

EARN 6.5 BCRPA RENEWAL CREDITS

Sessions

SUNDAY MAY 15th, 2016

Registration starts: 8:50 am

Sessions run 9:15 am – 4:45 pm

6.5 Renewal Credits

Session 1

Float your Troubles Away: Wellness in the Water

Many people join aqua fitness classes to escape the stresses of their daily life. By introducing therapeutic principles before and after your Aquafit classes, you can help members of your class relax. Join Obediya Jones-Darrell (Obe), who is an Aquatic Fitness teacher with 15 years of international experience as a therapist in health & wellness, as he introduces you to incorporating effective relaxation techniques that are enhanced by being in the water.

Presenter: Obediya Jones Darrell

Session 2

Tabata Fundamentals

Take the fundamentals of Tabata training in the water and apply it to a shallow water class, a deep water class and a circuit class.

Presenter: Brenlee Rempel

Session 3

Fitness Professional Burnout

How you show up in life directly impacts your teaching career. If you're not at 100%, the participants you teach won't be getting your best. Your strongest asset is YOU. People are buying the experience they have when they're with you. In this session you'll learn why this experience is critical to your success and the ONE thing that you MUST do so you can be at your best and have your classes full and your participants raving about you.

Presenter: Brenda Adams

EVENT DATE: SUNDAY MAY 15TH, 2016

Early Registration: Prior to May 7th: \$ 150 + GST for the day

After May 7th: \$ 185 + GST for the day

To REGISTER On-line: at www.phys-x.ca, click on Making Waves. Once on mind-body booking site go to "Instructor Courses" tab, scroll to bottom for Making Waves Conference.

For Info Contact Event Organizer: **Sandra Starrett**
Cell/text: 604 785-8776

making waves

AQUATIC FITNESS CONFERENCE 2016

Session # 4

Correcting Imbalances for the Osteoarthritis Client – Neck and Shoulder

Arthritis in the neck and shoulder region is so common in older people that it is almost expected. Some will have symptoms and others may not. Causes of OA in this region include trauma and wear and tear. Contrary to what many clients are told they may not need to "just learn to live with it". In this workshop we will examine some of the muscle imbalances that can lead to osteoarthritis and learn exercises and strategies to correct them.

Presenter: Dean Smith

Session #5

SMART Goal Setting Actually isn't that Smart

As fitness professionals we know that more people set goals and don't achieve them. A new approach to goal setting is desperately needed. In this session, fitness leaders learn a whole new approach to goal setting that will show us that SMART goal setting actually isn't so smart after all. **Presenter: Brenda Adams**

New Location

TEMPLETON POOL

700 Templeton Dr (just off Nanaimo St.)

Vancouver, BC V5L 4X9

Free parking!!



Templeton Park Pool