



# Canine Fitness Seminar

May 18 at 9am-12PM

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*Canine Fitness: Not a Sprint, it is a marathon*

*..Bobbie Lyons Ccft*



DTCT

6620 Garsh Loop

Tampa, FL 33614

Interested in improving your dog's fitness level? Come and participate in a canine fitness seminar at DTCT with Elaine Rinicker, BSc, CCFT, ABC CT, AKC CGC & ACT Evaluator

- **Learn foundation exercises, the importance of correct form and warming up your dog's muscles**
- **Learn how to increase and challenge your dog with sequential exercises**
- **Learn what reps & sets are and how to read signs of fatigue**
- **Understanding the equipment and what you can do with it**
- **Learn jumping power exercises designed for performance dogs (eg. agility & dock jumping)**
- **Learn how to create fun training sessions for you and your dog**

#### **Working and auditing spots**

This focused seminar offers 8 working spots and unlimited auditing spots. Working spots are \$85 (\$75 for DTCT members) and auditing spots \$40 (\$30 for DTCT members). Working dogs will be required to complete a full history and sign an agreement.

#### **Location**

This seminar will be held at DTCT, 6620 Garsh Loop, Tampa, FL 33614

#### **How to sign-up**

Go to DTC web site to sign up for this seminar <https://dtct.org>

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