



BUILDING A BETTER TRAINER

*Hands-on training with AQ expert **Pete DeQuincy***



Pete DeQuincy is an aquatics professional and supervisor for the East Bay Regional Park District in Oakland, CA.

He assisted with the development of the American Red Cross Lifeguarding program in 2012 and 2017 and is a regular contributor to the Lifesaver column in *Aquatics International*.

A recipient of the Aquatics International Power 25 designation and Board Member with the Association of Aquatics Professionals Pete is a dynamic and experienced session leader and someone participants say they would want to see “again and again”.

MONDAY, September 25 **9 AM – 4 PM**

NEW LOCATION!!
LEE DISTRICT RECENTER 6601 TELEGRAPH RD, ALEXANDRIA, VA 22310

MORNING

This is hands-on training, there will be running, kneeling, crouching, and bending.
 ATHLETIC ATTIRE RECOMMENDED.

AFTERNOON

This is hands-on training, there will be swimming, jumping, treading, lifting, and bending.
 SWIM ATTIRE REQUIRED.

REGISTRATION INFORMATION

TYPE	DEADLINE	VRPS Member Rate	Non-member Rate
On-site	Sept. 24 @ Event	\$90	\$115

Light breakfast, coffee, beverages, and lunch included in registration fee.



Please submit all accommodation requests at least 10 days in advance of program.
 Contact: Willa willa@reston.org 703-435-6532