

Registration Form I Get Inspired Workshops I Yakima

Register Early! Register Today! Don't Wait! Become Inspired!

Name: _____ Please Print

Phone: _____

Address: _____

City _____ State _____ Zip _____

E-mail Address: _____ Required for confirmation

Mail payment along with Registration form to:

Aquatics and More I PO Box 874052 | Vancouver, WA. | 98687

Method: Check or Money Order

Credit card payment accepted online at: www.aquaticsandmore.com Click on courses and workshops, then scroll down and click to the secure PayPal "Buy Now" button. Instructions included after click.

FEES:

Sunday AM Session: Before September 15, \$59.00

Sunday PM Session: Before September 15, \$59.00

Sunday Both Sessions: Before September 15, \$110.00

AM or PM Sessions: After September 16, \$69.00

Both Sessions: After September 16, \$130.00

CONSENT AGREEMENT: I agree to hold harmless Aquatic and More (A&M), its owners, event presenters, volunteer staff, and Aquatics and More host sites from any and all liability arising out of this event. I understand the 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 (AM), PO Box 874052 | Vancouver WA. | 98687 Cancellation received before September 22, 2016 will receive a full refund, minus a \$10.00 handling fee. NO REFUNDS after September 22, 2016

If you have any questions regarding registration, please contact Robin Davis @ aquaticsandmore@gmail.com

Signature: _____ Date _____

My signature indicates that I agree to the above terms

workshops

Coming to Yakima, WA. One Day SEPTEMBER 25, 2016

Yakima Athletic Cub | 2501 Racquet Lane | Yakima Washington | 98902

503-453-6521 (Directions Only)

Register Today! Register Early and Save! Don't miss this opportunity to get CEC's close to home! Get Inspired Today!

Courses Presented

Am Session: 9:00am -12:15pm Pathway to Resistance: 3 CECs

This course provides techniques on how to explore ways to create and achieve an intensity your patrons/ clients can use in their workout. We will be looking at Tabata-inspired options, interval training, circuit stations, elevated and propelled movements and stationary power moves.

Pm Session: 1:15 - 4:30 pm Major Muscles & Movement Basics: 3 CECs

This course is a great review for water-exercise instructors with of knowledge of the musculoskeletal system, and the major muscles of the body, and is basic enough for beginners. We will be able to analyze and create movement sequences, and practice and work together to create movements that are fun, challenging and effective for their classes. Often there is a physical therapist available to answer questions.

All Questions Regarding Registration Contact Robin Davis

aquaticsandmore@gmail.com

Presented by Robin Davis



What to Bring:

- Bring a towel
- Money for lunch
- Easy to move in clothing
- (2) Swimsuits if taking both sessions

Water and Snacks will be provided
We look forward to meeting!