



Intro to HydroRider Training Clinic

Accredited: CALA, canfitpro & OFC

Saturday March 24, 2018 from 1:30pm – 10pm

Waterloo Swimplex, Waterloo, ON

Registration Opens immediately. Early Bird pricing until March 10, 2018

DESCRIPTION: Don't miss 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, this activity 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.

CONTENT: Familiarization & Orientation (hand positions & body positions); Training Session Construction; Safety including Alignment & Core Activation; Communication & Motivation Techniques; Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning; Sample Rides

WHAT: Trainer : Charlene Kopansky. Receive an informative handout & Continuing Education Credits with CALA, canfitpro & OFC. Earn and bank CECs with CALA even before you are CALA trained or Certified.

WHERE: Waterloo Swimplex, 101 Father David Bauer Dr, Waterloo, ON N2J 4A8

WHEN: Sat. March 24, 2018: 1:30pm – 10pm Pool sessions: 7:00pm onwards

COST/REGISTER: CALA Members: \$175 + tax = \$197.75 Non-members: \$195 + tax = \$220.35
Extra Special Rate for City of Waterloo staff (first 6 registrations). Call CALA for Details

Add \$28.25 for late registrations March 11 to March 21. Registration closes March 22, 2018

If you register & need to cancel, partial refunds until March 11. Admin fee of \$50 + tax = \$56.50. No refund after March 11.

Name: _____
Address: _____
City: _____ Home Tel. #: _____
Province: _____ Fax #: _____
Postal: _____ Work Tel. #: _____
Email: _____ Cell Phone #: _____

VISA and MasterCard (No Debit cards please) and e-transfers are accepted

VISA MasterCard E-transfer Amount Paid: S (See above for correct fee)

Card # _____ Expiry Date: _____

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Confirm Letter e: _____ Receipt e: _____ Promo e: _____