

Suspended & Tethered Vertical Water Training

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



Hosted by Killarney Aquatic Recreation Centre

Description:

Discover how tying your participants up can add all new excitement to your aquafit class! We will explore how to incorporate CALA base moves into a tethered class setting. An introduction to water base running will also be reviewed along with ways to add this to your aquafit program.

WHERE: Killarney Aquatic Recreation Centre, 1919 29th St. S.W., Calgary, AB T3E 2J7
Facility info: 403-268-2489 or <http://www.calgary.ca/CSPS/Recreation/Pages/Pool/Killarney.aspx>

WHO: CALA Trainer Michelle McLaren

WHEN: Friday May 5, 2017 from 4pm – 8pm
Agenda: Active Theory (4pm – 6pm) plus Deep Water Practice (6pm – 7:45pm)

WHAT: **Suspended & Tethered Vertical Water Training**

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

Visa or MasterCard # & expiry date: _____

No refund for withdrawal from the Workshop.

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