

Registration Fees



Fee:

- Early registration deadline:
Feb 15, 2009 - \$ 125 for the day
- After Feb 15, 2009:
\$ 145 for the day

Total of 6 BCPRA Renewal credits. All Sessions are BCRPA recognized .

Two methods to register:

Call the Vancouver Aquatic Centre (VAC) and register by
By phone: (604) 665 - 3421

OR

Register in person by dropping
into the VAC at 1050 Beach
Ave, Vancouver , B.C.

What to bring?



- Bathing suit
- Towel(s)/ cover up
- Snacks & lunch
- Paper & pen
- Water
- Enthusiasm to learn & enjoy

Lunch time will include a market
place and surprise draw prizes!
Morning snacks, coffee and tea will
be provided

Directions




- The Vancouver Aquatic Centre is located downtown Vancouver under the Burrard Street Bridge (North side)
- Parking is available next to the aquatic centre
- Facility address is 1050 Beach Ave, Vancouver

MAKING WAVES

Aquatic Fitness Conference Sunday March 1st, 2009

Physical Expressions is excited to bring to you...
International Presenter:
Connie Jasinskas

Connie brings 25 years of experience, passion and humour to her work as an international fitness author and educator. Through her company: ***For the Love of Fit***, Connie has worked with aqua and fitness leaders in England, Europe, South Africa, Australia, USA, and across Canada. As a cancer survivor-thriver, Connie understands and shares the benefits of a positive outlook on life. You will appreciate her enthusiastic approach to active learning, and all the great ideas you can put to use.



Session Descriptions



#1. Laughter: The Best Exercise!

Are you bored with long faces and clients who take themselves way too seriously? Are you sick and tired of people always feeling sick, and tired? Do you crave more joy as you jog, more smiles as you stretch, and more humour for the health of it? Exercise your laughing muscles as you learn about the holistic, healthy benefits of a lighter outlook on life. Develop your seventh sense (humour), and help others to face life's challenges with wit and wisdom. Leave the Dark Side behind as you explore delight at the end of the tunnel. Discover why attitude is everything!

#2. Armed to the Core: Aquatic Training Techniques for the Upper Body

Effective upper body training requires a stable core, sound cueing, and strong mental focus. This session will review important muscle groups to train at the shoulder girdle, shoulder joint, and torso. Key anatomical structures will be highlighted, followed by practical exercise examples in the water. Personal trainers and group aqua fitness leaders will benefit by taking these functional upper-body training techniques to the pool.

#3. Cue For Two: Simultaneous Deep & Shallow Water Cueing

Simultaneous deep and shallow water aquafitness classes allow maximal class size as they optimize client preferences. Learn to teach a class at two depths by identifying, selecting, and modifying movements to suit different levels of immersion. Save your voice by learning to use visual cueing techniques that successfully motivate and instruct your participants.

More Sessions



#4. Mindful Movement

When you get out on deck, do you find yourself doing the same old thing? Do your participants stare off in the distance as they just go through the motions? This workshop will help put you and your class on track. We will ask the hard questions about class purpose, exercise design, and participant satisfaction. Mindful movement techniques will inspire good choices about what movements to teach, and how to get participants to do them well. This workshop will help you put power and purpose into your classes.

**Mark your calendars & register
for ...**

Making Waves 2009 Aquatic Fitness Conference

on

**Sunday, March 1st, 2009
10 am - 5:15 pm
Registration starts at 9:30**

Agenda



AGENDA FOR MAKING WAVES 2009

#1 Laughter, The Best Exercise!

Lecture: 10:00 - 10:50

10 min nature break

#2 Armed to the Core

Lecture: 11:00 - 12:00

12:00 - 12:45 – Lunch

#3 Cue 4 Two

Lecture: 12:45 - 1:45

1:45 - 2:00 Nature Break & get changed

Cue 4 Two Pool: 2:00 - 3:00

#4 Mindful Movement

Lecture: 3:00 - 4:00

Mindful Movement & Ideas from
Armed to the Core

Pool: 4:00 - 5:15