

# 2010 COURSE SCHEDULE

## HORAIRES DES FORMATIONS 2010

### **INTENSIVE MAT PLUS**

*MAT-PLUS INTENSIF – EXERCICES AU SOL*

June 4, 5, 6 / June 11, 12, 13 / June 18, 19  
Fri 3pm-8pm, Sat 1 :30pm-6 :30pm, Sun 10am-3pm

August 3, 4, 5 / August 10, 11, 12 / August 17, 18  
Tues 1pm-5pm, Wed 1pm-5pm, Thu 1pm-5pm

October 8, 9, 10 / October 15, 16, 17 / October 22, 23  
Fri 3pm-8pm, Sat 1 :30pm-6 :30pm, Sun 10am-3pm

### **INTENSIVE REFORMER**

*APPAREIL REFORMER, INTENSIF*

May 7, 8, 9 / May 15, 16 / May 21, 22, 23 / May 29, 30  
Fri 3pm-8pm, Sat 1:30pm-6:30pm, Sun 10am-3pm

November 5, 6, 7 / November 13, 14 / November 19, 20, 21 / November 27, 28  
Fri 3pm-8pm, Sat 1:30pm-6:30pm, Sun 10am-3pm

### **ADVANCED REFORMER**

*APPAREIL REFORMER, AVANCÉ*

April 22 & 23  
9am-1:30

December 3 & 4  
Fri 9am-1:30, Sat 1:30-5:30

### **INTENSIVE BARRELS**

*BARILS INTENSIF*

April 20  
9am-2pm

### **INTENSIVE CHAIR**

*CHAISE INTENSIF*

August, 3, 4, 5  
Tue 9am-2pm, Wed 9am-2pm, Thu 9am-2pm

November 30, December 1, 2  
Tue 1pm-6pm, Wed 1pm-6pm, Thu 1pm-6pm

### **INTENSIVE CADILLAC**

*CADILLAC INTENSIF*

August, 10, 11, 12  
Tue 9am-2pm, Wed 9am-2pm, Thu 9am-2pm

### **ADVANCED MAT**

*EXERCICES AU SOL, AVANCÉ*

June 20  
9am-3pm

August 19  
1pm-7pm

October 24  
9am-3pm

### **ADVANCED CADILLAC, CHAIR & BARRELS**

*CADILLAC, CHAISE ET BARILS, AVANCÉ*

April 21  
9am-3pm

### **INJURY AND SPECIAL POPULATIONS**

*BLESSURES ET POPULATIONS SPÉCIFIQUES*

December 6, 7, 8, 9  
Mon-Thu 12pm-6pm

### **EXAM TESTING WEEKENDS**

*SÉANCES D'EXAMENS*

April 16, 17, 18, 19  
August 6, 7, 8  
December 3, 4, 5

### **WORKSHOPS**

*ATELIERS*

Athletic Conditioning on the Stability Cushion  
*Coussin de stabilisation*  
April 18 (1:30-3:30)

Foam Roller Level 1  
*Rouleaux Magique Niveau 1*  
April 19 (11:30-1:30)

Mini Stability Ball  
*Mini ballon de stabilité*  
April 20 (2 :30-4 :30)

Postural Analysis  
*Analyse posturale*  
July 27 (6:00-8:00)  
November 23 (6:00-8:00)

Exam Prep Written  
*Atelier préparatoire pour examen théorique*  
July 28 (6:00-8:00)  
November 24 (6:00-8:00)

Exam Prep Practical  
*Atelier préparatoire pour examen pratique*  
July 29 (6:00-9:00)  
November 25 (6:00-9:00)