

**Jeff Emrick**

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**From:** Daren Parks  
**Sent:** Thursday, October 30, 2008 1:31 PM  
**To:** Jeff Emrick  
**Subject:** please post



# Water Certification Workshop Coming to Defined Fitness

Defined Fitness in Farmington will be hosting a  
Water Certification Training Workshop by  
WaterFit®

**When:** Saturday, November 15  
**Time:** 9am to 1pm  
**Cost:** \$60 (includes manual, practical, and examination).  
**Contact:** Jarrad @ 505.553.2523 or Daren at 303.916.4041 to get registered.

*\*Be sure to bring a towel, suit, writing utensil, and a snack.*

*Daren Parks, MS  
Regional Athletic Director  
Defined Fitness  
303-916-4041cell  
Going From Good to Great in 08 and Beyond....*