



Choreography to the Max & Dynamic Stretch

Saturday March 25, 2017 at Norfolk County, Annaleise Carr Aquatic Centre
Accredited by CALA, canfitpro, OFC, YMCA, YWCA

Workshop Description: Invite everyone to choose the level of intensity that suits their needs, their energy level and their goals. Introduce carefully constructed choreography patterns designed for warm up, cardio, and muscle conditioning using cues that motivate participants. Complete the session with a dynamic stretch formula that releases muscle tension, improves body awareness and leaves participants with a 'feel good finish'

WHERE:

- Annaleise Carr Aquatic Centre, 182 South Drive, Simcoe, ON, N3Y 1G5
- Directions: Call customer service @ 519-426-8866 x 2233 or simcoe.aquatics@norfolkcounty.ca

AGENDA: Sat Mar 25, 11:30am – 3:30pm: Active theory on dry land; 11:30am – 1:15pm: change; Chest deep & deep water practical pool session; 1:30pm – 3:00pm; 3:00pm -3:15pm: Change: 3:15pm – 3:30pm: 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 5, CALA Members: \$90 / Non Members: \$100 (plus tax)
Regular Fees – Register on/>March 5, Add \$25 (plus tax)

Name _____
Address _____
City _____ Tel. h _____
Prov _____ Cell _____
Postal: _____ Tel. w _____
Email: _____

Amount
 VISA MCard E-transfer/Direct dep. Pd: \$ _____ (See above for correct fee)
Card # _____ Expiry _____
Sign: _____

EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD <input type="checkbox"/>	Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____	