



Part One Intro to HydroRider Training– Accredited by CALA & canfitpro
Saturday February 25, 2017 from 2pm – 11pm
Waterloo Swimplex, Waterloo, ON

Registration Opens immediately. Early Bird pricing until February 13, 2017

DESCRIPTION: Don't miss this fabulous new twist on Vertical Water Training. We're talking cycling in water on a stainless steel bike. This high quality bike is easy to maneuver into and out of the water and will add a brand new dimension to cross training and programming in the pool. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, this activity has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity.

CONTENT: Familiarization & Orientation (hand positions & body positions); Training Session Construction Safety including Alignment & Core Activation; Communication & Motivation Techniques; Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning; Sample Rides
Pre-requisite for Part Two HydroRider Training to be scheduled for Spring-Summer 2017

WHAT : Trainer : Mary Lou Hall. Receive an informative handout & **Continuing Education Credits with CALA and canfitpro**

WHERE: Waterloo Swimplex, Waterloo, ON

WHEN: Sat. Feb. 25, 2017: 2pm – 11pm Potential pool sessions: 5:30pm – 7pm & 8:45pm – 10:45pm

COST/REGISTER: CALA Members only and Waterloo City Staff: \$175 + tax = \$197.75
Non-members and non-Waterloo City Staff: \$195 + tax = \$220.35

Add \$28.25 for late registrations Feb 14 to Feb 22. Registration closes Feb 22, 2017

If you register & need to cancel, partial refunds until Feb 13. Admin fee of \$50 + tax = \$56.50. No refund after Feb 13.

Name: _____
Address: _____
City: _____ Home Tel. #: _____
Province: _____ Fax #: _____
Postal: _____ Work Tel. #: _____
Email: _____ Cell Phone #: _____

VISA and MasterCard (No Debit cards please) and e-transfers are accepted

VISA MasterCard E-transfer Amount Paid: **S** (See above for correct fee)
Card # _____ Expiry Date: _____

CALA

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Office Use Only: Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____
Confirm Letter e: _____ Receipt e: _____ Promo e: _____