



## FloatFit Practical Pool Course is Here!

FloatFit practical pool training prepares AQX certified leaders, movement motivators and enthusiasts to engage in exercise activities on a **float** (SUP board or floating mat). This course follows the online FloatFit Dryland Introductory Course, with lots of pool practice, class and program templates.

Friday, April 13, 2018  
4 PM – 9 PM  
Fairview Centre  
515 Langs Drive  
Cambridge ON N3H 5E4



**You can attend this course for professional development, personal interest, or to achieve FloatFit certification.**

**You must complete the FloatFit online introductory course before you register for FloatFit practical pool training.**

**Practical Pool Course Date:** Friday, April 13

**Time:** 4 PM – 9 PM

**Location:** Fairview Centre, 515 Langs Drive, Cambridge N3H 5E4

**Earlybird Rate (ends March 27):** \$176.77 (+ HST = 199.75)

**After March 27:** \$220.00 (+ HST = \$248.60)

**FloatFit Introductory Dryland Online Course:** \$59.77 (HST included) payable online

**Space is limited!**

**Avoid disappointment by registering early:** [www.FortheLoveofFit.com](http://www.FortheLoveofFit.com)

**Pre-Requisite: You must complete FloatFit online prep course before you register!**

[www.FortheLoveofFit.thinkific.com/courses/floatfit-dryland-introductory-course](http://www.FortheLoveofFit.thinkific.com/courses/floatfit-dryland-introductory-course)

### What to Bring:

- Enthusiasm!
- Snacks, water bottle
- Comfortable athletic wear for the classroom
- Bathing attire, towel & toiletries for the water session

**Instructor & FloatFit Co-Creator: Tamara Colaizzi**

### Learning Objectives:

- FloatFit class and program design for a range of populations
- Teaching strategies for FloatFit classes: safety • float management • class management and flow
- Exercise objectives, recommendations and practice



### Course Agenda:

3:30 – 4:00	Check In
4:00 – 5:45	Classroom Theory
6:00 – 8:00	Pool Practical
8:15 – 9:00	Review, questions, handouts

Register on line at [www.FortheLoveofFit.com](http://www.FortheLoveofFit.com) On-Line Prep Course:

<http://www.FortheLoveofFit.Thinkific.com/courses/floatfit-dryland-introductory-course>

