

CALA Aqua Strength & Conditioning Workshop

Hosted by Ottawa Athletic Club

Earn 4 CALA CECs. Also accredited by canfitpro, OFC YMCA.



Description: Combine the intensity of water with repetitions from the weight room followed by an anaerobic interval and you have a fabulous format to make the water boil - Muscle Power in chest deep water! The structured intervals of this workshop will 'shake-up' the S.A.I.D. Principle (**S**pecific **A**daptation to **I**mposed **D**emands). The muscle conditioning intervals will apply surface area, range of motion, buoyancy variations, tempo changes and accentuation of effort to fatigue muscle groups. All of this is followed by a high intensity cardiovascular interval to tax anaerobic capacity and maximize training effect.

Objectives:

- To introduce a specific interval format that instructors can integrate immediately
- To reinforce the effective use of surface area, range of motion, buoyancy, tempo variations, & accentuation of effort to condition the skeletal and cardiac muscles.
- To review the principals of anaerobic training
- To experience anaerobic training intervals & learn how to effectively integrate them into a class
- To identify measures of exertion that class participants can use to evaluate their effort within each interval.

WHERE: Ottawa Athletic Club, 2525 Lancaster Ave, Ottawa ON, K1B 4L5
For directions & facility info contact

WHAT: CALA Presenter Kristin Murphy

WHEN: Sunday, November 18, 2018 from 1pm – 5pm

WHAT: **CALA Aqua Strength & Conditioning – CALA CECs for all who participate**

COST: Early Bird: on or before Nov 1st, CALA Members: \$95 / Non Members: \$110 (plus tax)
Regular Fees – Register > Nov 1st Add \$25 (plus tax)

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

Join Now: (\$59 plus tax)

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 Email added: _____
Confirmation Letter: _____ New Member #: _____ Receipt: _____ Promo: _____ Other: _____