



CANINE REHAB Saskatoon

Online Fitness and Conditioning Class 2020–21

Includes New Content

Registration Form

The goal of the class is to give you tools to improve your dog's overall fitness level. The exercises are designed to increase your dog's balance and proprioception, strength, flexibility and endurance. Although there will be frequent reference to the sporting dog, the material is appropriate for any dog if you want to keep a dog fit and injury free. *Please note: there is new content since the offering in the spring of 2019.*

The class will consist of 9 units using videos and handouts, starting the week of **November 8, 2020 and running to mid February 2021. There will be a 2 week break at Christmas.**

I will set up a private Facebook group where I will post the materials. Participants are encouraged to post short videos of their work for feedback and for sharing with the rest of the group. If you need assistance with the technology piece, you can contact me privately via Facebook or email (lj.clarke@hotmail.com). If you are not friends with me on Facebook, you will need to send me a friend request so I can add you to the group. I will keep the FB group open for 3 weeks after the last week of instruction to provide participants the opportunity to post videos for feedback or ask questions.

The course is designed for **healthy adult dogs**. If you have any doubt about your dog's suitability for participation, **please consult with your veterinarian first.**

The units are progressive in nature, beginning with easier work and increasing in difficulty over the units. I will be using equipment and I will give you suggestions of how to improvise with items in your home. It is recommended that you have a stool, fit disc (or Fitbone) and training plank (approximately 14"x40") at a minimum. Other items that would be useful would be a peanut ball, a wobble board, and a bosu ball

or similar inflatable. These latter items are optional!

Please do not share my videos or handouts with people that have not registered for the class. Additionally, do not post your own videos on Facebook or other social media.

If you have any questions, please contact me!

Please complete the form below and return to me with payment via e-transfer (lj.clarke@hotmail.com).

Name: _____	Address: _____
City: _____	Postal Code: _____
Email: _____	Telephone: _____
Dog's Name: _____	Dog's age and breed: _____
Registration fee: \$210 (includes GST) If you wish to post videos of a second dog for feedback, add \$50 plus GST of \$2.50 (\$52.50). Sorry, no auditing.	Send e-transfer to lj.clarke@hotmail.com Arrangement for credit card transactions will be made upon request.

Send this form to:

[Lj.clarke@hotmail.com](mailto:lj.clarke@hotmail.com) or mail to

Canine Rehab Saskatoon

c/o Lorna Clarke

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Registration deadline is November 3, 2020