Go Outside and Enjoy Summer!

Most parents and teachers have fond memories of outdoor places and activities – climbing a favorite tree or spending “me” time in a secret hiding place, catching lightning bugs in the evening, or playing catch with the family dog. The outdoors is a great place for practicing and mastering many skills, particularly physical skills such as running and jumping and manipulative skills such as pushing a swing or pulling a wagon as well as lifting and carrying movable objects.

According to Rae Pica in her article, “Take It Outside!” in Early Childhood News, children are likely to burn more calories when they are outside which helps in reducing obesity, a heart disease risk factor that has doubled in the past decade. Studies show that nearly half of American children are not getting enough exercise, and that risk factors like hypertension and arteriosclerosis are showing up as early as age five. Outdoor light also stimulates the gland in the brain that regulates the biological clock; this is important to the immune system and makes us feel happier.

Outside play has more than just physical benefits; cognitive and social and emotional development are impacted as well. Children are more likely to engage in imaginative play and invent games when they are outside. This allows them to express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making and organizational skills. Although the children appear to only be having fun, they are learning communication skills and vocabulary as they invent, modify and enforce rules for the games they play. They learn number relationships as they keep score and count, and they learn social customs as they learn to play together and cooperate.

The natural world is filled with many wonderful and different things for children to see, hear, smell and taste, and it allows children to be loud, messy and boisterous. We have two great classes to get your summertime learning fun off to a great start! Join us for “Taking Learning Outside” on June 13 and “Let’s Take a Field Trip” on July 7. Get out and enjoy the summer!
New MSDE Training Requirements

Several new training requirements will be going into effect soon! Almost everyone will be affected by one or more of these new regulations. The regulations include:

New ADA Requirement: Including All Children and the Americans with Disabilities Act (ADA)
All family child care providers, including assistant teachers in large family homes, and all child care center directors, teachers and assistant teachers are required to take this class.

Medication Administration Training for Family Child Care Providers
All family child care providers must now be trained in Medication Administration. If you have already taken the Medication Administration training, you will not need to take it again. PGCRC will offer the Medication Administration Training each month. Medication can only be administered to a child in care by an individual who has completed the approved training.

Developmental Screening: On Track: All Aboard for Developmental Screening
This four hour class will be required for all family child care providers, center directors and lead teachers in child care centers.

Breastfeeding Support
Staff in any program approved for infant and toddler care (group and family programs) must complete approved training in breastfeeding practices. PGCRC will offer a two hour COK course, Supporting Breastfeeding Families in Child Care.

Business Administration Scale (BAS) for Family Child Care Providers
The Business Administration Scale is a training and mentoring program for family child care providers and enables programs to achieve and measure improvement in administrative operations and improve provider skills. Implementing BAS helps family providers with both accreditation and Maryland EXCELS by identifying best practices, providing samples of policies and procedures and offering mentoring sessions in key program areas. It is designed to establish a quality administrative foundation for family child care programs. It compliments both the NAFCC accreditation standards and the FCCERS-R environmental assessments. Participants attend a 3-hour BAS training and develop and implement plans. State approved BAS assessors then come to the program and complete a pre-assessment. Providers use these results to develop an improvement plan to achieve their program goals. Two mentoring sessions are an integral part of the program. A final post-assessment is completed to document success.

Dates:
Training Session: Tues., September 15, 6:30 p.m. - 9:30 p.m.
Mentoring Sessions: Tues., November 17 & Tues., December 15 – 6:30 p.m. – 8:30 p.m.
Fee: $30

Training Voucher and Training Reimbursement Changes
Important changes have been made to the Training Voucher/Training Reimbursement program. As of March 2, 2015, training vouchers will only be issued for Statewide Conferences, National Conferences or Pre-Service training. Providers will now need to use the training reimbursement for regular Core of Knowledge training. Providers will now have 180 days (6 months) from the date the training was completed to submit the reimbursement application and required documentation.

NEW! Renewal Fridays & Six Hour Saturdays in July
Are you looking for a fast and convenient way to meet your annual training requirements? Try our Friday and Saturday classes in July. Each day offers four, five or six Core of Knowledge hours of high quality, engaging training. Check the class listings for July 10, 11, 17, 18, 24 and 25 for details.

LOCATE Can Help!
Hundreds of parents use LOCATE: Child Care to search for child care in Prince George’s County each month. Did any of them call your program? LOCATE is a valuable marketing tool for your program, but it is only as good as the information you supply. The more families searching for child care can learn about your program, the more likely they are to call you. Is your information current? Do you list all the ages you are licensed to care for? The hours you provide care? Cost of care? Special services you provide? The more information families can obtain about your program, the more likely they are to call your program. We have LOCATE update questionnaires for both family and group programs available at the Resource Center. Pick one up the next time you are here for training, or download one from our website, www.childresource.org.

2  SUMMER 2015 // Register online at www.childresource.org
RESOURCE CENTER CALENDAR
JUNE 2015 THRU SEPTEMBER 2015

HIGHLIGHTED TRAINING SERIES

24 Hour Family Pre-Service

This training meets the Office of Child Care pre-service training requirements for new family child care providers as well as core of knowledge training for currently licensed family providers and center staff. Fee: $225 members and non-members for all six 4-hour sessions.

Tue., September 8, 8:30 a.m. – 12:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Laura Terrell
Participants will receive an overview of leading child theorists, learning differences among children and the stages of child growth and development.

Module 2: Planning for Success! Creating Opportunities to Grow and Learn, CUR
Tue., September 8, 1:30 p.m. – 5:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Jodi Regner
Understand the components of a family child care curriculum and how to design a family child care home; includes child care center room design and an appropriate curriculum in group child care.

Module 3: Keeping Kids Fit and Safe, HSN
Wed., September 9, 8:30 a.m. – 12:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Sheila Skinner
This workshop includes emergency preparedness, menu planning and health and safety concerns of young children.

Module 4: Making it Work for All: Exploring Special Needs, SN
Wed., September 9, 1:30 p.m.—5:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Paul Armstrong
Explore ADA requirements and inclusive child care settings as well as health, behavioral and developmental concerns.

Module 5: Keeping it Real! Professional Practices for a Successful Program, PRO
Thur., September 10, 8:30 a.m. – 12:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Laura Terrell
This session includes professional business practices, policies and procedures, record keeping, OCC regulations, and appropriate guidance and supervision of young children.

Module 6: Planting the Seed: Developing Connections with the World Around Us, COM
Thur., September 10, 1:30 p.m. – 5:30 p.m.
Fee: $40 members, $50 non-members
Trainer: Shantiea Dean
This module provides an overview of the importance of developing and maintaining relationships with children, families and the larger community.

45 Hours Infant/Toddler Pre-Service: Methods & Materials

This series meets MSDE requirements for Family Child Care Providers who wish to care for more than two children under the age of two and child care center staff who are lead teachers in infant/toddler classrooms. Individual modules may be taken at regular resource center prices; however to meet the requirements for the 45 Hour course, all modules must be taken in order. Space is limited – register early!

Trainer: Laura Terrell
Fee: $225
Dates: September 17, 24 & 29; October 1, 17, 20, 22, 27, 29; November 5, 10, 12, 14, 17 & 19; Weeknight classes are 6:30 p.m. – 9:30 p.m.; Saturday classes are 9:30 a.m. – 12:30 p.m. and 1:00 p.m. – 4:00 p.m.

Project Security Blanket: Emergency Preparedness

The Project Security Blanket grant has been extended once again! This six hour training meets the Office of Child Care (OCC) requirements for Emergency Preparedness. All participants will complete an approved emergency preparedness plan in the workshop. Please bring a bag lunch!

Dates: Saturday, June 6 or August 8; 9:00 a.m. – 3:30 p.m.
Fee: $15 members and non-members

The following codes found after each title indicate the Core of Knowledge Domain:

SS = Super Saturday  CD = Child Development  COM = Community  CUR = Curriculum  HSN = Health, Safety and Nutrition  PRO = Professionalism  SN = Special Needs

All Resource Center trainings are approved by Maryland State Department of Education, approval number CKO-30877. For general information concerning Training or Resource and Referral services provided by the Resource Center, or other information or questions you might have, please contact the Resource Center at 301.772.8420 or visit our website: www.childresource.org.

Register online at www.childresource.org // SUMMER 2015
First Aid and Infant/Child/Adult CPR

These classes are offered monthly. Choose from one of the three workshops; all trainings meet Office of Child Care (OCC) requirements for CPR and First Aid. Trainings will be held on June 6, July 11, August 1 and September 12.

**FIRST AID & INFANT/CHILD & ADULT CPR & AED CERTIFICATION**

*Sat., June 20, 9:30 a.m. – 1:30 p.m.*

Fee: $45 members, $55 non-members

*Trainer: Alyson Jacobson*

Get on board! Participants attending On Track: All Aboard for Developmental Progress will understand the requirements of the new MSDE/OCC regulation for developmental screening, identify the benefits of developmental screening, recognize the recommended screening tools and learn vital key words involved in the screening process. This course will be required for all family child care providers, center directors and lead teachers as of January 2016.

**JULY**

On Track: All Aboard for Developmental Screening, CD (All Levels)

*Fri., July 10, 9:30 a.m. – 1:30 p.m.*

Fee: $45 members, $55 non-members

*Trainer: Alyson Jacobson*

See description for June 20.

**AUGUST**

Learn to Move – Move to Learn, CD (All Levels)

*Sat., August 27, 6:30 p.m. – 9:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Alyson Jacobson*

Learn about all the amazing things you can see and do – right in our backyard! Get lots of tips, practical ideas and ways to make your field trips fun and educational.

**SEPTEMBER**

The Most Challenging Issues in Child Care

*Tue., September 29, 6:30 p.m. – 9:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Eileen Brooks*

Child care providers love working with children, but working with adults (parents and other staff in the program) is the challenging part. Participants will learn how to identify the root of a problem and practice effective problem solving strategies that can help staff and directors deal with challenging issues.

Feeling Good, Feeling Great - Strategies for Building Children’s Self-Esteem, CD All Levels)

*Sat, July 18, 9:30 a.m. – 12:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Linda Bratcher*

Positive self-esteem is a critical ingredient for happiness and success. This workshop will give teachers the strategies they need to help children develop positive self-esteem.

Anger Management with Young Children, CD (All Levels)

*Thu., August 27, 6:30 p.m. – 9:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Linda Bratcher*

Understanding why children become angry is the first step in determining how to respond to a child’s anger. Participants will be able to identify causes and meanings of childhood anger and learn a variety of strategies and techniques to support children with anger and prevent the spread of anger throughout the classroom setting.

**MEDICATION ADMINISTRATION, HSN and PRO (All Levels)**

Learn to safely administer medications, store them properly and accurately complete record keeping. Meets MSDE OCC requirements for center staff. All participants are required to pass an English and Math test prior to taking this class. Certificates are issued by the trainer rather than the Resource Center. Please bring a bag lunch and drink. *Sat., 6/6, 7/11, 8/1, & 9/9, 9:00 a.m. – 4:30 p.m.*

Fee: $50 members, $80 non-members

*Trainers: Tisa Ellis, RN or Veronica Shaw-Kittrell, RN*

**Community**

It Starts With Me! Celebrating and Embracing Diversity, COM (All Levels)

*Sat., June 20, 9:30 a.m. – 12:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Linda Bratcher*

Learn different ways to help children develop an awareness of cultural considerations and new ways to include diversity learning in your classroom. Great information & fun activities.

**JULY**

Let’s Take a Field Trip, COM (All Levels)

*Tue., July 7, 6:30 p.m. – 9:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Paul Armstrong*

Learn different ways to help children develop an awareness of cultural considerations and new ways to include diversity learning in your classroom. Great information & fun activities.

**AUGUST**

Anti-Bias/Cultural Competence, COM (All Levels)

*Sat., August 22, 1:00 p.m. – 4:00 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Linda Bratcher*

Develop strategies to identify materials and activities that will ensure that multi-cultural experiences are embedded in daily activities. Learn to promote a child’s self-concept and self-esteem through appreciation of differences and similarities of families and communities.

**SEPTEMBER**

The Most Challenging Issues in Child Care

*Tue., September 29, 6:30 p.m. – 9:30 p.m.*

Fee: $35 members, $45 non-members

*Trainer: Eileen Brooks*

Child care providers love working with children, but working with adults (parents and other staff in the program) is the challenging part. Participants will learn how to identify the root of a problem and practice effective problem solving strategies that can help staff and directors deal with challenging issues.
Curriculum

JUNE
Working with Children in Mixed Age Groups, CUR (Beginning)
Thur., June 11, 6:30 p.m. – 9:30 p.m.
Fee: $35 members, $45 non-members
Trainer: Sheila Skinner
Mixed-age interactions among young children offer a variety of developmental benefits. This workshop explores the benefits and challenges of working with a mixed age group.

Taking Learning Outside, CUR (All Levels)
Sat., June 13, 1:00 p.m. – 4:00 p.m. (SS)
Fee: $35 members, $45 non-members
Trainer: Linda Bratcher
Learn how outdoor environments encourage learning and develop strategies to plan for intentional learning. Lots of “take it outside” ideas.

JULY
I Can Write My Name! CUR (All Levels)
Thur., July 9, 2015, 6:30 p.m. – 9:30 p.m.
Fee: $35 members; $45 non-members
Trainer: Shantiea Dean
Learning to write their names brings joy and pride to young children! Learn fun ways to build writing skills in children.

Introduction to Healthy Beginnings, 2 CUR, 1 PRO, 1 CD & 2 COM (All Levels)
Fri., July 17, 9:30 a.m. – 4:00 p.m.
Fee: $35 members, $60 non-members
Trainer: Laura Terrell
This class provides an overview of the Healthy Beginnings document and the foundation for understanding and using Healthy Beginnings as a child development tool. Learn to create and plan a program for infants and toddlers that lays the foundation and sets the stage for learning.

IMIL: Making the Most of Your Music, CUR (All Levels)
Sat., July 18, 2015, 1:00 p.m. – 3:00 p.m.
Fee: $25 members; $35 non-members
Trainer: Linda Bratcher
This workshop helps us understand how music helps with physical development and ways to incorporate new vocabulary and actions into children’s music.

Art Matters, 2 CUR, 1 CD (All Levels)
Fri., July 24, 2015, 12:30 p.m. – 3:30 p.m.
Fee: $35 members; $45 non-members
Trainer: Linda Bratcher
Children are active learners and making art is a hands-on activity that expands imaginations and exercises creativity while helping develop small motor control, sharpening children’s powers of observation and boosting self-image.

AUGUST
Curriculum: Making the Right Choice for Children, (CUR) All Levels
Thur., August 13, 6:30 p.m. – 8:30 p.m.
Fee: $25 members, $35 members
Trainer: Shantiea Dean
Learn how to choose a curriculum based on the children’s developmental needs and individual skills. Hear about the latest research in early childhood education in order to implement the most appropriate curriculum in your child care program.

SEPTEMBER
Using Children’s Literature to Support Social Emotional Development, CD & CUR (All Levels)
Sat., September 26, 1:00 p.m. – 4:00 p.m. (SS)
Fee: $35 members, $45 non-members
Trainer: Linda Bratcher
Promote the social-emotional development of children from birth to age five, using popular children’s books. Participants will discover hands-on ways to embed social-emotional skill building activities into everyday routines.

Health, Safety & Nutrition

JUNE
Helping Children Manage Stress, HSN (Intermediate)
Thur., June 25, 6:30 p.m. – 9:30 p.m.
Fee: $35 members; $45 non-members
Trainer: Eileen Brooks
Even very young children experience stress! Know what to look for and learn techniques for keeping all the children in your program stress free.

JULY
Supporting Breastfeeding Families in Child Care, 1 HSN, 5 PRO, 5 COM (All Levels)
Fri., July 24, 10:00 a.m. – 12:00 p.m.
Fee: $25 members; $35 non-members
Trainer: Linda Bratcher
This is a new MSDE requirement for those caring for infants and toddlers. This training will help participants support nursing mothers and their babies and encourage programs to welcome breastfeeding families.

Munch, Munch, Crunch, HSN (All Levels)
Tue., July 28, 6:30 p.m. – 8:30 p.m.
Fee: $25 members; $35 non-members
Trainer: Eileen Brooks
What are the children in your program eating? Obesity and diabetes are a serious problem among young children. Child care providers can have a positive influence on children’s eating habits. Learn ways to encourage children to eat healthy in child care and at home.

AUGUST
Nutrition and Active Learning, HSN (All Levels)
Tue., August 25, 6:30 p.m. – 9:30 p.m.
Fee: $35 members; $45 non-members
Trainer: Paul Armstrong
Learn how to plan healthy meals that appeal to children as well as ways to keep them moving as they form good habits that will last a lifetime.

SEPTEMBER
SIDS Training: Safe Sleeping Practices, HSN (Beginning)
Tue., September 8, 6:30 p.m. – 8:30 p.m.
Fee: $25 members; $35 non-members
Trainer: Jodi Regner
SIDS is the leading cause of death for children under 12 months of age in child care. This class teaches safe sleep practices and meets OCC requirements for SIDS training.

THE LOCATE COMPLAINT POLICY

When a complaint is received, it is categorized according to the perceived seriousness of the complaint: serious complaints (any threat to the immediate health, safety or welfare of a child); less serious complaints involving a violation (violation of regulation that does not pose a threat to the health, safety or welfare of a child), and less serious complaints with no violation. When a serious complaint is received, no referrals are made to that provider/facility until an investigation is completed by the appropriate regulatory agency. Should the investigation result in no finding, the “hold” status is removed from the providers files and referrals are resumed. Visit our website at www.childresource.org for the complete policy. Copies of the policy are also available in our Resource Room.

Register online at www.childresource.org // SUMMER 2015
Professionals

JUNE
An Educator’s Guide to Maryland EXCELS, (PRO) (All Levels)
Wed., June 3, 6:30 p.m. – 8:30 p.m.
Fee: $10 members and non-members
Trainers: Sheila Maness & Vickie DiSanto
Discuss schedules, lesson planning, family engagement and other EXCELS topic and gain insights on how to improve quality in each area.

An Educator’s Guide to Maryland EXCELS, (PRO) (All Levels)
Sat., June 13, 9:30 a.m. – 11:30 a.m.
Fee: $10 members and non-members
Trainers: Sheila Maness & Vickie DiSanto
See description for June 3 training.

An Educator’s Guide to Maryland EXCELS, (PRO) (All Levels)
Wed., June 17, 6:30 p.m. – 8:30 p.m.
Fee: $10 members and non-members
Trainers: Sheila Maness & Vickie DiSanto
See description for June 3 training.

On Track: All Aboard for Developmental Screening, PRO & CD (All Levels)
Sat., June 20, 9:30 a.m. – 1:30 p.m.
Fee: $45 members, $55 non-members
Trainer: Alyson Jacobson
Get on board! Participants attending On Track: All Aboard for Developmental Progress will understand the requirements of the new MSDE/ OCE regulation for developmental screening, identify the benefits of developmental screening, recognize the recommended screening tools and learn vital key words involved in the screening process. This course will be required for all family child care providers, center directors and lead teachers as of January 2016. Additional trainings will be held on July 10 and September 19.

JULY
Best Practices in Your Family Child Care Business, PRO (Beginning)
Tue., July 21, 6:30 p.m. – 9:30 p.m.
Fee: $35 members, $45 non-members
Trainer: Sheila Skinner
A high-quality family child care business consists of many factors. This workshop will define the concepts of best practices in a Family Child Care Business, discuss business policies to avoid, describe the character of a professional child care provider as well as identify strategies that will KPIC (Keep Parents in Care).

Communication Training for Child Care Providers, PRO & COM (Beginning)
Sat., July 25, 8:30 a.m. – 5:30 p.m.
Fee: $75 members, $85 non-members
Trainer: Jodi Regner
Positive communication is an important tool in establishing a healthy child care environment as well as positive relationships with children, parents and co-workers. This course meets the MSDE communication training requirement for child care center staff.

AUGUST
The Next Step in Emergency Preparation, HSN (Intermediate)
Tue., August 18, 6:30 p.m. – 9:30 p.m.
Fee: $35 members, $45 non-members
Trainer: Laura Terrell
You wrote your Emergency Preparation Plan – now what? Learn what you need to do each year to keep your plan up-to-date!

Do Tell: Planning for Parent-Teacher Conferences, PRO (All Levels)
Sat., August 22, 9:30 a.m. – 12:30 p.m. (SS)
Fee: $35 members, $45 non-members
Trainer: Linda Bratcher
Parent-teacher conferences promote communication and keep parents informed of their children’s progress. Successful conferences require preparation, planning and a positive attitude. Teachers will develop conference strategies which will foster the parent-teacher partnership.

SEPTEMBER
Assessing Child Care Programs, PRO (Intermediate)
Thu., September 17, 6:30 p.m. – 8:30 p.m.
Fee: $25 members, $35 non-members
Trainer: Shantiea Dean
Assessing your child care program is important to providing quality at all times. Attend this training to learn about simple methods and research-based tools that can be used to evaluate your program and plan for continuous improvement.

Special Needs

JUNE
Including All Children and the Americans with Disabilities Act, SN (All Levels)
Tue., June 9, 6:30 p.m. – 9:30 p.m.
Fee: $35 members, $45 non-members
Trainer: Paul Armstrong
This training will be required for all child care providers beginning in January, 2016.

JULY
The ADA and Special Needs – You Can Do It! SN (All Levels)
Thu., July 23, 6:30 p.m. – 9:30 p.m.
Fee: $35 members; $45 non-members
Trainer: Paul Armstrong
Don’t fear the ADA! Embrace and welcome all children to your program! Learn what the ADA expects from child care programs and how it affects your child care business. Learn ways to accommodate all children by recognizing their needs and planning for each child individually.

SEPTEMBER
Taming the Tiger in Your Program, SN (Intermediate)
Tue., September 15, 6:30 p.m. – 9:30 p.m.
Fee: $35 members, $45 non-members
Trainer: Linda Bratcher
Everyone wants a peaceful classroom with an environment where children can learn. Discover techniques that will help manage challenging behaviors.

Invite Us to Your Program!

Would you like for your entire staff to be trained on the same topic at the same time? Would you like an opportunity to have a follow on technical assistance session to help staff members integrate what they have learned into the program? The Resource Center can help! We have hundreds of approved trainings to choose from, and any of them can be offered at your site. You select the training and the time you want it, and we will deliver it to your door. Contact Jodi Regner at 301.772.8420, extension 1010 to arrange an onsite for your program.
LOCATE: Child Care
LOCATE Child Care is a great way to market your program. Keeping your LOCATE information up to date gets the best results. Provider questionnaires can be updated online at www.marylandfamilynetwork.org or you can pick up a copy at the Resource Center. Vacancy information and fee updates can be left at 1.866.752.1614.

Advocacy: Joining Voices
Speak up for your profession and young children. Join our advocacy group as we tackle issues of interest to all child care professionals.
Contact: Laura, extension 1011

Registration Policies and Reminders
- Register online at www.childresource.org, or download registration form to mail or fax.
- Payments accepted: Visa, Mastercard, Discover, check or money order. NO CASH.
- Payment and registration must be received 24 hours in advance; a walk-in charge of $20 is added to registration fees on the day of the workshop.
- NO REFUNDS unless a class is cancelled by the Resource Center.
- Transfers are granted only when requested 24 hours in advance.
- Please arrive on time. Late-comers cannot be admitted and are not eligible for a refund or transfer.
- We love children, but only adults will be admitted.
- All workshops are approved by MSDE Office of Child Care.

OCC approval numbers: CTO – 150841, CKO -30877 and PSO – 152964.

ANNUAL PROFESSIONAL DEVELOPMENT SUMMER 2015
Online Child Care Professional Education Center
The Resource Center offers MSDE approved on-line training courses designed to help early childhood professionals complete annual training requirements and acquire required training hours for those working on a Child Development Associate (CDA) credential, CDA renewal or in-service training. Visit our website www.childresource.org and click on Training.

PLUS! SUPER SIZE YOUR SATURDAY!
We offer six or more hours of training almost every Saturday in this calendar. Complete half of your yearly requirements in one day.

LOOK FOR THE ‘SS’ AT THE END OF EACH WORKSHOP DATE