

**BCRPA, CFES, AFLCA, canfitpro,
And CALA accredited**



Host Facility: Nicola Valley Aquatic Centre, Merritt, BC
CALA Workshops – Sunday May 6th, 2018

Aqua Cardio Combat – Core Fusion with Bridging & Linking: 8am – 12pm (4 CECS)

8:00am – 9:45am: Civic Centre: Dry land theory & dry land movement
 9:45am – 10:00am: Change time for pool session
 10:00am – 11:30am: Nicola Valley Aquatic Centre: Deep Water Session
 11:30am – 12:00pm: Civic Centre: Dry land Q & A, Feedback Completion

The good news is that your classes are full. You have participants ranging from 18 to 88 years of age with a wide variety of fitness levels. Some prefer chest deep-water, others deep. Then there are those that move in both depths comfortably. There are people with movement limitations related to health conditions. How do you accommodate them all? Learn to design & deliver classes that celebrate light, moderate & high intensity movement variations & combinations. Get ready for a movement experience that fuses Cardio Combat and Core Training. This workshop will explore leadership techniques & movement construction / deconstruction to create the best possible experience for instructors and participants.

Oh My Aching Body – Strengthening, Range of Motion & Class Plan Strategies: 1pm – 5pm (4 CECS)

12:45pm – 2:45pm: Civic Centre: Dry land theory & dry land movement
 2:45pm – 3:00pm: Change time for pool session
 3:00pm – 4:30pm: Nicola Valley Aquatic Centre: Chest Deep Water (Therapy & Main Pool)
 4:30pm – 5:00pm: Nicola Valley Aquatic Centre: Viewing area: Q & A, Feedback Completion

This chest-deep water session is designed to create a welcoming environment with no expectations and no judgement. Experience the pure joy of gentle movement in water that encourages range of motion, balance, flexibility and a sense of accomplishment. Instructors will experiment with moves from a sample OMAB (Oh My Aching Body) class and design movement modifications to ensure class participants are comfortable. Learn how voice tone and volume affects class participants

Two WORKSHOPS: \$168

or

One Workshop: \$94.50

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