

BCRPA PRE-APPROVED WORKSHOPS

Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Workshop listings are organized alphabetically by Location then chronologically by Date.

Location	Date	Workshop Title	Contact	Phone	CEC's	Website
Online	20-Jan-21	Retaining Girls in Sport, Recreation & Physical Activity	Canadian Women and Sport		1.5	https://www.eventbrite.ca/e/retaining-girls-in-sport-recreation-20012021-tickets-132966284737
Online	30-Jan-21	Optimizing Hip and Knee Function Livestream Interactive for Post-Op Hip and Knee Management	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	06-Feb-21	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	20-Feb-21	Pilates Modifications for the Active Older Adult	Lela Dawson	6043183326	8	www.leladpilates.com
Online	16-Mar-21	Avoiding Common Injuries in the Gym Before They Happen Webinar	INFOFIT Educators	6046830785	1	infofit.ca
Online	20-Mar-21	Pilates Fundamentals Refresher	Lela Dawson	6043183326	2	www.LelaDPilates.com
Online	20-Mar-21	The Pilates Warm Up - Setting your class up for Success	Lela Dawson	6043183326	2	www.LelaDPilates.com
Online	17-Apr-21	Pilates with Props	Lela Dawson	6043183326	4	www.LelaDPilates.com
Online	19-Jun-21	Teaching with Precision in Pilates	Lela Dawson	604 318 3326	8	www.LelaDPilates.com
Vancouver	17-Jan-21	Post-Rehab & Corrective Exercises for the Shoulder & Thoracic Spine IN-CLASS WORKSHOP	Inshape Training	604-879-5500	6	www.inshapetraining.net
Vancouver	23-Jan-21	Thai Yoga Massage Level 1: Foundational Skills	Sharon Brown-Horton	604-773-2645	14	www.banyanthaimassage.com
Vancouver	05-Feb-21	Thai Yoga Massage Level 2: Intermediate	Sharon Brown-Horton	604-773-2645	21	www.banyanthaimassage.com

Vancouver	14-Mar-21	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604-683-0785	7	infofit.ca
Vancouver	12-Jun-21	Pilates Fitness Level Two	Lela Dawson	604 318 3326	8	www.LelaDPilates.com
Vancouver	20-Jun-21	Muscle testing and Function	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	16-Sep-21	Cardiac Rehab	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Victoria	06-Feb-21	Mini Band Workshop	Success Fitness	250.886.2490	3	www.successfitness.ca