



## 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:** Noodles, 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. Activating the core and adding circuit style training ideas will be featured 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](mailto:simcoe.aquatics@norfolkcounty.ca)

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

12pm – 1:30pm: Active theory on dry land

1:30pm – 1:45pm: Change

1:45pm – 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)

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<b>Address</b>	_____	<b>Join Now:</b> <input type="checkbox"/> (\$59 plus tax)
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**EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

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