



## Registration Form YMCA Workshops

**Workshop Title:** Aquatic High Intensity Interval Training (#84829)

**Language:** English, with bilingual handouts

**Presenter:** Kristin Murphy

**Date:** Sunday, June 9, 2019

**Time:** 09h00 – 12h00

**YMCA Centre:** YMCA Down Town

**Room:** Pool

**Address:** 1440, rue Stanley, Montréal (QC) H3A 1P7



### Description

Emerging research supports High-intensity interval training (HIIT) as an attractive alternative to traditional continuous exercise training programs for clinical and healthy populations. However, land-based HIIT may not be an appropriate choice for some participants due to health concerns and/or injuries.

HIIT training in the water can provide a challenging, and highly effective exercise session. More important, HIIT may represent a safe and effective exercise alternative for clinical, healthy, and athletic populations who desire a low-impact physical conditioning program to achieve a cardiovascular training effect, health fitness objectives, or rehabilitative goals.

In this workshop participants will learn the principal of HIIT training and how it can be transferred to the water environment.

Note: active session in pool; bathing caps obligatory

Continuing Education Credits: 3.0 CALA; 3.0 hrs YMCA

### Presenter Biography - Kristin Murphy

Kristin has been passionately involved in the fitness industry for two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Bachelor's degree in Translation, which helps her a lot in her day to day work as a Recreation Supervisor and key member of fitness governance at the City of Ottawa. She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Nutrition and Wellness Specialist (CFP), Fitness Instructor Specialist (CFP) and is now a Trainer for CALA and Master Trainer for Lebert Training Systems and Tabata Bootcamp. She continuously finds ways to help her participants and students challenge and better themselves.

**Personal information**

Last name \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal code \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email \_\_\_\_\_

Birthdate (dd/mm/yyyy) \_\_\_\_\_

	Rates (tax not included)
Members	\$78
Non-members	\$88
YMCA employees and volunteers	Coupon + \$30.00 for YMCA/CALA CECs

Rates subject to change without notice.

**Registration**

- Online: [inscription.ymcaquebec.org](http://inscription.ymcaquebec.org)
- In person: in any YMCAs of Québec centre
- By phone: 514-849-8393, ext 1711

**Payment**

- Cash
- Credit card
- Cheque (payable to the YMCAs of Québec)

**Deadline**

The YMCA must receive the registration form and payment **2 business days before the workshop.**

**Information**

Marion Lowe

514-849-8393, ext. 1796

Marion.lowe@ymcaquebec.org

**Notes**

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