

# CALA Workshop – Bridging and Linking for Smooth Transitions

Accredited by CALA, canfitpro, AFCLA, CFES, SPRA, Y

Hosted by Killarney Aquatic Recreation Centre



## Description:

Learn to design classes that flow from one move to another by building bridges and linking exercises. We build bridges to overcome obstacles, basically, to get from one place to another with ease and comfort. Linking signifies connection, joining movements together into a chain of exercises by complementing arms with legs, manipulating tempo, playing with buoyancy, altering range of motion and/or changing surface area. Both processes result in smooth transitions, enabling participants to put their full attention and effort into each and every movement. This linear style of structuring a class can be easily modified to accommodate beginners and to challenge hard-core fitness buffs. The key is flow, fun and focus.

**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 Trainer Michelle McLaren

**WHEN:** Friday March 10, 2017 from 4pm – 8pm  
Agenda: Active Theory: 4pm – 6pm; Practical Pool: 6pm – 8pm

**WHAT:** **CALA Aqua Bridging and Linking 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: Phone: 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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