



NUTMEG PWD CLUB

CANINE BODY CONDITIONING WORKSHOP WITH KATHY LESINSKI

Join us on:

DATE: Sunday, October 26, 2025

TIME: 10:00am- 1:00pm

LOCATION: Tails-U-Win in Manchester, CT

for a Workshop with Kathy Lesinski. Kathy will be presenting on dog conditioning and body work and what you can do at home to help augment your dog's fitness.

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, who went on to Mach 2 and two AKC Invationals 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 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). She actively trains and competes in Agility, Tracking, Obedience and Rally.

We look forward to seeing you at Tails-U-Win.

Registration is limited to 10 working teams so sign up early

Auditors are welcome

REGISTRATION FORM

Name: _____

Dog's name: _____

Phone: _____ Email: _____

Working team: Nutmeg Member: \$85.00

Working team: Nonmember: \$100.00

Auditor: \$50.00

Please fill out the above, sign the following Participation Agreement, and make your check payable to: Nutmeg PWD Club, Inc

Mail check and forms to:

Jane Freeman

244 Talcott Notch Rd

Farmington, CT 06032

FMI:Freestylepwd@gmail.com

There will be a \$25.00 returned check fee.

Full refund if booked spot cancelled within two weeks of event, no refunds one week prior to Workshop.



NUTMEG PWDC, Inc. PARTICIPATION AGREEMENT

The Canine Body Conditioning Workshop is open only to purebred Portuguese Water Dogs. The dogs must be in good health and proper fitness and condition for this Workshop.

I/we agree that the Nutmeg Portuguese Water Dog Club, Inc. has the right to refuse this entry or any entry for any cause(s) which it deems sufficient.

I/we accept full responsibility for the care of my/our dog(s) before, during and after, the Workshop.

I/we agree to hold Nutmeg PWDC, Inc and its members, Directors, officers, agents, instructors, volunteers, individual helpers, the owner or lessor of the premises and/or any employees of the aforementioned parties harmless from any claim for loss or injury which may be alleged to have been caused directly or indirectly to any person or thing by the act of my/our dog(s) while in or upon the Tails-U-Win premises or grounds or near any entrance thereto; and I/we personally assume all responsibility and liability for any such claims.

I/we agree to hold the aforementioned parties harmless from any claim for loss of my/our dog(s) by disappearance, theft, death or otherwise, and from any claim for damage or injury to the dog(s), whether such loss, disappearance, theft, damage, or injury be caused or alleged to be caused by the negligence of the club or any of the parties aforementioned, or by the negligence of any other person, or any other cause or causes.

I/we hereby assume the sole responsibility for and agree to indemnify and save the aforementioned parties harmless from any and all loss and expense (including legal fees) by reason of the liability imposed by law upon any of the aforementioned parties for damage because of bodily injuries, including death at any time resulting there from, sustained by any person or persons, including myself/ourselves, or on account of damage to property, arising out of or in consequence of my/our participation in this Workshop, however such injuries, death or damage to property may be caused, and whether or not the same may have been caused or may be alleged to have been caused by negligence of the aforementioned parties or any of their employees or agents, or any other persons.

Notwithstanding any of the above, in the event that I/we or my/our dog(s) suffer any damage, injury, illness, or loss (including the death of my dog(s)), during the Canine Body Conditioning Workshop or am in any way involved in any other party's claim of damage, injury, illness, or loss during the workshop I/we agree to arbitrate the claim according to the rules of the American Arbitration Association. I/we further agree to arbitrate any question of whether any such claim is subject to such arbitration. I/we agree that any such arbitration shall take place at an agreed upon site in the State of Connecticut within 45 days of the incident giving rise to the claim, or at such other place and time as the arbitrators shall agree. I/we agree that I/we will pay a pro-rated share of the costs of any such arbitration.

Signed by Participant: _____ Date: _____