

**BCRPA, CFES, AFLCA, canfitpro, CALA accredited
WORKSHOP EXTRAVAGANZA**



Friday, May 12 & Saturday May 13, 2017 at
Nicola Valley Aquatic Centre, 2040 Mamette Ave. Merritt, BC
Host Contact : Laura Chivers, 250-368-6662

Presented by CALA Founder & President, Charlene Kopansky

Accreditation for each workshop: 4 CALA, 2 FIS, PTS, OAS, 4 BCRPA, CFES

Friday May 12: 4pm- 8pm Add Fun & Flavour - Bounce, Anchor & Propel Your Body

Active Dryland Theory: 4pm – 6pm
Change for Pool: 6pm – 6 :15pm
Main Pool: 6:15pm – 7 :45pm (Chest deep & Deep options)

Saturday May 13: 8:30am - 12:30pm Jump on Board!

Main Pool: 8:30am – 10am (Stability Boards)
Change for Theory: 10am – 10 :15am
Active Dryland Theory: 10 :15am – 12 :30pm

Sat May 13: 1:15 - 5:30pm Restore the Body, Relax the Mind & Release the Spirit – AquaYoga

Active Dryland Theory: 1:15pm – 3 :15pm
Therapy Pool: 3:30pm – 5pm (Chest deep, Warm water)
Change for Feedback: 5pm – 5 :15pm
Q & A, Feedback: 5:15pm – 5:30pm

Choose: Add Fun & Flavour Jump on Board Restore, Relax, Release

1 workshop: \$94.50 or 2 workshops: \$168 or 3 workshops: \$210

Add \$26.25 for registration after May 5, 2017.

Payment options: e-transfer or direct deposit Visa credit card Mastercard credit card

Name: _____ Email: _____

Address: _____ City: _____ PCode: _____

Home Phone: _____ Work Ph: _____ Cell Ph: _____

Credit Card #: _____ Expiry Date: _____

Signature: _____

EXPRESS REGISTER 1-888-751-9823 or email completed registration form cala_aqua@mac.com