

Super Set Aqua – Just Add Water

Sunday, December 11, 2022

11:00am – 1:00pm EST

with Dylan Harries, CALA Master Trainer



Earn 2 CALA CECs

Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

Description: This 'equipment based' aqua workout will increase strength, speed & endurance in specific muscle groups using the “superset” training technique. Learn how buoyancy affects the design of each super set exercise using Aqua Bells & Noodles. With safety as a priority, practice on deck leadership skills to ensure participants experience measurable fitness gains when guided on how to use the equipment effectively. Double the work, double the fun!

Workshop Goals:

- 1) Gain a working understanding of what super set training is and how to use it effectively for all fitness levels.
- 2) Learn coaching cues for safety and technique.
- 3) Practice aqua bell and noodle exercises to develop a balanced full body strength training class.

COST: CALA Member: \$55 + tax / Non-Member: \$75 + tax (ON tax is 13%)
Add \$20 + tax if paying after November 30, 2022

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 _____ |

PAYMENT: E-transfer to cala_aqua@mac.com Amount Paid \$ _____
No refund for withdrawal from workshop

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 completed 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