



Aqua Equipment Extravaganza with CALA Presenter, Mary Lou Hall

Saturday March 24, 2018 at Norfolk County, Annaleise Carr Aquatic Centre
Accredited by CALA, canfitpro, OFC, YMCA, YWCA

Workshop Description: Noodle, Bender Balls, Resistive Flex Paddles & Bar Bells are often available at aquatic centres to spice up aquafitness classes. The trick is to learn how to integrate this equipment effectively, efficiently and safely into a class plan. Organization, planning and exploring how to use each piece of equipment are key components. During this workshop you will experience a variety of exercises in deep and chest deep water.

WHERE: Annaleise Carr Aquatic Centre, 182 South Drive, Simcoe, ON, N3Y 1G5
For help: Customer service @ 519-426-8866 x 2233 or simcoe.aquatics@norfolkcounty.ca

AGENDA: Saturday, March 24, 2018 from 12pm – 4pm

12pm – 2pm: Active theory on dry land
2pm – 2:15pm: Change
2:15pm – 3:45pm: Pool Session
3:45pm – 4pm: Q & A, feedback on dry land

CECs: Earn 4 credits. Non-members will also acquire credits & bank CECs for future use.

Fee Full Workshop: Early Bird – <March 1, CALA Members: \$99 / Non Members: \$109 (plus tax)
Regular Fees – Register on or >March 1, Add \$25 (plus tax)

Name	_____	Join Now: <input type="checkbox"/> (\$59 plus tax)
Address	_____	
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal:	_____	Tel. w _____
Email:	_____	_____

VISA MCard E-transfer/Direct deposit Pd: \$ _____ (See above for correct fee)
Card # _____ **Expiry** _____
Sign: _____

EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

Office Use Only: Date Processed: _____ Initials: _____ Invoice # _____ PD <input type="checkbox"/> Email added: _____ Confirmation Letter: _____ New Member #: _____ Receipt: _____ Promo: _____ Other: _____
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