

Register by
Sept 10 and

**SAVE
20%**

Making

AQUATIC FITNESS CONFERENCE 2011

Waves

**SUNDAY
SEPT 25, 2011
9:45 - 5:30**

VANCOUVER AQUATIC CENTRE

SESSION DESCRIPTIONS

REDUCING FALLS IN SENIORS

Falls in the senior population increase dramatically after 65. This workshop reviews the latest in fall research and addresses using the aquatic environment to challenge lateral stability, balance and even small muscles in order to improve function in older adults. This session will give you tips on how to educate and inspire older adults to get results. (60 min)

Presenter: Melanie Galloway

FAT METABOLISM & WATER EXERCISE

Recent breakthrough in genetic research indicates that some genes such as our "fat" and "thin" genes can be influenced by our actions. Learn how your diet and exercise can influence these genes. This fact-filled seminar will provide you with insight about fat burning genes, diet and metabolic rate and, regardless of your genetics, how to use this information to keep fit and strong ... for life! (90 min)

Presenter: Andre Potvin

TEAMING WITH RHYTHM 2

Having a workout partner can create the impetus to take your fitness program to the next level. Teaming with rhythm is building on the concept of partner work to make for an invigorating and effective workout creating more challenge. (60 min)

**Presenters: Mike Atkinson & Sandra Starrett
Drumming by: Lyle Povah**

AQUALATES

This class creatively adapts pilates exercises for the pool. Elongate the entire body with unique conditioning exercises, improve strength, flexibility & posture while incorporating body awareness. Aqualates works to specifically strengthen the back and abdominal muscles while also enhancing coordination, mobility, stability, endurance, flexibility, and balance – all with minimal stress on your body. (60 min)

Presenter: Alesya Bogaevskeya

BURNOUT TO BLISS

Burnout happens to all of us at one time or another. Come to this session to discuss ideas to invigorate your classes and find your bliss again. Practical ideas to jazz up your class content by offering formats to teach a circuit, bootcamp, interval or sports training aqua class will be shown during the water portion. (60 min)

Presenter: Brenlee Rempel

AQUA YOGA FLOW

This session will explore new and effective ways to incorporate yoga exercises into an aquatic fitness class. Topics include: the benefits of aqua yoga, adapted poses for the water, use of equipment and creative sequencing. Give your class a new twist and inspire your creativity with this informative workshop! (60 min)

Presenter: Leah Emmott

REGISTRATION FEES

EARLY BIRD REGISTRATION DEADLINE

Prior to Sept 10th, 2011: \$140 for the day

After Sept 11th, 2011: \$175 for the day

TOTAL OF 6.5 BCRPA RENEWAL CREDITS

TWO METHODS TO REGISTER:

Online: <http://tiny.cc/makingwaves2011>

By phone: VAC 604.665.3421