



REGISTRATION CHECKLIST

In order to register for classes at the Center for Successful Aging, you will need to complete and submit the following items **two weeks prior** to the start of classes:

- Registration form** (bring payment to your first day of class)
- Health Activity Questionnaire***
- Medical Release Form*** (*requires your primary care physician's signature*)
- Informed Consent Form***
- Performance Release Form***

*The required forms are **due annually** and are available at the Center for Successful Aging website: <http://hhd.fullerton.edu/csa> (under the program section), via email by emailing us at successaging@fullerton.edu, or you can call us at 657-278-7012 and we will gladly mail you the forms.

After you submit **ALL** of the required forms listed above, our staff will contact you to set up an orientation meeting. If you need a parking pass (required to park on campus) please indicate to the staff member.

Please keep in mind that classes have a maximum capacity and fill quickly, so make sure to reserve your spot in class by turning your forms in as quickly as possible.

Fall 2011 Registration

The overarching mission of the Center for Successful Aging is to conduct research, provide high quality student training, and offer classes that promote whole person wellness for 50 plus adults. For more information please visit our website at <http://hhd.fullerton.edu/csa> or call us at 657-278-7012.

Classes will begin Monday, September 12th and end Friday, December 9th

MONDAY/WEDNESDAY CLASSES

	Class	Time	Location	Fee
<input type="checkbox"/>	Fit 4 Life	7:45 – 9:15 am	Lifespan Wellness Center (KHS-001)	\$ 84.00
<input type="checkbox"/>	Fit 4 Life (Mon., Wed., & Fri.)	7:45 – 9:15 am	Lifespan Wellness Center (KHS-001)	\$ 126.00
<input type="checkbox"/>	Yoga*	8:30 – 10:00 am	Movement Enhancement Lab (RGC-18)	\$ 84.00
<input type="checkbox"/>	Balanced Fitness	10:15 – 11:45 am	Lifespan Wellness Center (KHS-001)	\$ 84.00

TUESDAY / THURSDAY CLASSES

	Class	Time	Location	Fee
<input type="checkbox"/>	Fit 4 Life	7:45 – 9:15 am	Lifespan Wellness Center (KHS-001)	\$ 84.00
<input type="checkbox"/>	FallProof™ Balance & Mobility I	9:00 – 10:30 am	Movement Enhancement Lab (RGC-18)	\$ 110.00
<input type="checkbox"/>	FallProof™ Balance & Mobility II	11:00am – 12:00pm	Movement Enhancement Lab (RGC-18)	\$ 110.00
<input type="checkbox"/>	Fit 4 Life*	10:15 – 11:45 am	Lifespan Wellness Center (KHS-001)	\$ 84.00
<input type="checkbox"/>	FallProof H ₂ O™ (6 week class)**	10:15 – 11:00 am	Swim-Ex Indoor Pool (KHS-011F)	\$ 80.00
<input type="checkbox"/>	FallProof H ₂ O™ (6 week class)**	11:15am – 12:00 pm	Swim-Ex Indoor Pool (KHS-011F)	\$ 80.00

FRIDAY CLASSES

	Class	Time	Location	Fee
<input type="checkbox"/>	Fitness Fanatic (Open Hours)	9:00 – 11:00 am	Lifespan Wellness Center	\$ 3.00 per session

Make checks payable to: CSUF Cashiers (Memo: Center for Successful Aging)

Mail To: Center for Successful Aging
 800 N. State College Blvd., KHS-011C
 Fullerton, CA 92831-3599

<input type="checkbox"/>	New Participant	<input type="checkbox"/>	Returning Participant
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Name:				Phone:			
Address:		City:		State:		Zip:	
E-Mail:							

IMPORTANT NOTICE: Registration will be on a first come, first serve basis. In order to participate in any of the physical activity classes offered in the Center for Successful Aging, **ALL** updated forms (health activity questionnaire, medical release, informed consent and performance release) must be submitted **two weeks prior** to the start of class.

All program fees must be paid in full no later than two weeks after the start of classes. Reimbursements for program fees will only be honored during the same semester. Unfortunately, class fees cannot be rolled over to another semester.

*** * * CENTER FOR SUCCESSFUL AGING HOLIDAYS * * ***

Friday, November 11th Veteran's Day - NO CLASS

Monday - Friday, November 21-25 2011 . . . Thanksgiving Break- NO CLASSES



CLASS DESCRIPTIONS:

Balanced Fitness: This class incorporates and combines the aspects of balance and fitness. All participants will receive a balance assessment as well as a functional fitness assessment to measure their physical status, monitor progress and individualize the program accordingly. This is a suitable class for older adults beginning to experience balance problems.

FallProof™ Balance and Mobility I: This class adopts a multidimensional approach to balance-related problems. Balance and gait assessments are provided using state-of-the art technology in order to determine the most suitable training program. A group-based program (B & M I) is available for individuals identified at moderate risk for falls. Most suitable for older adults who are experiencing balance problems that would benefit from focused training. Participants should not be regular users of assistive devices for mobility.

FallProof™ Balance and Mobility II: This class provides individualized training in balance and mobility for persons at high risk for falls. This program adopts a multidimensional approach to addressing balance-related problems. The class is most suitable for older adults with a history of falls and who regularly use an assistive device or wheelchair for mobility.

FallProof™ H₂O: This class moves the successful land-based FallProof™ program into the water. The focus in this class is to use the unique properties of water and the pool's variable speed current to challenge balance and mobility in a confidence-building environment. Individualized training will be provided in a small group environment. This class is most suitable for older adults who lack confidence in their balance and/or have chronic joint pain that limits their participation in land-based classes

Fit 4 Life: This class provides participants with a functional fitness assessment to measure their physical status, monitor progress, and individualize the program accordingly. The class includes a group warm-up, individualized strength, aerobic endurance, and balance programming, and a group cool-down, focusing on flexibility and relaxation. This class is most suitable for older adults who are not using assistive devices for mobility.

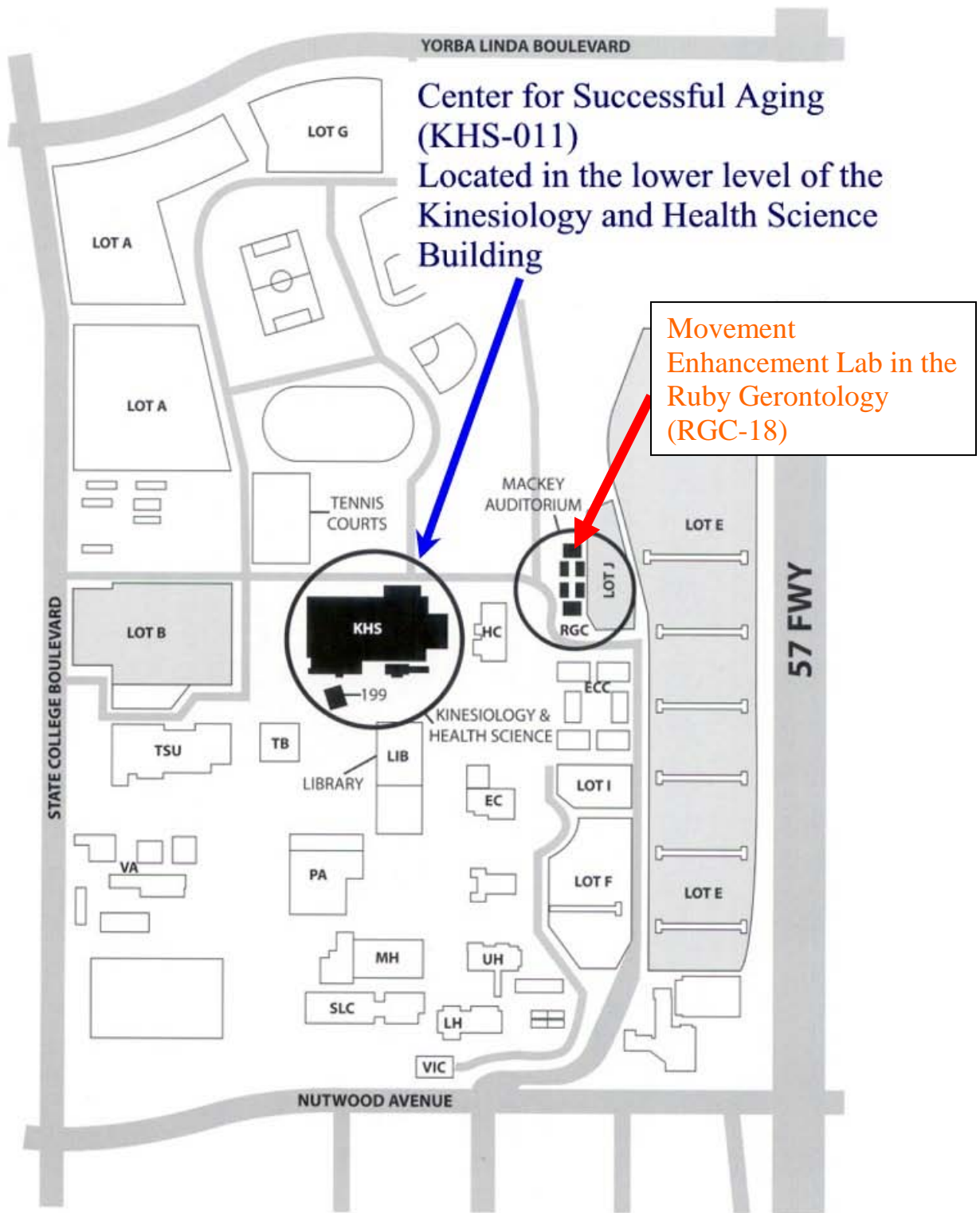
Yoga: This class is taught by a yoga instructor specializing in the needs of older adults. It will incorporate both beginning and advanced levels of yoga. Enjoy increasing your flexibility and mindfulness. Yoga mat and socks are required in order to participate in the class.

***All classes are subject to change if minimum enrollment is not reached.**

****6 week classes: Session I: 9/12/11- 10/20/11 and Session II: 10/24/11 – 12/8/11**

Professional massage services are available at the Center for Successful Aging.

To schedule a massage appointment please call (657)-278-3046.



**Center for Successful Aging
(KHS-011)
Located in the lower level of the
Kinesiology and Health Science
Building**

**Movement
Enhancement Lab in the
Ruby Gerontology
(RGC-18)**