

Aquatics and More Spring Innovations Coming to

Woodburn Aquatic Center

190 Oak St. Woodburn, OR 97071

Saturday March 19, 2016

Register Early & Save!

Instructed by Robin Davis

AEA Continuing Education Provider

For more information

Contact Robin @aquaticsandmore@gmail.com

Web: www.aquaticsandmore.com

Morning (AM) Session

Major Muscles & Movement (M&M): 3 CECs 9:00am -12:00pm

This course will provide water exercise instructors with basic knowledge of the musculature system with a focus on the major muscles locations, joints involved, and movement analysis. Analyze and create movement sequences that can produce a more effective class with better results.

Afternoon (PM) Session

AM- Keep it Fresh: 3 CECs 1:00pm - 4:00pm

Have you ever been stuck in a rut where you are feeling like a broken record? Same old moves, nothing new to add? I have some tips that will help you be more creative. Wake up your senses and reignite your passion for teaching.