

BRING THE BEAT



Drums Alive

INSTRUCTOR TRAINING

Utah Recreation and Parks Association Sponsored Training

Where: West Valley City Family Fitness Center

Cost: \$250 (Includes Lunch)

Date: Friday, May 9th

Time: 10:00 AM – 6:00 PM

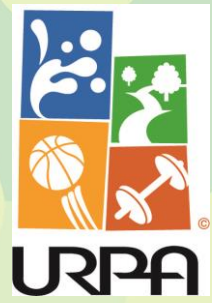
(\$25 Discount for URPA Members)

Deadline to register: Monday, May 5th

Sign up at: URPA.org or call 801.782.5512

Information: Kim Olson URPA Executive Director 801.782.5512 kdolsonut@msn.com

or Karen Watanabe at (808) 271-4110 or karen@drums-alive.com





Come rumble with us!

Drums Alive® Basic Certificate workshop is a one day training designed to provide the instructor with a basic knowledge and practical application of the Drums Alive® program. Participants will learn the theory and application of this fun and effective group exercise program. This training will explore sound and movement therapy through drumming and music. Learn the loco-motor skills to drum your way to a distinctive and unforgettable class design! The workshop will include:

- Introduction to Drums Alive®
- Medical and physiological effects of drumming
- Benefits of Drumming
- Basic Loco-motor Movement / Combined skills
- Basic Drumming Skills / Choreography and Practical Application
- Power Beats
- Wellness Beats
- Rhythm and Drumming Application
- Group Dynamics / Practical Experience / Class Design

Participants will receive a manual, DVD and certificate upon completion.

CEUs available for ACE (0.80) and AFAA (4.5).

Fee: Drums Alive Basic Certificate workshop is \$250 (Includes Lunch and all class supplies) URPA members or individuals associated with a URPA Member Agency will receive a \$25 Discount.



Drums Alive Registration Form

Drums Alive® Basic Certificate Workshop

Friday, May 9, 2014 10:00am – 6:00pm
West Valley City Family Fitness Center (5415 W. 3100 S.)



Name _____ Title _____

Agency _____

Address _____ City _____

State _____ Zip _____ Work Phone _____

Cell Phone _____ E-Mail _____

Cost - \$250 (\$25 discount for URPA members or Agency Affiliates) TOTAL FEE: \$ _____

Registration deadline: Monday, May 5th.

PAYMENT INFORMATION (Payment must be received to secure your spot in the class.)

____ Check (Enclosed) ____ Purchase Order (Bill Me) Credit Card: ____ Visa ____ Master Card ____ AMX

Card # _____ Exp Date: _____ Security Code: _____

SEND REGISTRATION / PAYMENT TO: URPA, 3204 Mount Lomond Dr., North Ogden, UT 84414
Email: kdolsonut@msn.com Fax: 801-782-5513

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Class Size: Space is limited so registration is on a first-come-first-serve basis.