



CALA HydroRider One Day Clinic (Pre-requisite: VWT Course)

Hosted by City of Mississauga at Frank McKechnie Community Centre

Registration Through City of Mississauga - *BAR CODE: 731015*

Don't miss the training for 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, the HydroRider 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.

Objectives:

- ✓ Familiarization and Orientation to cycling positions
- ✓ Training Session Construction
- ✓ Safety including Alignment and Core Activation
- ✓ Communication and Motivation Techniques (verbal and visual)
- ✓ Cadence and Intensity Manipulations for Aerobic & Anaerobic Conditioning
- ✓ Sample Rides

WHERE: Frank McKechnie Community Centre, 310 Bristol Rd. Mississauga, ON., L4E 3V5.

WHEN: Sun Feb. 26, 2017 1pm – 9pm (Active Theory: 1pm-5pm plus Pool: 5pm - 9pm)

CECS: Earn 8 **CALA CECs**. Also accredited by canfitpro, OFC, YMCA & YWCA, OSHF

PREREQUISITE: Completion of CALA Foundations of Vertical Water Training Course OR
CALA Letter of Acceptance to Bypass the VWT Course (Contact CALA for details).

BRING: **For in water: Water shoes, 'bike short' style bottoms with bathing suit or top. Water Bottle**
More than one swimsuit/towel, a combination lock/key lock for our daily use lockers, comfortable clothing that allows for movement, layers of clothing, your water bottle, pens, pencils, highlighters, and anything else to assist you with your learning process.
*** There is no access to a kitchen on site, bring your own food and refreshments.

REGISTER: In-Person: Front desk of any Community Centre in City of Mississauga Visa, MasterCard or cheque
On-line: Use credit card: Visa or MasterCard using the following link. Using the search bar enter CALA or Enter Bar Code: 731015
<https://www1.city.mississauga.on.ca/connect2rec/Start/Start.asp> Enter Bar Code: 731015

COST: **Current CALA Member** = \$265.55 includes tax **Add \$11.30 for non-City of Mississauga residents**
Expired CALA Member ADD \$66.67 includes tax (to renew membership)
City of Mississauga Staff with current CALA membership = \$199.16 includes tax

MORE INFO: CALA 416-751-9823 or cala_aqua@mac.com