

Volunteer Opportunity

October 30, 2008

I am looking for one or two School of Kinesiology students to help with courses that I am presenting in November at the YWCA Hotel in Vancouver, BC.

The student would:

- help with the set up for the course (8:15 am)
- help with registration (8:30 am)
- be open to demo exercises in front of class of 10 to 20 people
- be open to being assessed in front of class of 10 to 20 people
- help with distribution of certificates and receipts
- help with distribution and collection of course evaluations (5:30 pm)
- help with take down of the course (5:30 pm to 6:00 pm)

The student would need to wear athletic clothing or yoga type clothing for the exercises and assessment.

In exchange for their help, they would be able to attend the courses for free.

I understand this is a volunteer position but it is important that the student be able to be at the facility for 8:15 am as it takes about 30 minutes to set up for the course.

Course info is below:

Saturday, November 15, 2008 - 8:45 am to 1:00 pm - Register Now
Core Stability for the Rehab Client
YWCA Hotel (Beatty & Robson) - Vancouver , BC

Saturday, November 15, 2008 - 1:15 pm to 5:30 pm - Register Now
Advance Core Stability
YWCA Hotel (Beatty & Robson) - Vancouver , BC

Sunday, November 16, 2008 - 8:45 am to 1:00 pm - Register Now
Core Stability of the Shoulder
YWCA Hotel (Beatty & Robson) - Vancouver, BC

Sunday, November 16, 2008 - 1:15 pm to 5:30 pm - Register Now
Core Stability of the Lower Back
YWCA Hotel (Beatty & Robson) - Vancouver , BC

Those interested can e-mail me at rkaselj@HealingThroughMovement.com .

Within the e-mail let me know:

- what year you are in
- if you have done any co-op or related fitness & rehabilitation work/volunteering
- which day you are able to do (8:15 am to 6:00 pm)
- what your fitness level and background is

Thank you for your help.

Rick Kaselj

Rick Kaselj - rkaselj@HealingThroughMovement.com

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