Fitness News Bulletin



60 years of championing the power of recreation and parks

April 26, 2019

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Passing the Torch in the Physical Activity Department



After two years as the Physical Activity Program Assistant we say a sad but fond farewell to Ginny Dunnill who's off to pursue her career aspirations in Library Science at UBC - all the best Ginny.

Ginny will be passing the torch to Hannah Rennie, who many of you have spoken to on the phone in her previous role as BCRPA's Customer Service Assistant. Hannah graduated from the University of Victoria with a degree in Recreation and Health Education and is no stranger to BCRPA's Fitness Leader education program having spent the last year fielding Fitness Leader registration queries.

You can reach Hannah **by email**. Ginny's final day and Hannah's first day is Friday, May 3.

Register now for Upcoming ICE Workshop May 4 - GROUP

The next Instructor Competency Evaluation (ICE) workshop for GROUP modules is scheduled for:

Saturday, May 4 from 2-5pm Timms Community Centre, Langley

This workshop is mandatory if you wish to become a Supervisor or Trainer of Fitness Leaders (SFL or TFL) in any of the following modules:

- Aquatic Fitness
- Group Fitness
- Yoga Fitness



- Pilates Fitness
- Older Adult

To register, <u>fill out this form</u> and <u>email it to BCRPA</u>. If you have any questions, please call: 604-629-0965 Ext. 245.

Save the Date for BCFit'19: September 13 - 15



<u>BCFit'19</u> returns to the Delbrook Community Recreation Centre in North Vancouver this Fall!

Mark your calendars for <u>September 13-15, 2019</u> – this is an event you will want to be sure to attend.

Keep an eye on your inbox for information on registration, set to launch this Spring.

Social Media: Stay Connected!

Be sure to connect with us on social media - we're on Facebook, Twitter, and Instagram.

We want to know what you're up to too! Use the hashtag #bcrpa to keep us (and your peers!) in the loop on how you are promoting active and healthy lifestyles in your communities.

Facebook - <u>BCRPA Fitness</u> Twitter - <u>@ BCRPA</u> Instagram - <u>@ BCRPA</u>

QUICK LINKS



Membership Benefits



LadySport and FitFirst host an instructor <u>discount program</u> for all eligible BCRPA instructors.

Check out <u>our list</u> of over 25 more companies across BC offering discounts from 10 - 50% for registered BCRPA fitness leaders.

JOB POSTINGS

• See ALL job postings

FEATURED POSTINGS

- <u>Program Coordinator | Lower Mainland</u>
- Fitness Leaders | Lower Mainland
- <u>Personal Trainers | Lower</u>
 Mainland
- Weight Room Attendants | Lower Mainland