

EARN 6.5 BCRPA RENEWAL CREDITS

making AQUATIC FITNESS CONFERENCE 2015 waves

Sessions

SESSION 1

Focus on What Fills You Up

Most people, at some point in their life, find themselves living their life on autopilot. Not happy but not sad either, just kinda blah. This impacts every area of our life, our personal life, our professional life, and our relationships. There are many reasons why we can get into this rut and there is a really simple way that we can start to get ourselves out of it. If you can figure out what it is that fills you up, in the context of your day to day life, you will be able to get back to living a life that you have consciously designed, a life that you are excited to live. Don't wait to wake up in 10 years and wonder where your life went. Come join Brenda and learn the simplicity of living a full life.

Presenter: Brenda Adams (60 mins)

SESSION 2

Working with Older Adults - How Scared Should I Be? Older adults need to be active. But how much? And how do we help convince them that being active is important? In this session we will look at the latest research on what older adults actually need to improve their health or stay healthy and how we can get them to want it.

Presenter: Brenda Adams (90 mins)

SESSION 3

Adding some Zumba FUN to your Aquafit Classes

Taking inspiration from Aqua ZUMBA, known as the Zumba "Pool Party", choreography and music will be broken down to show you how to bring new life and energy to your aqua workouts. The focus will be on integrating the Zumba philosophy with traditional

EVENT DATE: SUNDAY APRIL 12TH, 2015

Early Registration: Prior to April 1st.: \$ 150 + GST for the day

After April 1st: \$ 185 + GST for the day

To REGISTER **On-line:** or online: www.alchemycentre.ca ,
click on a book now button to get to Mind-body booking site,
click on instructor courses

<https://clients.mindbodyonline.com/classic/admhome?studioid=38805>

aquatic fitness disciplines. The secret to a great experience is selecting and working with your music and choreography to blend it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Presenter: Anna Dodds (75 mins)

SESSION 4

Non-stop Noodles

This common piece of pool equipment is often under-utilized. We will explore ideas that can be used in the cardio, strength, and cool down sections of your shallow water class. Included are options for stabilization, increased resistance, or sometimes just to add variety. Let your imagination soar and have some fun.

Presenter: Jacquie Conway (75 mins)

SESSION 5

You Need to be Hip to be Active!

He's back!!! Last year Brian gave you 7 strategies for shoulder conditioning to help maintain your hardworking swimming/aquafit shoulders. This year he will discuss the hip. This workshop will go over strategies to combat the three common movement dysfunctions that occur at the hip and pelvis. This will be an active workshop. No powerpoints just some hinging, thrusting, disassociating, squatting, and other G rated moving to get the hip mobile and stable. Let's have fun and learn by doing!

Presenter: Brian Justin (90 mins)

LOCATION: THE VANCOUVER AQUATIC CENTRE

For Info Contact Event Organizer:

Sandra Starrett

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