

LIVE... in Hamilton!

Group Aquafitness Booster: Level Up Your Leadership with Jaye Graham



Earn 4 CALA, CFES, BCRPA, SPRA, NBFA, NSFA & 2 canfitpro CECs

Also accredited by: OFC, CPTN, AFLCA, YMCA, YWCA, LSS.

Description: Experience a completely planned group aquafitness class including a comprehensive warm up, cardio, muscle conditioning and stretch. Learn how to transition from one movement to another, add a variety of arm and leg moves, alter intensity by manipulating surface area, speed of motion and buoyancy options. Practice strategies to verbally and visually cue alignment while motivating your participants. Leave this workshop with a template to create your own class design and a pre-set class to utilize immediately. Share ideas and resources with fellow instructors and boost your confidence instructing!

Key Learning Objectives:

1. Review upper and lower body exercise designed for chest deep water.
2. Review applied anatomy to understand the value of each CALA Base Move.
3. Review visual and verbal cueing strategies to motivate and educate participants.

Where: Valley Park Community Centre, 970 Paramount Drive, Stoney Creek, ON. L8J 1Y2

Who: CALA Master Trainer Jaye Graham

When: Saturday October 19, 2024 from 2:30pm – 6:30pm EST

Includes dry land active theory, practical pool session & change time.

COST: CALA Member: \$125 + tax / Non-Member: \$145 + tax (ON tax is 13%)

Late fee: Add \$25+ tax if registering after October 12, 2024

Registration for Non-Hamilton Staff opens Sept 30, 2024

Payment options: Credit Card or E-transfer to cala_aqua@mac.com

Please print (black ink) or type: **NOTE: Limited space available – Email registration to cala_aqua@mac.com**

Name _____

Address _____ **Join CALA Now** \$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.

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