



Course Schedule 2004

Suite 2, 25 Grosvenor Street, Neutral Bay NSW 2089 Phone: +61 2 9908 4944

Certificate III Course (SRF30201)

FE	Fitness Essentials Full Time 9am - 5pm	GI	Gym Instructor Full Time 9am - 5pm
FE*	Senior First Aid Component 8.30am - 5.30pm	GE	Group Exercise Full Time 9am - 5pm
FEE	Fitness Essentials Evening 6.30pm - 9.30pm	AI	Aqua Instructor Full Time 9am - 5pm
FEE*	Senior First Aid Component of FEE 6.00pm - 10.30pm		
EX	Core Exam 10am - 12pm (not applicable to 2004 students)		

Certificate IV Course (SRF40201)

N	Nutrition	R	Rehabilitation
OOT	One-on-One Training	FB	Fitness Business
SAP	Specialist & Advanced Programming	SSC	Strength & Sports Conditioning

Certificate IV Courses are 1 - 5pm Fridays, 9 - 5pm Saturdays & Sundays

2004

January		February		March		April		May		June		July		August		September		October		November		December	
Thurs	1	Sun	1	Mon	1	Thurs	1	Sat	1	Tues	1	Thurs	1	Sun	1	Wed	1	Fri	1	Mon	1	Wed	1
Fri	2	Mon	2	Tues	2	Fri	2	Sun	2	Wed	2	Fri	2	Mon	2	Thurs	2	Sat	2	Tues	2	Thurs	2
Sat	3	Tues	3	Wed	3	Sat	3	Mon	3	Thurs	3	Sat	3	Tues	3	Fri	3	Sun	3	Wed	3	Fri	3
Sun	4	Wed	4	Thurs	4	Sun	4	Tues	4	Fri	4	Sun	4	Wed	4	Sat	4	Mon	4	Thurs	4	Sat	4
Mon	5	Thurs	5	Fri	5	Mon	5	Wed	5	Sat	5	Mon	5	Thurs	5	Sun	5	Tues	5	Fri	5	Sun	5
Tues	6	Fri	6	Sat	6	Tues	6	Thurs	6	Sun	6	Tues	6	Fri	6	Mon	6	Wed	6	Sat	6	Mon	6
Wed	7	Sat	7	Sun	7	Wed	7	Fri	7	Mon	7	Wed	7	Sat	7	Tues	7	Thurs	7	Sun	7	Tues	7
Thurs	8	Sun	8	Mon	8	Thurs	8	Sat	8	Tues	8	Thurs	8	Sun	8	Wed	8	Fri	8	Mon	8	Wed	8
Fri	9	Mon	9	Tues	9	Fri	9	Sun	9	Wed	9	Fri	9	Mon	9	Thurs	9	Sat	9	Tues	9	Thurs	9
Sat	10	Tues	10	Wed	10	Sat	10	Mon	10	Thurs	10	Sat	10	Tues	10	Fri	10	Sun	10	Wed	10	Fri	10
Sun	11	Wed	11	Thurs	11	Sun	11	Tues	11	Fri	11	Sun	11	Wed	11	Sat	11	Mon	11	Thurs	11	Sat	11
Mon	12	Thurs	12	Fri	12	Mon	12	Wed	12	Sat	12	Mon	12	Thurs	12	Sun	12	Tues	12	Fri	12	Sun	12
Tues	13	Fri	13	Sat	13	Tues	13	Thurs	13	Sun	13	Tues	13	Fri	13	Mon	13	Wed	13	Sat	13	Mon	13
Wed	14	Sat	14	Sun	14	Wed	14	Fri	14	Mon	14	Wed	14	Sat	14	Tues	14	Thurs	14	Sun	14	Tues	14
Thurs	15	Sun	15	Mon	15	Thurs	15	Sat	15	Tues	15	Thurs	15	Sun	15	Wed	15	Fri	15	Mon	15	Wed	15
Fri	16	Mon	16	Tues	16	Fri	16	Sun	16	Wed	16	Fri	16	Mon	16	Thurs	16	Sat	16	Tues	16	Thurs	16
Sat	17	Tues	17	Wed	17	Sat	17	Mon	17	Thurs	17	Sat	17	Tues	17	Fri	17	Sun	17	Wed	17	Fri	17
Sun	18	Wed	18	Thurs	18	Sun	18	Tues	18	Fri	18	Sun	18	Wed	18	Sat	18	Mon	18	Thurs	18	Sat	18
Mon	19	Thurs	19	Fri	19	Mon	19	Wed	19	Sat	19	Mon	19	Thurs	19	Sun	19	Tues	19	Fri	19	Sun	19
Tues	20	Fri	20	Sat	20	Tues	20	Thurs	20	Sun	20	Tues	20	Fri	20	Mon	20	Wed	20	Sat	20	Mon	20
Wed	21	Sat	21	Sun	21	Wed	21	Fri	21	Mon	21	Wed	21	Sat	21	Tues	21	Thurs	21	Sun	21	Tues	21
Thurs	22	Sun	22	Mon	22	Thurs	22	Sat	22	Tues	22	Thurs	22	Sun	22	Wed	22	Fri	22	Mon	22	Wed	22
Fri	23	Mon	23	Tues	23	Fri	23	Sun	23	Wed	23	Fri	23	Mon	23	Thurs	23	Sat	23	Tues	23	Thurs	23
Sat	24	Tues	24	Wed	24	Sat	24	Mon	24	Thurs	24	Sat	24	Tues	24	Fri	24	Sun	24	Wed	24	Fri	24
Sun	25	Wed	25	Thurs	25	Sun	25	Tues	25	Fri	25	Sun	25	Wed	25	Sat	25	Mon	25	Thurs	25	Sat	25
Mon	26	Thurs	26	Fri	26	Mon	26	Wed	26	Sat	26	Mon	26	Thurs	26	Sun	26	Tues	26	Fri	26	Sun	26
Tues	27	Fri	27	Sat	27	Tues	27	Thurs	27	Sun	27	Tues	27	Fri	27	Mon	27	Wed	27	Sat	27	Mon	27
Wed	28	Sat	28	Sun	28	Wed	28	Fri	28	Mon	28	Wed	28	Sat	28	Tues	28	Thurs	28	Sun	28	Tues	28
Thurs	29	Sun	29	Mon	29	Thurs	29	Sat	29	Tues	29	Thurs	29	Sun	29	Wed	29	Fri	29	Mon	29	Wed	29
Fri	30			Tues	30	Fri	30	Sun	30	Wed	30	Fri	30	Mon	30	Thurs	30	Sat	30	Tues	30	Thurs	30
Sat	31			Wed	31			Mon	31			Sat	31	Tues	31			Sun	31			Fri	31

NSW Public Holidays: School Holidays: 22 Dec 2003 - 26 Jan 2004, 9 - 26 April, 3 - 18 July, 25 Sep - 10 Oct. NB: some schools may vary.

World Class Instructor Training

Why not work in the fitness industry and be paid to do what you really enjoy?

Australian Fitness Network (Network) and the Australian Institute of Fitness (AIF) provides both face-to-face and correspondence courses for you to obtain the qualifications necessary to work in the fitness industry. Network is the leading source of information, education and events in fitness and has been delivering instructor training for close to 20 years. Network and the AIF have an exceptional, motivating team of world-class presenters contributing to their outstanding reputation as the leader in fitness education.

Network offers three easy, all-inclusive options, with no more to pay!

Option 1: Master Trainer (enables you to work as a Gym Instructor AND Personal Trainer)

This option combines Certificate III in Fitness (SRF30201), specialising in Gym Instruction, and Certificate IV in Fitness (SRF40201), specialising in Personal Training. You must complete Certificate III before commencing Certificate IV.

The course fee includes all handbooks, workbooks, assessments, Senior First Aid certification and a one-year professional membership with Network. Your course consists of the following modules:

- Certificate III
 - Fitness Essentials
 - Senior First Aid
 - Gym Instructor
- Certificate IV
 - Nutrition
 - Specialist & Advanced Programming
 - One-on-One Training
 - Fitness Business
 - Strength & Sports Conditioning
 - Rehabilitation

NE: You will need a calorie counter for the Nutrition module and a detailed anatomy text for the Rehabilitation module.

Face-to-face: \$2650

Correspondence: \$2750

Option 2: Certificate III in Fitness (SRF30201) (enables you to work as a Gym Instructor or Group Exercise/Aerobics Instructor or an Aqua Instructor)

The course fee includes all handbooks, workbooks, assessments and a one-year professional membership with Network. Your course consists of the following modules:

- Fitness Essentials
 - Senior First Aid
 - Gym Instructor or Group Exercise/Aerobics Instructor or Aqua Instructor.
- And either:
- Gym Instructor or Group Exercise/Aerobics Instructor or
 - Aqua Instructor.

Face-to-face: \$1190

Correspondence: \$1240

Option 3: Certificate IV in Fitness (SRF40201) (enables those who are already registered as a Gym Instructor to obtain certification for Personal Trainer Registration)

The course fee includes all workbooks, assessments and a one-year professional membership with Network (for non-members). Your course consists of the following modules:

- Nutrition
- Specialist & Advanced Programming
- One-on-One Training
- Fitness Business
- Strength & Sports Conditioning
- Rehabilitation

NE: You will need a calorie counter for the Nutrition module and a detailed anatomy text for the Rehabilitation module.

Face-to-face: \$1890

Correspondence: \$1940

Please don't hesitate to contact Network to discuss which option is best suited to you.

To find out about your potential new career in fitness, simply phone 02 9908 4944 or e-mail info@fitnessnetwork.com.au

'An awesome training course. Thanks for opening the door to a fantastic new career.' Melissa Summer, Sydney.

Correspondence Courses

Yes, you CAN complete these courses at home!

If you cannot attend a face-to-face course because you live outside Sydney or due to other commitments, then Network and the AIF can train you in the comfort of your own home! Our unique and effective correspondence courses make learning fun and easy! With accelerated learning techniques, you will progress at your own pace with the convenience of being able to schedule your coursework around your existing commitments. All course modules can be completed via correspondence except Aqua Instructor. Correspondence course materials include:

- Comprehensive handbooks and/or workbooks that will guide you through the course
- Selection of videos and/or CDs produced specifically for the course by prominent internationally-recognised instructor trainers
- All assessment documentation
- Unlimited use of Network's friendly, telephone helpline
- Unrestricted access to Network's interactive learning web site - www.fitnessnetwork.com.au which includes our helpline with Frequently Asked Question's concerning course material
- Free attendance (pending availability) at a face-to-face module in Sydney should you require additional assistance

'Thanks for providing the home study alternative. I am now a fully qualified Personal Trainer and have a full time job at the local gym.' David Smith, Wagga Wagga.

Important Information

Assessments

Assessments, both theoretical and practical, are not conducted during the course. These are to be completed after the course when you feel ready. Hence, you will need to allocate time to study and prepare in order to complete the assessments.

No Hidden Costs

Your course registration fee includes all workbooks, study resources and assessments.

First Aid

A current Senior First Aid Certificate (WorkCover Approved) is required for certification and registration to work in the fitness industry. Your course registration fee for Options 1 & 2 includes a Senior First Aid module. Correspondence course students can take advantage of this face-to-face module at the Network training centre the next time they are in Sydney, but will need to book.

Face-to-face Course Transfers

If you are unable to attend a module where a space has been reserved for you, you may transfer to an alternative date at no charge if you provide notification at least 14 days prior to the commencement of that module. If notified within 14 days, a \$50 transfer fee will apply.

Face-to-face Course Cancellations

If you wish to cancel a course, you will receive a full refund minus a \$100 cancellation fee if notification is received in writing at least 14 days prior to the commencement of the course. If notification is received in writing within 14 days, a \$250 cancellation fee will apply. Please note: no notification will result in no refund.

Correspondence Course Cancellations

Upon receiving a correspondence course, if you do not wish to do the course, you must return all products (unused and undamaged), within 14 days to be eligible for a refund. A cancellation fee of \$100 will be deducted from the refund. If products are not received by Network in an unused and new condition further deductions will apply.

Student Policy Handbook

On receipt of payment you will be forwarded a student policy handbook that will detail your rights and responsibilities while enrolled in a Network/AIF Instructor Training Course.



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