



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH WITH YOUR WORKOUT

## AQUATIC INSTRUCTOR TRAINING WORKSHOPS

**Sunday, November 6th, 2022**

**AM WORKSHOP:** (CECs: AEA 3.0)

**8:00 am - 11:00 am** (Shallow Water)

- **Aqualogical Legs:** Using buoyancy, resistance and diagonal planes of movement, achieve strong legs for balance, support and stabilization.

**PM WORKSHOP:** (CECs: AEA 3.0)

**12:00 - 3:00 pm** (Shallow or Deep Water)

- **Core Combos:** Strengthen and stabilize all abdominal muscle groups with or without buoyant assist equipment. Improve posture and body mechanics.



### Featuring Terri Mitchell

- Physical Therapist Assistant
- AEA CEC Provider
- 30 years of experience

### REGISTRATION:

Visit [www.glcymca.org](http://www.glcymca.org) to register or call Member Services at 262-567-7251 to secure your spot.

**Early Bird - Register by October 29th**

AM or PM ONLY \$65 • Full Day \$109

**No same-day registration.**

**Register after October 29th:**

AM or PM ONLY \$75 • Full Day \$129