



PRINCE RUPERT RECREATION COMPLEX

1000 McBride Street, Prince Rupert, BC V8J 3H2
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www.princerupert.ca



Workshops – Sun May 7, 2017 (REVISED) Earn CALA, BCRPA & canfitpro CECs Host Facility: Earl Mah Aquatic Centre, Prince Rupert, B.C.

JUST A MINUTE – Cardio-Abdominal Combination - 3 CECS (\$70 + tax) 10am – 1pm

Learn the structure, the design and the exact delivery of Charlene’s innovative “Just a Minute” Water Running Class. The intensity of each one-minute phase builds from 65% to 95% as the workout progresses. Each stage of the water running workout includes specific biomechanical tips to ensure excellent technique to guarantee safety, specificity of training and effectiveness. These tips and cues add together to build perfect posture and running form. Listen to how Charlene delivers this class and put the formula into action immediately.

CHARLENE’S BOUNCE IT, ANCHOR IT, PROPEL IT! - 3 CECS (\$70 + tax) 1:30pm- 4:30pm

Manipulating buoyancy is an effective way to train the core, control intensity and add variety. Experience bottom contact and suspended moves while bouncing, anchoring and propelling. Understand how to reduce risk and enhance safety and effectiveness by cueing alignment and technique. Create magic with sensible choreographed patterns that play with speed, range, surface area and buoyancy.

DYNAMIC STRETCH AND STABILITY TRAINING - 2 CECS (\$60 + tax) 5pm – 7pm

Learn how to integrate a holistic approach into the stretching and relaxation phase of an aqua class. Anatomical knowledge of the muscles, connective tissues, bones and joints of the body, simply opens the door to exercise design. The next step involves applying the anatomical information to the body in motion - the science of kinesiology. Furthermore, a clear understanding of joint biomechanics ensures accurate analysis and safe selection of exercises that are suitable for a specific group of participants. Experience dynamic range of motion moves to enhance flexibility and de-stress simultaneously.

WHERE: Earl Mah Aquatic Centre, 1000 McBride St., Prince Rupert, BC., V8J 3H2.

ALL THREE WORKSHOPS: CALA Member:\$160 + tax; NON Member: \$180 + tax **Join Now add (\$59 + tax)**

Name: _____

Address: _____

City: _____ **Tel. (h):** _____

Province: _____

Postal: _____ **Tel. (w):** _____

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VISA MasterCard E-Transfer **Amount Pd:** \$ _____ **(See above for correct fee option)**

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Signature _____

REGISTER BY PHONE 1-888-751-9823 OR EMAIL CALA cala_aqua@mac.com

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD Email added: _____
	Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____ Other: _____