



Presents:

Canine Conditioning Workshops with Kathy Lesinski

February 1, 2026

**550 Main St. S.
Bethlehem, CT 06751**

**Canine Conditioning Workshop
10am - 12pm**

This workshop is for all those who care about canine fitness, whether participating in performance sports, conformation/breed activities, or hiking in the park. Come learn what kind of shape your dog really is in and how you can improve upon it. Canine conditioning starts with assessing and understanding your dog's physical condition and then how to progress and strengthen. Together we will perform a hands-on assessment of each dog's condition (for those in working spots), as well as instruct handlers on how to improve the dog's condition no matter what age or activity level. We will learn how to condition your dog through simple foundations not using a lot of equipment. Before the end of the seminar your dog will be exposed to some dog fitness equipment so that you may continue your own fitness regimen with your dog. Canine condition will help your dog through all its life stages from: a puppy building self-confidence, to a performance dog trying to prevent injuries and prolong their career, to a pet family dog who may be bored, to senior dog trying to improve their quality of life.

This two-hour seminar is open to all healthy dogs *without any chronic conditions or injuries*. The ages may range from 10 months to seniors. Modifications will be made depending on your dog.

**Advanced Canine Conditioning Seminar
1pm - 3pm**

All dogs who attended the foundation's conditioning can sign up for this seminar where we will go into more detail about warmups and cool downs. We will do a short assessment to see where your dog's conditioning level is since the fall session. We will then do two different circuits of exercises which will address core, hind end muscle development and front end muscles to keep dogs in shape for whatever performance sports they may be involved with. This will be a two hour session. If you attended one of my seminars elsewhere you will qualify to attend this session also.

Kathy's Bio

Kathy Lesinski graduated from Central Connecticut State University with a Bachelors and Masters of Science and is certified through the State of Connecticut as a Physical Education/ Health teacher K-12. She has been a Physical Education teacher for 23 yrs and in between took 12 years off to get involved in dogsled racing. She bred and raised her own Siberian huskies and had one of the top Siberian teams in New England for 30-100 mile races. In between she worked for Wizard of Paws Physical Rehab for Animals as a canine condition specialist for three years. In 2004, she became involved in agility with one of her Siberians-Kai that went on to Mach 2 and two AKC Invitationals as one of the top 5 Siberians in the country. She retired her Portuguese water dog-Myles who also earned his MACH and is now running her Labrador Retriever, Remy, who has a MACH, PACH 3 and RACH, CD, along with a JH. He has been the #1 Preferred lab for 2023 and 2024. She presently teaches Physical Education/Health at HMTCA in Hartford. She also went back to working with dogs' part time as she enjoys conditioning dogs and teaching their owners how to keep dogs in tip top shape for any activity. Kathy is a FitPaws Certified Canine Fitness Trainer (CCFT).



Canine Conditioning Workshop with Kathy

Registration Form: (Please print or type)

Please return this form with payment by January 20, 2026. Checks should be made payable to: Laurie Strimavicius

Mail to: Laurie Strimavicius, 44 Outlook RD, New Milford, CT 06776

Venmo: @Laurie-Strimavicius

Email registration: trainmelabs1973@gmail.com

The workshop will be held at 550 Main Street S. Bethlehem, CT 06751

Name: _____

Address: _____

Phone: _____

Email: _____

Please check:

Foundation Working Spot \$125 _____ *No refunds.*

Advanced Working Spot* \$125 _____ *No refunds.*

Audit Spot (per workshop) \$50 _____ *No refunds.*

**** Please note you only qualify for advanced if you have previously attended one of Kathy's seminars.***

***** Please bring your own crates.***

***** All crates and chairs must have mats placed under them.***

***** No reactive dogs allowed at workshop or any dogs with aggressive propensities towards dogs or humans.***

RELEASE

ACKNOWLEDGMENT: I, the undersigned, acknowledge that I understand that there may be significant elements of risk associated with the activity of dog training. Such risks may include equipment failures, falls due to building or grounds conditions, or the negligence of instructors, fellow students, or other users of the building. I acknowledge that the above list is not inclusive of all possible risks associated with dog training or the use of the facilities of TRAIN M.E (hereinafter "TME") and Kathy Lesinski (hereinafter KL) and that other unknown and unanticipated risks may result in injury

RELEASE AND ASSUMPTION OF RISK: In consideration of being permitted to use the facilities of TME & KL, and mindful of the significant risks involved with the activities incidental therefore, I, for myself, my heirs, administrators and assigns, release, remise and discharge TME & KL and its officers, directors, agents, servants, volunteers and employees in the stated activities of and from any and all liability for injury that may result from my use of the facilities of ME & KL, and I do hereby waive and relinquish any and all actions or causes of action for personal injury, property damage or wrongful death occurring to myself or those persons for whom I am legally responsible (including but not limited to my children) arising as a result of the use of the facilities of TME & KL, participation in TME & KL activities or functions, or of any activities incidental thereto wherever or however such personal injury, property damage or wrongful death may occur, whether foreseen or unforeseen, and for whatever period said activities shall continue. I agree that under no circumstances will I, my heirs, my estate or my personal representative present any claim for personal injury, property damage, or wrongful death against TME & KL and its officers, directors, agents, servants, volunteers and employees for any of said causes of action, whether said causes of action shall arise by the negligence or any person or otherwise.

IT IS THE INTENTION OF THE UNDERSIGNED INDIVIDUAL TO EXEMPT AND RELIEVE TME and KL AND ITS OFFICERS, DIRECTORS, AGENTS, SERVANTS, VOLUNTEERS AND EMPLOYEES FROM LIABILITY FOR ANY PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE. •This contract shall be legally binding upon me, my heirs, my estate, and my personal representative, as well as upon any and all other persons authorized by me to act for me or on behalf of my heirs, my estate or my personal representative.

*I, THE UNDERSIGNED, ACKNOWLEDGE THAT I HAVE CAREFULLY READ THE ABOVE RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS TERMS AND CONDITIONS. I UNDERSTAND THAT BY SIGNING THIS RELEASE OF LIABILITY I AM KNOWINGLY AND WILLINGLY AGREEING TO RELEASE EOC AND ITS OFFICERS, DIRECTORS, AGENTS, SERVANTS, VOLUNTEERS, AND EMPLOYEES OF THEIR LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY THE NEGLIGENCE OF ANY PERSON OR OTHERWISE.

PARTICIPANT RESPONSIBILITIES: I understand that dogs are independent living beings with their own minds and, as such, can never be entirely predictable. I understand that there are always elements of risk in pet-related activities including permanent disability or death, that common sense and personal awareness can help reduce. I am aware that at all times when on the premises of TME and KL or working around dogs it is MY RESPONSIBILITY to:

- Always have pets on a leash.
- Read and obey all posted Information and warnings.
- Comply promptly with all verbal directions of Seminar committee members and/or HOGC, TME and KL officers unless I believe that by doing so I will endanger myself, other people or pets, in which case I will immediately express my opinion to the person involved.
- Refrain from acting in any manner that may cause or contribute to my injury or the injury of other people or pets.
- Never leave pets unattended or alone.
- Keep the grounds clean.
- Be constantly aware of, anticipate, and be able to avoid nearby pets, people, obstacles and natural or man-made hazards.

I understand that this is only a partial list, and I must be safety conscious and exercise sound judgment at all times.

I understand that if I register as a working team and later want to become an auditor that I will only receive a refund if there is working team on the wait list that will take my spot

I understand that any changes to information that I supplied on this registration form can be made only by contacting Laurie Strimavicius.

Please sign and date to verify that you have read and understand this release and the above participant responsibilities:

Signature:_____

Date:_____