

# Aqua Mat (SUP) & Ai Chi with CALA Master Trainer: Dylan T. Harries

Sat., Sept. 20, 2025 from 9am – 2pm Victoria Park CC, Ingersoll, ON

Credits: 5 CALA, 2 canfitpro, 2 CCAA, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, LSS, CFES



CALA

[www.calainc.org](http://www.calainc.org)

**Aqua Mat (SUP):** Work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on an Aqua Mat or SUP board. Get re-invigorated, tune into your body and forget about everything else. Experience a variety of moves while enjoying the peaceful splendor of floating on water. Focus on breath, improve coordination, enhance balance and condition your body in a completely new way.

- Experience and practice the aqua mat base movements.
- Develop a total body workout class plan that incorporates muscle strength, cardio drills, Pilates exercises and yoga poses.
- Learn coaching cues for options, safety and technique.

**Ai Chi** The universe is ever changing, get connected with your inner energy. This workshop is based on elements of Qigong, Tai Chi and Watsu techniques. Experience a series of graceful, powerful, slow and fast flowing movements to improve range of motion, balance and mobility. Enhance your mental strength and feel at peace as you practice each movement focusing on breath and imagery. Harmonize your mind - body balance. Rejuvenate your spirit and feel truly re-energized.

- Learn and demonstrate a series of Ai Chi base movements with a healing focus.
- Develop a warm-up using modified CALA Tai Chi base moves.
- Gain an understanding of Eastern & Western philosophies and energy flow.

## AGENDA Saturday September 20, 2025

8:45am – 9:00am	Registration & Attendance & Welcome
9:00am to 11:15am	Active Theory
11:30am to 11:45am	Change for pool sessions
11:45am to 1:15pm	Aqua Mat & Ai Chi
1:15pm to 1:30pm	Change for Q&A in Active Theory Room
1:30pm to 2:00pm	Wrap Up & Evaluation Completion

**CECS: CALA members:** Request a CEC certificate upon submission of course evaluation.

**Non-members:** E-transfer \$25 + tax to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) and include the name of the event related to the CEC certificate you are requesting. Completed evaluation must be received by CALA.

**Fee: CALA Member: \$125 + tax / Non-Member: \$140 + tax (ON tax is 13%)**

**Add \$25 after Sept. 13, 2025. E-transfer payment to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**To register: Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Please print in black ink or type

Name \_\_\_\_\_

Address \_\_\_\_\_ **Join CALA Now**  \$59 + tax

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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.

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