

LIVE... in Hawkesbury!

CALA Aqua Cycle Workshop with Dylan Harries



Earn 4 CALA CECs & also accredited by: [canfitpro](#), [OFC](#), [BCRPA](#), [SPRA](#), [YMCA](#), [NSFA](#), [NBFA](#), [CPTN](#), [AFLCA](#), [CFES](#).

Description: This is next level training on a stainless style bike. Aqua Cycling provides a mix of muscular strength, power, and cardiovascular training. Multi-level instruction enables everyone to have the workout best suited for them. Learn how to instruct personalized bike set up, unique to each participant. Experience a variety of unique cycling positions while modifying the handlebar and saddle positions. Aqua Cycling improves exercise capacity for healthy people as well as those with a range of chronic conditions.

Objectives:

1. Learn how to personalize bike set up to ensure participants can adjust their bike for ultimate riding performance.
2. Experience a variety of riding positions and exercises to enhance cardiovascular output, muscular strength and power.
3. Gain an understanding of how to build a total body training session that accommodates all fitness levels and modifications as needed.

WHERE: Robert Hartley Sports Complex, 425 Cartier Blvd, Hawkesbury, ON K6A 1V9

PERSENTOR: Dylan Harries - CALA Master Trainer & Creative Director

WHEN: Friday November 22, 2024 from 8am – 12pm 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 November 15, 2024

Please print or type

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|---------|---|
| Name | _____ |
| Address | _____ Join CALA Now £ \$59 + tax |
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| Prov | _____ Cell _____ |
| Postal | _____ Tel. w _____ |
| Email 1 | _____ Email 2 _____ |

WAIVER AGREEMENT: Please check the box that you agree to the following listed below.

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.

Complete this form and e-mail it back to cala_aqua@mac.com

PAYMENT: Send an E-transfer 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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