

Presenter Bio's

Andre Potvin

MSc., CES, BCRPA-TFL

André Noël Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 24 years of leadership experience and clinical experience. Owner and operator of both a medical fitness clinic and school for fitness professionals, André is frequently invited to lecture at international public and professional conferences.

www.infofit.ca

Alesya Bogaevskaya

Ph.D., is an ACE certified personal trainer and group fitness instructor, Can-Fit-Pro member and a Registered Yoga Teacher. Alesya has been teaching Pilates and Yoga for more than 10 years both in Russia and the United States. Upon arrival to Vancouver, she started teaching at the YWCA, Arbutus club, West Point Gray Community Centre and several other clubs around the city. Her mind-body classes both in and out of the water attract many participants. www.Alesya-LifeFitness.com

Brenlee Rempel

BCRPA - SFL. Brenlee has been working in the Aquatic industry for over 17 years and is a dedicated aquatic fitness leader in the community of Burnaby. She loves to bring new ideas, music and equipment options to the pool to inspire her participants. She is passionate about music and aquatic fitness. She has recently taken her DJ training to further her expertise in the musical arena. brenlee.d.rempel@gmail.com

Lyle Povah

Lyle leads African drumming and music events worldwide, offering programs in hospitals, conferences, child and adult health programs, and in corporate, corrections, and community settings. He has pioneered bringing the power of African drumming, rhythm and music into various areas – health and creativity, leadership for managers and executives, community and team building, eating disorder programs, children and autism and intergenerational learning. Lyle continues to lead research programs at various health care facilities linking drumming and wellness. For more info visit his website at www.lylepovah.com

Leah Emmott,

BBA, BCRPA - SFL. For nearly a decade, Leah has worked as a lifeguard, aquafit and swimming instructor at various facilities in Vancouver, Burnaby and New Westminster. She is also a certified group fitness instructor and yoga teacher (Hatha, Vinyasa, Yin, Prenatal and Moksha Hot Yoga). She is dedicated to helping her participants achieve their fitness and wellness goals while paying particular attention to the mind-body aspect of health.

Melanie Galloway

B.Sc. is a TFL specializing in Third Age and Adapted Fitness. She a personal trainer with both the BCRPA and the American Council on Exercise as well as being an “ACE Advanced Health & Fitness Specialist”. She developed the BCRPA Adapted Aquatics course.

www.growingstrong.ca

Mike Atkinson

B. A. Cmns. B. Ed. From volunteering at the aquatic venue at the Commonwealth Games in Kuala Lumpur, to teaching swim lessons in Taipei, to being slammed to the sand by the surf in Hawaii, Mike has found continual wonder in and around the water. One of his favourite things to do is teach Aqua Fitness! For over 25 years, beginning at the YMCA, Mike has been leading participants through various fitness classes, training and mentoring new instructors, and using the water to strengthen, build and rehabilitate an aging body! Combining rhythm with H2O is the perfect way to take us back to the joy of playing in the water as kids. So, let's keep finding new ways to "take the plunge!" michaellaneatkinson@yahoo.ca

Sandra Starrett

Sandra Starrett, B.P.E., BCRPA – TFL is the owner of Physical Expressions Training and Educational Resources. She is the author of “The Complete Aquatic Fitness Guide,” an aquatic fitness resource used to train new aquatic fitness leaders in Canada and Australia. Her knowledge, creativity and reputation for inspiring students about the magic and myths of water exercise make Sandra one of Canada’s top trainers. For more info visit

www.physicalexpressions.com

