

LIVE... in Hamilton!

Aqua HIIT Workshop with Dylan Harries

Earn 4 CALA CECs **Accredited:** canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.



Description: Aqua HIIT provides a mix of muscular strength, power, and cardiovascular training by alternating periods of hard work and recovery. Multi-level instruction enables everyone to have the workout best suited for them. Explore a variety of unique movement sequences and learn how Aquatic HIIT improves exercise capacity for people with a range of chronic conditions.

Objective:

1. To learn how to add the HIIT formula to aqua moves that enhance muscular strength, power, and cardiovascular training.
2. To understand how to modify each and every movement to accommodate multi-level participants by offering options including speed, range, surface area and buoyancy.
3. To experience a variety of unique movement sequences infused with Aquatic HIIT
4. To learn how to attract clients with chronic conditions to Aqua HIIT workouts.

WHERE: Westmount Recreation Centre, 35 Lynbrook Dr, Hamilton, ON L9C 2K6

WHO: CALA Master Trainer & Creative Director – Dylan Harries

WHEN: Sunday September 29, 2024 from 2:45pm – 7:15pm EST Includes dry land active theory, practical pool session & change time.

COST: CALA Member: \$125 + tax / Non-Member: \$145 + tax (ON tax is 13%)
Add \$20 + tax if paying after September 15, 2024

NOTE: Limited space available - Register NOW

Please print or type

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

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.

PAYMENT: CALA accepts E-transfer to cala_aqua@mac.com

Complete & e-mail 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

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