid when presented with a Level 2 Certificate in Exercise & Fitness.** Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be in line with National Occupational Standards.

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.

**Written notification is required for all cancellations and transfers.**

Membership fees are non-refundable. Course 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.

Fitness Wales, 1b Clarke Street, Cardiff. CF5 5AL  
enquiries@fitnesswales.co.uk Tel:- (029) 2057 5155 Fax:- (029) 2056 8886