REGISTRATION CHECKLIST

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

- ☐ Registration form
- ☐ 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/WholePerson/Join.htm](http://hhd.fullerton.edu/csa/WholePerson/Join.htm), 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 (new members only). 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 soon as possible.**
Fall 2014 Registration Form

The Center for Successful Aging, through its educational, research, and service activities has as its mission the promotion of health and vitality, and the reduction of frailty and disability in later years. For more information please visit our website at [http://hhd.fullerton.edu/csa](http://hhd.fullerton.edu/csa) or call us at 657-278-7012.

**Classes will begin Monday, September 15th and end Friday, December 12th**

### MONDAY/WEDNESDAY CLASSES

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit 4 Life</td>
<td>7:45 – 9:15 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$84.00</td>
</tr>
<tr>
<td>Fit 4 Life (Mon., Wed., &amp; Fri.)</td>
<td>7:45 – 9:15 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$126.00</td>
</tr>
<tr>
<td>Yoga*</td>
<td>8:30 – 10:00 am</td>
<td>Movement Enhancement Lab (RGC-18)</td>
<td>$84.00</td>
</tr>
<tr>
<td>Balanced Fitness</td>
<td>10:15 – 11:45 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$84.00</td>
</tr>
</tbody>
</table>

### TUESDAY / THURSDAY CLASSES

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit 4 Life</td>
<td>7:45 – 9:15 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$84.00</td>
</tr>
<tr>
<td>FallProof™ Balance &amp; Mobility 1</td>
<td>9:00 – 10:00 am</td>
<td>Movement Enhancement Lab (RGC-18)</td>
<td>$110.00</td>
</tr>
<tr>
<td>FallProof™ Balance &amp; Mobility 2</td>
<td>10:30 – 11:30 am</td>
<td>Movement Enhancement Lab (RGC-18)</td>
<td>$110.00</td>
</tr>
<tr>
<td>Deep H2O Power** (1st- 6 wks)</td>
<td>10:00 – 11:00 am</td>
<td>KHS Outdoor Pool</td>
<td>$60.00</td>
</tr>
<tr>
<td>FallProof H₂O™ (6 week class)**</td>
<td>10:15 – 11:00pm</td>
<td>Swim-Ex Indoor Pool (KHS-011F)</td>
<td>$85.00</td>
</tr>
<tr>
<td>FallProof H₂O™ (6 week class)**</td>
<td>11:15 – 12:00pm</td>
<td>Swim-Ex Indoor Pool (KHS-011F)</td>
<td>$85.00</td>
</tr>
<tr>
<td>FallProof H₂O™ (6 week class)**</td>
<td>12:15 – 1:00pm</td>
<td>Swim-Ex Indoor Pool (KHS-011F)</td>
<td>$85.00</td>
</tr>
</tbody>
</table>

**Name:**  
**Address:**  
**City:**  
**State:**  
**Zip:**  
**E-Mail:**

- **New Participant**  
- **Returning Participant**

**Payment by check:** make 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

**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. Unfortunately, class fees cannot be rolled over to another semester.

*All classes are subject to change if minimum enrollment is not reached.*  
**6 week classes: Session I: 9/15/14 – 10/23/14 and Session II: 10/27/14– 12/12/14*
IMPORTANT DATES IN THE CENTER FOR SUCCESSFUL AGING

Monday, September 15th . . . . . . . . . . . . Classes begin

Tuesday, November 11th . . . . . . . . . . . . Veteran’s Day - NO CLASS

Monday - Friday, November 24th-28th . . . . . . Fall Recess - NO CLASSES

Friday, December 12th . . . . . . . . . . . . . . Last day of class

CLASS DESCRIPTIONS:

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.

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 difficulties.

Deep H2O Power hour: This six week class focuses on cardiovascular and strength training in the outdoor deep water pool. This class will exploit the unique properties of water to improve your cardiovascular endurance, strength, and flexibility using buoyancy belts, water weights and other resistance devices. You don’t need to know how to swim to enjoy this class!

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.

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.