

Sessions

SUNDAY June 2nd, 2019

Registration starts: 8:15 am

Sessions run 8:30 am – 5:00 pm

7.25 BCRPA Renewal Credits

Session 1: Alignment by Instructional Design

Wouldn't you love to teach an aquafit class where all your participants moved with amazing alignment and quality of movement? This workshop will look at common compensational patterns, break down how to more effectively teach alignment, and show you how to use equipment/props to provide sensory stimulus often missing for participants while in the water. Once participants connect with proper alignment and movement it becomes easier to self-correct and getting results!

1.75 hours (dry & wet session) Presenter – Brenlee Rempel

Session 2:

How to Introduce Play into Adult Environments

Instructors often forget that adults are "children in bigger bodies" and also have a need for social interaction and play. Come to this session to learn different games to incorporate into your aquafit classes to encourage social interaction and having fun. Many of the ideas can be used for resort teaching.

1 hour (wet & dry session) Presenter – Sandra Starrett

Session 3: Somatics for the Care of the Fitness Professional

It is no secret that many fitness professionals teach classes and train clients despite being in pain and/or stiff. This workshop is geared to the care and maintenance of the fitness professional. This workshop will encompass a discussion of the 3 neuromuscular stress reflexes and then a class to experience a somatics movement session and learn the execution of these type of movements. Come on out and receive a self care movement session and experience the Zen!

1.5 hours (lecture/workshop) Presenter – Brian Justin

Session 4: 7 Assessments for Everyone!

With the plethora of physical tests out there it's important to know some "key assessments" to guide the exercise prescription process and to identify conditions that should be referred out. In this workshop we will work in small groups to assess all who attend this workshop to first start exercise prescription for yourself with the goal of staying injury & pain free as a fitness professional. The knowledge of "your own movement & corrective practice" can then be applied towards guiding your participants (groups and/or individuals) in the exercise prescription process and referral process. Join exercise physiologist, international speaker and fitness author Brian Justin in this interactive workshop to learn 7 key assessments that can be used to assess yourself and help guide an initial intake of a new client or fitness participant. Come ready to learn & practice your skills in a fun environment!

3 hours (lecture/workshop) Presenter – Brian Justin

For Info, Contact Event Organizer:

Sandra Starrett

Cell/text: 604 785-8776

making waves

AQUATIC FITNESS CONFERENCE 2019

EVENT DATE: SUNDAY June 2nd, 2019

Early Registration: Prior to May 5th \$ 178.50 with GST for the day, After May 5th: \$ 210 for the day with GST, After May 26th: \$241.50

To REGISTER

Send an e-mail with name, cell & method of payment to s-star@shaw.ca

PayPal: send payment for amounts/dates above to s-star@shaw.ca

E-transfer: to s-star@shaw.ca.

(amount: \$178.50) if before May 5th

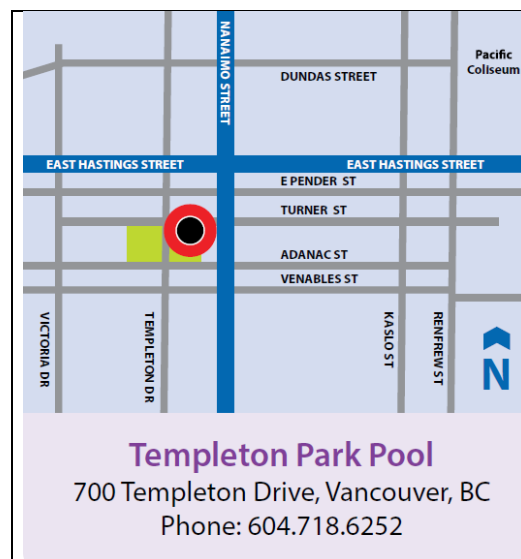
Password: makingwaves

Location

TEMPLETON POOL

700 Templeton Dr (just off Nanaimo St.)
Vancouver, BC V5L 4X9

Free parking!!



~ Coffee, tea & muffins will be provided at registration ~
Energy bars are provided during afternoon break.
Please bring attire for movement (water & land)
water bottle, and lunch.