

Aqua Kick Box

Accredited by CALA, AFLCA, canfitpro, CFES, SPRA, YMCA, YWCA, BCRPA



Hosted by Killarney Aquatic Recreation Centre

Description: This specialty workshop involves powerful boxing and kicking movements in water. Anyone with an interest in this style of movement is welcome. This includes leaders, fitness participants and the general public. Take away the necessary skills to start doing Aqua Kick Box moves effectively.

- Understand the benefits of boxing and kicking in water
- Learn drills to reinforce technique and enhance skill level for: stance, jab, upper cut, hook, front, side and back kick, speed ball, shuffle, flurry, skip and the variations
- Linked movement patterns - basic to advanced
- Specific cues for effective teaching activities
- Effects of water on boxing and kicking activities
- Techniques to modify the intensity of movement by manipulating water properties
- Group class and individual workout formats
- Instructor safety

WHERE: Killarney Aquatic Recreation Centre, 1919 29th St. S.W., Calgary, AB T3E 2J7
For facility info: 403-268-2489

WHO: CALA Certified Leader – Brenda Hamre

WHEN: Friday June 9, 2017 from 4pm – 8pm
Agenda: Active Theory (4pm – 6pm) plus Chest Deep Water Practice (6pm – 7:45pm)

WHAT: **Aqua Kick Box Workshop**

COST: CALA members: \$85 + tax = \$89.25; Non-members: \$100 + tax = \$105.00

Name: _____ DATE: _____
Address: _____
City: _____ Province: _____
Postal: _____ Work Tel. #: _____
Email: _____ Cell Phone #: _____

VISA and MasterCard credit card (not debit card) or E-Transfer/Direct Deposit.

Register through CALA

Options: Express Registration: Ph: 888-751-9823 or.

Scan then email this registration form to cala_aqua@mac.com

Visa or MasterCard # & expiry date: _____

No refund for withdrawal from the Workshop.