



HAMILTON DOG TRAINING CLUB

# 2012 Pawsitively Fit Mini Seminar Series

Jean Pavlakos, BS, CCRP, Certified Canine Rehab Practitioner, owns Our Hearts Canine Rehab, located in Centerville, OH. She will present a series of lectures for you and your dog, whether a canine athlete, competition dog, or a beloved member of the family. These classes will help both you and your pet stay limber throughout the long winter months. Each one lasts 1 1/2 - 2 hours, with room for 25 working spots and unlimited auditors. All classes held on Saturday mornings. Each class has a different emphasis; however, there will be some crossover in information and exercise techniques.

## JANUARY 7th

**Therapeutic Ball Exercise (8:30 start):** Instruction in use of an exercise ball to strengthen your dog's core and limbs, increase balance and body awareness, to improve performance and prevent injury. (If possible each participant should bring a large therapy ball (extras will be available), and plenty of treats).

**Doggie and Their Person Fitness Class (11:00 start):** A way to exercise WITH your dog and keep yourself in shape to meet the demands of competition. (If possible each participant should bring a large therapy ball (extras will be available), and plenty of treats).

## JANUARY 14th

**Conditioning the Canine Athlete (9:30 start):** Topics include the whys and how's of conditioning your dog including strengthening, cross training, stretching and activity sequence for the week.

## JANUARY 21st

**Identification and Management of Common Injuries/Conditions in the Canine Athlete (8:30 start):** Instruction in potential injuries/conditions in your dog and how to recognize them as well as the best course of management.

**Injury Prevention (11:00 start):** Topics include structural analysis and weekly checks you can perform on your own dog, early detection and exercise ideas

## FEBRUARY 4th

**Massage and Stretching (9:30 start):** Instruction on types of massage and proper stretching form. Lots of practice time and assistance.

Hamilton Dog Training Club, [www.hamiltondogtraining.com](http://www.hamiltondogtraining.com) For more information, please contact Dominique Mercurio, 513-755-6931 (eve) or [dmercurio1@cinci.rr.com](mailto:dmercurio1@cinci.rr.com)

\*\*\*\*\* PLEASE NOTE: Full payment must be mailed with the registration. \*\*\*\*\*

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SEMINAR REGISTRATION (circle choices for each day)

January 7 <sup>th</sup>	Ball Fitness	Working (\$20 for one \$35 for both) Working (\$20 for one \$35 for both)	Auditing (\$10 each) Auditing (\$10)
January 14 <sup>th</sup>	Conditioning	Working (\$20)	Auditing (\$10)
January 21 <sup>st</sup>	Common Injuries Prevention	Auditing (\$10) – No working with this topic Working (\$20 for one, \$25 for attending both)	Auditing (\$10)
February 4 <sup>th</sup>	Massage/Stretching	Working (\$20)	Auditing (\$10)

**Package deals for all 6 classes! Working spots - \$90 (5 working + 1 audit for Jan 21<sup>st</sup>), auditing - \$45!**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

I will not hold Jean Pavlakos, Hamilton Dog Training Club, Inc or their members, liable for any loss, damage, or injury to myself or my dog, or my property while attending this event.

**Signature (required)** \_\_\_\_\_ **Amount enclosed: \$** \_\_\_\_\_

Make checks payable to HDTC, and mail registration with full payment to: Ms. Dominique Mercurio, 7179 Shaggy Bark Dr, West Chester, OH 45069-1523.