

Tai Ji Quan: Moving For Better Balance (TJQMBB) New Community Instructor Training Registration

Please complete the TJQMBB registration information below, sign at the bottom and return to Becca Shanafelt at bshanafelt@mnraaa.org by **May 16th**. (This form will be forwarded to Dave Fink at the Metropolitan Area Agency on Aging.)

Date/time: **June 1 & 2, 2017 (Thursday and Friday)
8:00 am – 5:00 pm**

Location: **Brooklyn Center Community Center
6301 Shingle Creek Parkway
Brooklyn Center, MN 55430-2199**

Instructor's Organization: _____ Instructor's Role _____

Instructor's First Name: _____ Last Name: _____

Instructor's Address: _____
Street City State Zipcode

Preferred phone: _____ E-mail: _____ Male ___ Female ___

Language(s) you will use to lead TJQMBB: _____

Number of years, if any, **doing** Tai Chi/Tai Ji Quan: _____ Number of years, if any, **leading** Tai Chi/Tai Ji Quan: _____

Experience, if any, **leading exercise programs**: _____

Experience, if any, **working with adults age 60+**: _____

Please explain **why you would like to be a TJQMBB instructor**: _____

Please provide any **dietary** and/or **accommodation** requests: _____

Please review and sign – training expectations:

1. Potential instructors must attend both days of training. This is a very intensive two days of physical activity, including learning and demonstrating the forms, variations and mini-movements. If you have any previous injuries or health conditions that would be a concern for this level of activity, please consult your doctor before registering.
2. *We strongly recommend that registrants have past experience leading group exercise and working with older adults as these are significant assets to learning how to and being able to lead TJQMBB classes.*
3. *This training is being offered through a grant from the Administration for Community Living to the Minnesota Board on Aging with the expectation that **instructors taking the training are sponsored by organizations that will offer the program according to fidelity guidelines: twice a week for an hour for 12 weeks and at least two 12 week sessions a year.** Organizations/instructors offering the class at any time will be expected to inform their Area Agency on Aging (AAA) of scheduled classes so they can be posted to the Healthy Aging website and submit attendance sheets, pre/post client surveys to the AAA at the end of each 12 week class. Finally, follow-up training sessions will be offered and are strongly recommended.*

I agree to the above (signed): _____