

LIVE... in Hamilton!

Dynamic Duo - Parent & Tot Workshop

Dominic Agostino Riverdale CC, 150 Violet Dr.

Sunday, November 27, 2022 9:00am - 1:00pm EST

with Dylan Harries, CALA Master Trainer



CALA

www.calainc.org

Earn 4 CALA CECs

Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES. If you are AFLCA Certified, petition for credits through AFLCA.

Description: This program offers parents and care givers an opportunity to participate in a fitness program with their child. The children range in age from 6 months to 2 years. At 6 months of age infants usually have control over their head and neck and can sit up with little to no assistance. Toddlers over the age of 2 often become too active to sit for the duration of the class. The choreography and structure of this program encourages both the child and the adult to participate while ensuring safety throughout the class.

Learning Objectives (selected):

- 1) Discover the advantages of aqua fitness for all generations and the benefits of melding them into one dynamic program.
- 2) Understand the needs of this unique audience (adult & child).
- 3) Describe the impacts and implications of the properties of water on the adult and child.
- 4) Explore the safety considerations associated with this type of programming.
- 5) Learn tips and tricks for designing and facilitating the class.

COST: CALA Member: \$99 + tax / Non-Member: \$115 + tax (ON tax is 13%)
Add \$20 + tax if paying after November 21, 2022

NOTE: Only limited spaces available - Register NOW

Please print in black ink or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
City	Tel. h	_____	
Prov	Cell	_____	
Postal	Tel. w	_____	
Email 1	Email 2	_____	

PAY BY: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT: Please check that you agree to the following **WAIVER**.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

Email form to cala_aqua@mac.com

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding