

# BCRPA, CALA, CFES & canfitpro approved/accredited



**WORKSHOP OPPORTUNITY– Sat Apr 8, 2017**

**City of Kelowna, Parkinson Recreation Centre, Kelowna, BC**

**Presented by CALA Trainer: Jane Jones**

**Date:** Saturday April 8, 2017 – 12:30pm - 4:30pm

**Agenda:** 12:30pm - 2pm: Active theory session on dry land  
2:00pm – 2:15pm: Change for pool session (or observe on deck)  
2:15pm – 4:30pm: Pool session (or observe on deck)

**Accreditation:** 4 CALA, 2 cfp FIS & OAS, 4 BCRPA CECs

The Ways Water Makes Us Move

The way we move the water affects how water moves and supports us. Learn how to take charge and move the water in new and interesting ways. Consider the relationship between speed of motion and range of motion to design safe exercises that improve fitness. Understand how movement in water allows us to relax, stretch, strengthen, engage the core, dissipate stress and work our body. Put an extra spin on this concept by incorporating synchronized swim skills to challenge the mind and the body.

1. Apply Newton's Third Law: Action & Reaction to a variety of CALA arm and leg movement combinations.
2. Experience how SOM affects ROM.
3. Learn to integrate synchronized swimming skills to challenge 'seasoned' aquafitness participants.

**Cost: \$94.50**

**To register:** Call 250 469-8800 (Quote bar code 153372)

For more information or questions contact Jane Jones, [jjones@kelowna.ca](mailto:jjones@kelowna.ca)

**Hosted by City of Kelowna** 1800 Parkinson Way, Kelowna, BC. V1Y 4P9 [kelowna.ca](http://kelowna.ca)

**You will earn CALA CECs, that you can 'bank' for use in the future. No membership or CALA Training required to earn and bank CECs.**

In partnership with The Canadian Aquafitness Leaders Alliance Inc (CALA)

[cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) [www.calainc.org](http://www.calainc.org)

