

WEST COAST COLLEGE OF MASSAGE THERAPY  
Introduction to Massage Course



West Coast College of MASSAGE Therapy

Where did you hear about us? \_\_\_\_\_

Full Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Course fee: **\$300.00** (including a non-refundable \$50.00 deposit)

All courses are Friday 6:00 p.m. – 9:00 p.m.; Saturday and Sunday 9:00 a.m. – 5:00 p.m.

\_\_\_\_\_ Oct 17, 18,19, 2014      \_\_\_\_\_ Dec 12, 13, 14, 2014      \_\_\_\_\_ April 10, 11, 12, 2015  
\_\_\_\_\_ June 12, 13, 14 2015      \_\_\_\_\_ August 21, 22, 23, 2015      \_\_\_\_\_ October 16, 17, 18, 2015  
\_\_\_\_\_ December 11, 12, 13, 2015

*Classes offered subject to minimum enrollment. Please be advised that once the class has commenced students are not eligible for refunds or deferrals due to withdrawal.*

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**A non-refundable deposit is due upon registration OR you may pay the full fee.  
Full fee is due one week prior to commencement of course.**

\$50.00 Non-refundable deposit      OR       \$300.00 Payment of Full Fee

You may pay by cheque, money order, debit card, MasterCard or Visa.

Please make cheque payable to: **West Coast College of Massage Therapy (WCCMT)** and mail to:  
WCCMT, #101-637 Bay Street, Victoria, BC V8T 5L2

*This course is open to anyone interested in massage in general, as well as being the practical prerequisite for applicants to the Massage Therapy Program.*

## General Information:

- ◆ Wear loose, comfortable clothing e.g. sweat pants, tights, runners, short-sleeved shirt (no jeans, no boxer shorts). No excessive jewelry. Trim fingernails.
- ◆ Please expect to practice massage techniques on fellow classmates. You will be disrobing but under-clothing will be kept on and you will be covered and draped at all times.
- ◆ Lunch break is 1 hour. You may bring your own or visit one of the restaurants or cafes in the area. No food or drink (except for water) is permitted in the classroom.
- ◆ All electronic devices must be turned off during the course of the weekend and will not be permitted to be used in the classroom.

**Instructor:** Fran Blake, RMT

## Course Objectives:

Upon completion of this course, the participants will be able to define and describe basic therapeutic massage techniques, apply basic therapeutic massage techniques for general relaxation massage, understand **contraindications** to therapeutic massage., utilize the basic biomechanical skills while performing therapeutic massage techniques, use appropriate draping methods.



## Schedule:

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|---------------------------|---|
| <b>Friday Evening</b>     | Introductions. Review of printed material, demonstrations of draping, biomechanics and demonstration of massage techniques for the back.                                    |
| <b>Saturday Morning</b>   | Review of massage techniques for the back followed by student exchanges. Demonstration of draping and massage techniques for lower extremity followed by student exchanges. |
| <b>Saturday Afternoon</b> | Demonstration of draping and massage techniques for upper extremity followed by student exchanges.  |
| <b>Sunday Morning</b>     | Review Quiz. Demonstration of draping and massage   |