

# Aqua Kick Box

Accredited by CALA, AFLCA, canfitpro, CFES, SPRA, YMCA, YWCA, BCRPA



## Hosted by Killarney Aquatic Recreation Centre

**Description:** This specialty workshop involves powerful boxing and kicking movements in water. Anyone with an interest in this style of movement is welcome. This includes leaders, fitness participants and the general public. Take away the necessary skills to start doing Aqua Kick Box moves effectively.

- Understand the benefits of boxing and kicking in water
- Learn drills to reinforce technique and enhance skill level for: stance, jab, upper cut, hook, front, side and back kick, speed ball, shuffle, flurry, skip and the variations
- Linked movement patterns - basic to advanced
- Specific cues for effective teaching activities
- Effects of water on boxing and kicking activities
- Techniques to modify the intensity of movement by manipulating water properties
- Group class and individual workout formats
- Instructor safety

**WHERE:** Killarney Aquatic Recreation Centre, 1919 29<sup>th</sup> St. S.W., Calgary, AB T3E 2J7  
For facility info: 403-268-2489

**WHAT:** CALA Certified Leader – Elizabeth Spencer

**WHEN:** Friday June 9, 2017 from 4pm – 8pm  
Agenda: Active Theory (4pm – 6pm) plus Chest Deep Water Practice (6pm – 7:45pm)

**WHAT:** **Aqua Kick Box Workshop**

**COST:** CALA members: \$85 + tax = \$89.25; Non-members: \$100 + tax = \$105.00

Name: \_\_\_\_\_ DATE: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_  
Postal: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

**VISA and MasterCard credit card (not debit card) or E-Transfer/Direct Deposit.**

**Register through CALA**

**Options: Express Registration: Ph: 888-751-9823 or.**

**Scan then email this registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**Visa or MasterCard # & expiry date: \_\_\_\_\_**

**No refund for withdrawal from the Workshop.**

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