

Ottawa

Register now!

Get Inspired - Have Fun!

Fitness Continuing Education Conference

A great opportunity for fitness professionals!

Sunday, November 16, 2014

Presented by Parks, Recreation and Cultural Services

Nepean Sportsplex
1701 Woodroffe Avenue, Ottawa



Schedule-at-a-Glance

	Pool	Hall A	Hall B	Hall C/D	Hall F	Gym	Spinning Studio
8:30-10 am	Total Aqua Cardio Kick Box Dylan Harries	Bands, Balls and Everything Fun Chantal Laporte and Anita Findlay	Periodization and Planning Client Programs Denis Pedneault	Yoga Tune Up Carole Houde	Hi-Lo for the Fun of It Shelley McDonald	TRX & Tabata Neil Miron	Strength, Hills and Power (Spinning) 7:45-9:45 am Carmen Diges
10:15-11:45 am	Aqua Combo Shallow/Deep Class (10 am start) Dylan Harries	How to Motivate the Mature to Move Anita Findlay	Shoulder /Neck (low back) Injuries Denis Pedneault	Pre-natal Yoga Amanda Degrace	Core Conditioning Carole Woodstock	TRX & Tabata Neil Miron	5 Step Sprints (Spinning) 10 am - noon Carmen Diges
LUNCH 11:45 am-1:30 pm	Keynote 12:30-1pm: Connie Beaulieu, Kristin Murphy and Brian Robitaille Vendors will be set up from 11:45am-1:30pm, but will be closed during the keynote presentation.						
1:30-3 pm	Vendors will be set up from 11:45am-1:30pm, but will be closed during the keynote presentation.	Stretch into Strength Shelley McDonald	Fasting, Diet, Metabolism Denis Pedneault	Forest Yoga/ Assisting Workshop Louise Cameron	Spinal Injuries, Personal Training and Yoga Hema Murty		Mind/Body Coaching: Indoor Cycling Laura Warf
3:30-5 pm	Dive In! Amanda Degrace	Fall Prevention Patti Dalby & Anita Findlay	Nutrition for Exercise Carole Woodstock	Yoga for Cyclists Laura Warf	LTS LeBarre Shelley McDonald		Teaching with Power Metrics Brian Robitaille

Workshop Descriptions

7:45-9:45 am

Strength, Power and Hills (Spinning)

Carmen Diges

Deliver real fitness benefits for your riders. The Strength Energy Zone™ and climbing hills are great for building intensity and simulating outdoor cycling. During this workshop, you'll advance your knowledge and skills with new techniques for hill climbs and learn about the physiological basis for training on hills.

8:30-10 am

Total Aqua Cardio Kick Box (CALA)

Dylan Harries

Bring It On! This kickboxing program uses intense cardio drills based on traditional martial art movements for a full body workout like no other. It is packed full of punches, jabs, kicks and amazing combo sequences to get your heart pounding, and will condition your muscles like never before. Focus will be placed on technique and safety.

Bands, Balls and Everything fun!

Anita Findlay and Chantal Laporte

Add more interest to your exercise prescription with this second workshop based on props. Incorporate toning balls, medicine balls and bands to develop classes that will challenge and stimulate both you and your clients. Develop core strength, mobility and agility with lots of new options for all fitness levels.

Hi-Lo for the Fun of It

Shelly McDonald

Journey back to where group fitness all started with some fun filled hi-lo aerobics. Come enjoy moving to high energy music and let yourself go while you learn new choreography that will have you leaping and hopping around the room while getting a great workout.

Yoga Tune-up

Carole Houde

Yoga Tune Up® is a fitness therapy format built around the three P's – Pain, Posture and Performance. It helps eradicate pain, improve posture and enhance performance through a unique blend of Corrective Exercise, Self-Massage and Yoga. By helping to identify and target your "body blind spots"; areas that are most overused, underused, or misused, YTU heals damaged muscle, increases strength and establishes healthy movement patterns to help you live better in your body.

Periodization and Planning Client Programs

Denis Pedneault

It's important to fully understand the consequences of your choices when designing a training program. Unfortunately, most trainers don't push their thinking or simply don't know why they do some things and the result is that they are unaware that their programs contain flaws. The goal of this presentation is not to sell a 'recipe for success' but rather to show you how to develop a critical eye towards most training program designs. Common mistakes will be exposed which will allow you to make your own judgments. You will also learn simple ways to design logical and balanced training protocols.

TRX & Tabata

Neil Miron

Get ripped like the pros that train with Master Trainer Neil Miron: Tyler Toffoli, NHL, Mike Renaud, CFL and Mark Holst, UFC fighter. Bring your TRX Suspension training knowledge to the Pro level topped with the Tabata Format & the Latest in Suspension training techniques. You will learn a wider variety of exercises to be done with and without the TRX. This challenging but highly educational class will raise the bar on standard methods of training and give you the tools you need to stay on top of your trainer game.

10:15-11:45 am

Aqua Combo: Shallow-Deep Water Fusion (CALA)

Dylan Harries

This workshop will teach you how to lead a multi-level class using the whole pool. We will review difference base moves and develop easy to follow choreography with options to provide a fusion between the deep and shallow water. Walk away a better Instructor that can deal with anything that is thrown at them.

How to Motivate the Mature to Move

Anita Findlay

This session will help you learn how to appeal to the older adult population to get them active. Age appropriate exercises will be considered as well as helping clients realize that 'busy' doesn't necessarily mean 'active'. Benefits of participating in programs will be reviewed as well as how to connect those benefits to quality of life to ensure adherence now and for the future.

Core Conditioning

Carole Woodstock

What is the first thing that comes to mind when you hear core exercises? Is it sit-ups or crunches? Perhaps it is some of those crazy infomercials where the person is doing semi circles on some machine; they have a perfect "six pack" and are smiling the whole time. Your core is literally the link in the chain between your upper and lower body. The best way to effectively work your core is to do exercises that involve a number of muscle groups at a single time. They fire up a ton of different muscles and actually fire your core along the way. Doing these exercises is the best way to get a great core.

Pre-natal Yoga

Amanda Degrace

The bond between mother and baby occurs during conception and is a wonderful journey of 40 weeks as a woman discovers the changes occurring within her mind and body. Learn to develop a safe class that incorporates asanas that are beneficial during pregnancy, pranayama techniques that assist throughout labour and delivery and meditation that invites the mother to travel within her body during this journey.

Shoulder/Neck (low back) Injuries and Prescriptions

Denis Pedneault

It's important to fully realize the implications of an exercise before prescribing it to someone who experiences particular symptoms or presents any chronic musculoskeletal disorder. In order to do that, one must understand the practical applications of the biomechanics of the human body. The goal of this presentation is to help you get a better grasp of the principles you need to apply and to develop a critic eye towards most exercises and their execution. Common mistakes will be exposed which will allow you to make your own judgments and make better exercises choices.

TRX & Tabata

Neil Miron

Get ripped like the pros that train with Master Trainer Neil Miron: Tyler Toffoli, NHL, Mike Renaud, CFL and Mark Holst, UFC fighter. Bring your TRX Suspension training knowledge to the Pro level topped with the Tabata Format & the Latest in Suspension training techniques. You will learn a wider variety of exercises to be done with and without the TRX. This challenging but highly educational class will raise the bar on standard methods of training and give you the tools you need to stay on top of your trainer game.

10 am-noon

5 Step Sprints (Spinning)

Carmen Diges

An authentic cycling skill, sprinting challenges the body's ability to attain and recover from high levels of power output. You learn the step-by-step techniques for preparing, cueing and executing flat road Sprints and Sprints on a hill with safety and efficiency.

12:30-1 pm

Keynote - New and Exciting News

Connie Beaulieu, Kristin Murphy and Brian Robitaille

What does the future hold for fitness staff training in Parks & Rec? Be the first to find out about the exciting plans for 2015 – it'll be the beginning of a whole new era!

1:30-3 pm

Aqua-lite Done Right! (CALA)

Dylan Harries

Low impact/intensity classes you don't just float through. Learn how to plan and execute a program to meet the needs of your older adults, and those with minor physical limitations. Focus on movement that matters to create a class where lite is right!

Stretch into Strength

Shelly McDonald

Learn how to teach a total body stretch class that helps to increase both flexibility and strength. Dynamic and static style stretching routines mixed with yoga poses and strengthening exercises make this workout one for most levels of participants. Group fitness leaders and personal trainers can use these routines either as a whole workout or take pieces of it and use them as a warm-up and/or cool down.

Spinal injuries, Personal Training and Yoga

Hema Murty

Make your yoga class stand out with the added knowledge for special populations! Many people attend yoga classes in order to repair injuries or work around them. Where traditional workouts are not possible, people with spinal injuries are turning to yoga in larger numbers than before. How do you modify asanas to suit this population? Which asanas can they use to actually repair their injuries? This lecture will outline the physiological factors affecting spinal injuries through yoga. Based on research carried out at the Swami Vivekananda Yoga Institute in India, this lecture will help instructors advise their participants correctly so that the yoga class experience will be beneficial for all. These exercise methodologies can also be used in personal training sessions to benefit all fitness professionals.

Forest Yoga/Assisting Workshop

Louise Cameron

A 90 min exploration of safe and effective hands-on assists to be used during the teaching of a yoga class. Participants will learn aspects of the following: 1. How to keep your body safe and in alignment while you adjust your student. 2. How to keep your students safe while you adjust them. 3. The Adjusts (key adjustments for about 8 popular poses). Many assists are interchangeable in that they can be used for many other poses. 4. How to really "see" your students – connect to your intuition when looking at your students 5. Clearing your energy and setting intentions, before and after every adjustment – so that the student feels the adjustment is pure and secure. 6. The dynamics of breath and movement – cueing your students to breathe while you adjust them and the importance of breathing while you adjust. 7. What to feel for while you are applying pressure – noticing the receptivity of the student. 8. Adjusting etiquette – when, how and where to use your hands (and the different parts of your hand) 9. Working with an injured student. 10. Getting permission and feedback from your student.

Fasting, Diet and Metabolism

Denis Pedneault

Nutrition is a topic that gets a lot of publicity these days. The world is now surrounded by so many diets and books that a lot of people are confused and find it hard to understand the applications and differences of all those ways to manipulate food intake. The goal of this presentation is not to sell a recipe for success, but rather to show you how to develop a critical eye towards certain diets and nutrition practices. Specific topics such as fasting, protein pulse feeding, carb loading and how to manage some metabolism problems will be exposed. This will allow you to make your own judgments and design logic and to create balanced diet protocols.

Mind-Body Coaching: Indoor Cycling

Laura Warf

Improve the connection between your body and mind, and learn how to effectively develop your mental skills – skills that can give you an edge in sport and in life. Your emotions, sensations, past experiences, self-awareness, and even your thoughts all have an impact your physical performance. Understanding how to be more in tune with your body can be the key to better mental fitness, and a better experience on and off the bike. In this session we will explore skills that you can apply directly to your cycling whether you are indoors or outdoors. We will examine the five core skills of mentally fit cyclists and the building blocks to developing or fine tuning your own mind body connection.

3:30-5 pm

Dive In! (CALA)

Amanda Degrace

This workshop is for land based instructors & personal trainers who are thinking of crossing over to aqua, but are unsure or unaware of the benefits. Participants will learn the benefits of water training and how to broaden their knowledge and expertise into the world of water! Will include magical properties of water, types of aqua training available and benefits!

Firmer Steps Forward

Anita Findlay and Patti Dalby

This workshop will help move instructors from the Falls Prevention format (Better Strength, Better Balance) to the next level and lead them into how to build on what they taught clients and how to encourage clients to do more, providing options and more toys and lots of interactive fun to keep clients moving.

LTS LeBARRE

Shelly McDonald

Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using “make-sense progression” and the Lebert Equalizer to create a format suitable for every level of exerciser, LeBARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout. Use the exercises alone or in unique sequencing patterns provided to create an entire LeBARRE program! No dance experience or pink tights required!

Yoga for Cyclists

Laura Warf

Experience how yoga can enhance your postural awareness, spinal stabilization, trunk strength and breathing capabilities and in turn improve your cycling performance and aid in injury prevention. Indoor or outdoor cycling places the body in a position that may lead to musculoskeletal imbalances. This workshop will offer techniques to strengthen weak muscles and stretch tight muscles commonly seen in cyclists through a tailored yoga practice. Find a state of balance by combining the strength and energy expended in cycling (yang) to the receptivity and nurturing of a complementary yoga practice (yin). Apply yogic principles and lessons learned on the yoga mat onto your bike and into the real world where it counts.

Nutrition for Exercise

Carole Woodstock

A well-planned eating strategy can help support any training program, whether you are training for fitness or for competition; promote efficient recovery between workouts; reduce the risk of illness or overtraining, and help you achieve your best performance. In this mini-workshop, you will learn how to fuel your body properly to have the energy or the strength to push your body through grueling workouts!

Teaching with Power Metrics

Brian Robitaille

Many indoor cycle fitness bikes are equipped with a power (watts) display, which opens up a whole new universe of training possibilities for the participants. Learn how to include power metrics in your indoor cycling classes to both motivate your clients and to enhance the effectiveness of their workouts. Learn how to conduct a field test to determine participant's power zones and how to map those wattages to their HR zones to supply realistic power targets for various training efforts (e.g., recovery, zone 1, intervals, hills, tempo, etc.).

Instructors



Louise Cameron

Louise lives a life of passion, sharing and combining her insights and love for Horses and Yoga with the world. Every day is an adventure, filled with unique discoveries of how the practice of yoga and the magic of horses provide limitless opportunity to evolve consciously and choose a path of Joy. Longing for a more harmonious way of being in the world, Louise was drawn to Yoga. After three years of practice, Louise went to the world renowned Kripalu Yoga Centre in Massachusetts, USA to do her first intensive yoga teacher training. Since then she has studied to the advanced level with Ana Forrest.



Patti Dalby

Since graduating with a Diploma in Fitness and Health Promotion, Patti has been working as a Personal Fitness Trainer and Older Adult Fitness Instructor for several years. Patti is also a Rehabilitation Services Assistant and has been part of a team working with Seniors in a Falls Prevention Program for the past few years. She is passionate about her work and is motivated by the opportunity to make a positive difference in people's lives. Patti is a Bone Fit™ Trained Professional; YMCA Older Adult Fitness Instructor; CanFitPro Personal Fitness Trainer; Heart Wise Exercise Trained and has a Diploma (Hons) Fitness and Health Promotion



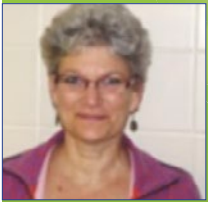
Amanda Degrace

Accelerate your career and be empowered by Amanda DeGrace, respected fitness professional and leader in the fitness and wellness industry. Energy, charisma and an amazing passion for life are qualities displayed by Amanda in both her everyday life and her fitness and movement classes. Amanda has a degree from the University of Ottawa in Leisure Studies. Amanda's company, Little Lotus Yoga, is seen as a leader in the field. She also runs the Fitness Department at the Ottawa Athletic Club, the largest private fitness club in Ottawa. Amanda has combined her love for aquatic and fitness with her business DeGrace Energetics.



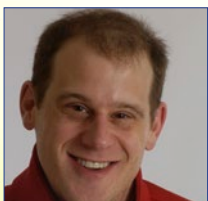
Carmen Diges

Carmen has over 20 years of dance training and has also been a fitness professional for many years, teaching Spinning as well as Pilates and yoga. She is a personal trainer and holistic coach through PinstripeMystic Life Training Systems, which she founded on the four balancing elements of body, mind, spirit and cash. She specializes in teaching high-performance professionals to achieve balance through a variety of prisms of their beings. Carmen is a competitive road cyclist and has raced throughout Canada and parts of the United States. She is also a Power Specialist Master Instructor for the SpinpowerT program.



Anita Findlay

Anita Findlay, YMCA GF, O.A., Pilates, Yoga, Drums Alive, The GROOVE Method. Anita Findlay is a dynamic Group Fitness instructor with over 10 years of experience, specializing in older adult fitness, pilates and yoga. She has also worked in preparation and rehabilitation for knee and hip replacements, as well as having extensive involvement with heart and stroke patients. Anita worked with the University of Ottawa Heart Institute to facilitate the availability of heart wise programs throughout the National Capital Region. An animated presenter for the YM/YWCA and the City of Ottawa she brings humour to her practical workshops. Anita is a University of Ottawa graduate, Fitness Coordinator for the Goulbourn Recreation Complex with the City of Ottawa, mother of three and passionate advocate of an active lifestyle for health and longevity.



Dylan Harries

Dylan Harries {B. Rec., B.Sc. (HK), C.A.T} is a renowned fitness presenter who travels the world inspiring his participants with his passion and knowledge of all forms of physical activity. With 22 years of fitness experience, Dylan is the Regional Director of the Carlingwood YMCA-YWCA in Ottawa Canada. In his spare time, he is an award winning athletic trainer and performance coach for world level figure skaters. Dylan is YMCA, CALA, CFP (PTS/FIS), SPI (2), Gym-Stick, HydroRider, Spinning (star 2), Bender Ball, Bosu, TRX, Gliding and NCCP (2) certified.



Carole Houde

Carole is a devoted teacher and trainer and is the co-owner of the Maitreya Yoga Studio. She has over 25 years of experience in health and wellness as a yoga, pilates and spinning teacher, personal trainer, speaker and wellness advisor. She is passionate about wellness and believes that coming to the mat is a journey of self-discovery. Her goal is to help each person to grow, learn and progress at their pace by exploring their own unique body map, become self-aware of their muscles in movement and crafting a practice that is tailored just for them.



Chantal Laporte

Chantal manages the newly opened Richcraft Recreation Complex-Kanata in Ottawa with over 20 years of experience as a fitness instructor, trainer and presenter. Active, inspired and passionate about fitness, health and physical activity, she continues to lead classes, teach instructor development courses and present workshops in both French and English.

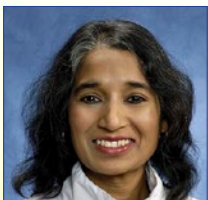
Shelly McDonald

Shelly has been a devoted, spirited and enthusiastic fitness professional for years now as a Television Personnel, Group Fitness Director, International Presenter, Benderball Master Trainer and Phys Ed. teacher. She is most recognized for her involvement with TV's "Caribbean Workout" series which is the longest airing show of it's kind in the world.



Neil Miron

Neil Miron is a professional fitness coach. He began training in the martial art of Jujitsu at age six and has been graded by UFC legend Royce Gracie. Neil currently runs a successful group training company and specializes in suspension training. Neil is a fitness writer and has written articles for newspapers and fitness magazines. Neil has won Top Trainer awards and has been seen on TV episodes showcasing his training methods. Neil specializes in the art of scalability as he creates group workout programs that are almost one size fits all.



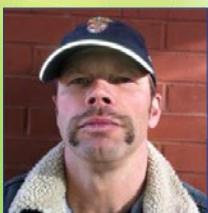
Hema Murty

Listed in *Who's Who in the World*, a yoga instructor, personal trainer and expert in East Indian Philosophy, Hema has a keen interest in training the complete being, rather than just the physical body. She is a Can-Fit-Pro PTS and has undergone intensive training in India at the Swami Vivekananda Yoga Research Institute. Hema is a regular Sanskrit Instructor for Samskrita Bharati having conducted a camp for Yoga Instructors. Hema completed an advanced degree in Yoga Philosophy and Sanskrit from Karnataka State University, India and has published in India's leading Yoga Philosophy journal, Prabuddha Bharata. Hema is a regular presenter at CAN-FIT-PRO (Toronto 2005, 2006, 2007, Vancouver 2010) and at other venues (Sprott School of Business, RBC, Greenbelt Family Health).



Denis Pedneault

Graduate in kinesiology from the University of Sherbrooke, Denis Pedneault has always had a special interest in training and nutrition. A lecturer, trainer, and teacher in kinesiology (University of Sherbrooke), his hunger for knowledge and objective approach to subjects led him to specialize in hypertrophy-specific training, posture, functional biomechanics, and peak conditioning. He works as a personal trainer, therapist and consultant at Excellence Fitness in Sherbrooke.



Brian Robitaille

Brian, currently a Program Coordinator at the Richcraft Recreation Complex-Kanata, has worked in Ottawa Parks and Rec. since 1984 in aquatics and fitness. He has been an indoor cycling instructor since 1997 (when there were only a few studios in the city), a personal trainer since 1994 (when muscles were just invented), and the Sham-wow guy for Interactive Nutrition since 2001 (giving him a microphone in front of an audience is often a mistake). He has been an avid amateur bike racer for 15 years, and is still achieving personal bests in individual time trials and multi-stage Masters road races thanks to training with power metrics. Credentials: Computer Science Degree, Paramedicine Diploma, NGA Certified Personal Trainer, Canada Safety Council Chief Instructor, and Movember participant.



Laura Warf

Laura is the founder and president of Inspire-Action holistic health and fitness solutions, offering services in yoga, Reiki, mind-body coaching and personalized fitness training. Laura's positive energy, strength as an educator and over 20 years of experience has made her popular as an international presenter and leader in mind-body integration. Laura's passion lies in guiding others on a journey of self-discovery and lifestyle balance.



Carole Woodstock RHN, FIS

Carole Woodstock is a Registered Holistic Nutritionist specializing in sports nutrition. Combining over twenty years of experience in the health and fitness industry with a passion for teaching, Carole believes that everyone 'can' and everyone 'belongs'. An educator and international fitness presenter, Carole has worked with individuals as well as groups ranging from 30 to 300 participants. She has one guiding philosophy: people change or adopt a new behavior only when they feel successful along the way; break it down into small steps and keep it simple, and people will feel successful. With an infectious energy and endless optimism, Carole brings a supportive and fun approach to working with her clients, identifying herself as a personal 'nutrition' trainer. A triathlete and outdoor enthusiast, Carole shares her passion for fitness and coaching by teaching core-conditioning classes, group cycling and bootcamp programs, leading holistic nutrition workshops and seminars, and coaching beginners for triathlon and duathlon competition.

Registration Information

Fitness Continuing Education Conference Get Inspired - Have Fun!

Sunday, November 16, 2014

Presented by Parks, Recreation and Cultural Services

Nepean Sportsplex

1701 Woodroffe Avenue

Ottawa, ON

- Registration in each workshop and keynote is FREE for City of Ottawa, Parks, Recreation and Culture, part-time fitness staff. Full-time PRCS staff supervising fitness programs are also welcome to register for free.
- Register early to guarantee your spot! Registration will start Monday September 29, 2014 for City of Ottawa staff. Registration will open Monday October 20, 2014 for the public. At that point, sessions and spots are on a first-come, first-serve basis.
- Register online at ottawa.ca/recreation. You will need a Client PIN and barcode to register.
- Register in-person at any City of Ottawa recreation facility or Client Service Centre.
- You will be required to provide your employee number as well as a valid email address at the time of registration.
- For every session you attend you will be entered to win one of our fabulous prizes donated by our vendors! Don't miss out!
- There will be vendor tables' set-up from 11:45 am to 1:30 pm. Be sure to visit the vendors and check out the clothing, music and much more! Vendor tables will be closed from 12:30-1pm during the Keynote presentation.
- Attendance is not mandatory but we hope you choose to enjoy the day of learning and sharing with your peers.
- Registration for the two spinning classes is done through the spinning.com website. City of Ottawa staff must pay for the workshop online and will then be refunded once you present proof of attendance.
- Bring your own bag lunch.
- Bring your own yoga mat, blocks and/or straps for yoga sessions.
- Due to limited space, we are unable to accommodate workshop changes on the day of the conference.

Questions? More Information?

Contact: Kristin Murphy, Conference Organizer

Tel: 613-830-2747 ext. 272

Kristin.murphy@ottawa.ca

Time	Workshop	Presenter	Hall	Barcode	Canfitpro						OFC	CCAA	CFES	CALA	Y external	East to West	Mad Dogg Athletics
					FIS	PTS	NWS	NWL	OAS	PFS							
7:45-9:45am	Strength, Hills and Power - Spinning	Carmen Diges	Spinning	spinning.com	1	1					2						3
8:30-10am	Total Aqua Cardio Kick Box	Dylan Harries	Pool	939102	1	1					1.5		1.5	1.5			
	Bands, Balls and Everything Fun!	Chantal Laporte, Anita Findlay	A	939103	1	1					1.5		1.5				
	Periodization and Planning Client Programs	Denis Pedneault	B	939106		1					1.5		1.5				
	Yoga Tune Up	Carole Houde	C/D	939105	1	1	1				1.5		1.5			1.5	
	Hi-Lo for the fun of it	Shelly McDonald	F	939104	1						1.5		1.5				
	TRX & Tabata	Neil Miron	GYM	939107	1	1					1.5		1.5				
10am-Noon	5 Step Sprint - Spinning	Carmen Diges	Spinning	spinning.com	1	1					2			1.5			3
10:15-11:45am	Aqua Combo: Shallow-Deep Water Fusion	Dylan Harries	Pool	939109	1	1			1		1.5		1.5				
	How to Motivate the Mature to Move	Anita Findlay	A	939110	1	1			1		1.5		1.5				
	Shoulder/Neck (low back)	Denis Pedneault	B	939113	1	1					1.5		1.5				
	Pre-natal Yoga	Amanda Degrace	C/D	939112	1	1	1			1	1.5		1.5			1.5	
	Core Conditioning	Carole Woodstock	F	939111	1	1					1.5		1.5				
	TRX & Tabata	Neil Miron	GYM	939114	1	1					1.5		1.5				
12:30-1pm	Keynote Address - Exciting Announcements			939116							1.5						
1:30-3:00pm	Aqua-lite Done Right!	Jennie Queen	Pool	939117	1	1			1		1.5		1.5	1.5			
	Stretch into Strength	Shelly McDonald	A	939118	1	1	1				1.5		1.5				
	Fasting, Diet, Metabolism	Denis Pedneault	B	939121	1	1	1	1			1.5		1.5				
	Forest Yoga/Assisting Workshop	Louise Cameron	C/D	939120	1	1	1				1.5		1.5			1.5	
	Spinal Injuries, Personal Training and Yoga	Hema Murty	F	939119	1	1	1				1.5		1.5			1.5	
	Indoor Cycling: Mind/Body Coaching	Laura Warf	Cycling	939122							1.5						
3:30-5:00pm	Dive In!	Amanda Degrace	Pool	939123	1	1			1		1.5		1.5	1.5			
	Firmer Steps Forward/Fall Prevention	Patti Dalby Anita Findlay	A	939124	1	1			1		1.5		1.5				
	Nutrition for Exercise	Carole Woodstock	B	939131	1	1	1	1			1.5		1.5				
	Yoga for Cyclists	Laura Warf	C/D	939130	1	1	1				1.5		1.5			1.5	
	LTS LeBarre	Shelley McDonald	F	939129	1	1					1.5		1.5				
	Teaching with Power Metrics	Brian Robitaille	Cycling	939133							1.5						

Continuing Education Credits

To receive Continuing Education Credits (CECs) and Star points, delegates must send in petition forms as well as a copy of their certificate of participation to each of the certifying bodies they are associated with. A valid email address is required at the time of registration in order to send delegates appropriate documents. Please make sure that a valid email address is used at the time of registration as well as when signing in on the day of the conference. Details regarding which CECs are approved are listed in each workshop description.

Please note the following: YMCA credits are external credits only. Fee must be paid by participant, \$15 per person. CALA points are available for all non-water sessions for a \$15.00 plus tax fee per workshop. WaterART credits are available upon petition with a \$35.00 plus tax fee. CCAA-SFIC certified Participants that attend the full day will receive one CCAA-SFIC credit. Other organizations that are not listed may credit the sessions you attend at a cost upon petitioning those organizations with the appropriate documents.