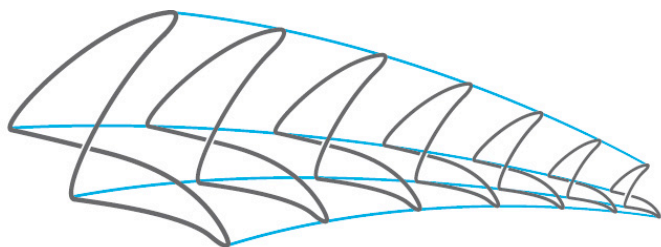


DON'T MISS THIS NEW AND INNOVATIVE WORKSHOP SERIES!!

Introducing:



# THE MOVEMENT PROJECT

Innovative Land and Water Programs



*When?*

Saturday & Sunday  
April 5th & 6th (2014)

*Location:*

Bangor Aquatic Center  
Naval Base Kitsap  
2700 Ohio Street  
Silverdale, WA 98315

*Questions Regarding Registration?*

Please contact Robin Davis

*Email:*

[aquaticsandmore@gmail.com](mailto:aquaticsandmore@gmail.com)

## What is The Movement Project?

TMP offers creative alternatives to performance and rehabilitation, focusing on land and water conditioning and resistance stretching. Drawing on The Burdenko Method and Resistance Stretching, TMP offers education to instructors who are looking to integrate cutting edge techniques into their programs.

### What is The Burdenko Method?

A systematic approach of Land and Water based exercise for rehabilitation, conditioning and training

#### Some Benefits?

Develops the 6 essential qualities of movement in order:

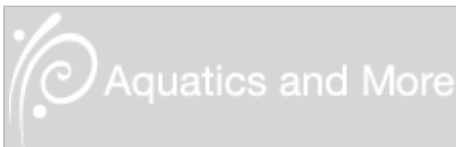
- Balance
- Coordination
- Flexibility
- Endurance
- Speed
- Strength

### What is Resistance Stretching?

Resistance Stretching is an innovative fascial manipulation technique that delivers biomechanical & performance upgrades.

#### Some Benefits:

- Reconfigures fascial tissue
- Removes scar tissue
- Immediate gains in flexibility
- Helps correct bone rotational interrelationships
- Helps remove acute and chronic joint stress



#### What to Bring:

- Bring a towel
- Money to buy lunch
- Maps and restaurant locations will be provided
- Wear loose fitting clothing and a good pair of tennis shoes (no black soles)
- Water will be provided

#### *Questions Regarding Registration?*

Please contact Robin Davis

*Email:*

[aquaticsandmore@gmail.com](mailto:aquaticsandmore@gmail.com)

These courses are beneficial to Physical Therapists, Personal Trainers, College and High School Coaches, Land-based fitness instructors and Aquatic fitness professionals.

### Course Description

Register for all three courses to get the most out of this experience!

### Saturday Morning Session (9:00am-12:00pm)

Presented by Taylor Kruse & Alisha Hale

#### Resistance Stretching (RS):

Resistance Stretching is an innovative fascial manipulation technique that delivers biomechanical & performance upgrades.

- Learn the philosophy behind Resistance Stretching
- Practice self-stretches
- Identify ways to take care of your own body
- Simple ways to instruct resistance stretching to your clients
- Understand how fascia plays a role in injury prevention

### Saturday Afternoon Session (1:15pm-4:15pm)

Presented by Taylor Kruse; Assistant: Alisha Hale

#### Deep Water Exercise

Learn a systematic approach of Water-based exercise for rehabilitation, conditioning and training

- Learn the philosophy behind The Burdenko Method
- Learn how to instruct new water exercises
- Practice water exercises
- Understand how to design and build quality water-based programs
- Learn the physiological benefits of water exercise

### Sunday Morning Session (9:00am-12:15pm)

Presented by Robin Davis

#### Pathway to Resistance

Explore how to incorporate interval training, power circuit and boot camp style into your everyday class

- Learn what equipment is the most effective and how to use only the waters resistance
- Learn how to rapidly change moves throughout the entire session for a successful high intensity class
- Practice ways to build agility, strength, endurance, balance, and overall total body toning
- Learn how to include a combo of movement patterns, such as jumping jacks and squats to keep the class moving
- Understand how to incorporate stationary and locomotive exercises to build cardiovascular endurance

# Registration Form | Spring Innovations | Kitsap

## How to Register:

**MAIL** Payment and Registration form to:

Aquatics and More / PO Box 874052 /  
Vancouver, WA / 98687

**Credit card payment accepted online at:**

[www.aquaticsandmore.com](http://www.aquaticsandmore.com)

Click on courses and workshops or calendars scroll  
down click on the secure PayPal  
"Buy Now" button follow instructions. Thank You

**Register Early! Register Today! Don't Wait!**

**Become Inspired! Space is Limited! Sells out fast!**

Name: (please print) \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ (required for confirmation)

**Course fees: Payment Method : Check/ Money Order / Credit Card (online through PayPal only) See above**

Check attached for \$\_\_\_\_\_ (payable to AAM)

Mail in Registration Form			Early Bird Registration on or before March 21, 2014		Registration after March 21, 2014	
			Early/ AEA member	Late/ Non AEA member	Early/ AEA member	Late/ Non AEA member
Sat One Session	am	pm	\$59.00	\$69.00	\$69.00	\$79.00
Sat Both Sessions			\$110.00	\$130.00	\$130.00	\$150.00
Sunday only			\$59.00	\$69.00	\$69.00	\$79.00
Full weekend <b>All</b> three Sessions			\$162.00	\$192.00	\$192.00	\$222.00

## CONSENT AGREEMENT

I agree to hold harmless Aquatic and More (AAM) its owners, event presenters, volunteer staff, and Aquatics and More host sites from any and all liability arising out of this event. I understand that risk involved with participating in this event and verify that I am in sound physical condition for activities that will be presented at this event. I agree to all conditions of registration including the cancellation policy.

## CANCELLATION POLICY

All cancellations must be submitted in writing to Aquatics and More (AAM)

PO Box 874052 Vancouver WA. Cancellation received before **March 31 2014** will receive a full refund, minus \$10.00 cancellation fee. There are **NO refunds** after **April 1, 2014**.

If you have any questions regarding registration Please contact Robin Davis at [aquaticsandmore@gmail.com](mailto:aquaticsandmore@gmail.com)

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

My signature indicates that I understand and agree to the above terms