

CALA Aqua Exploration – A Series of Workshops with Jennie Queen



Hosted by Ottawa Athletic Club on Sunday, June 4, 2017
11:30am to 6pm

Earn 6 CALA CECs. Also accredited by canfitpro, OFC, YMCA, CFES.
CALA CECs do not expire and you can bank them even before you are a CALA member or CALA trained.

Agenda: Starts at 11:30am, arrive at 11am for registration, includes active theory, be prepared for movement on dry land, then pool 2-4, bring snacks, warm clothing, fitness shoes, writing materials.

Descriptions: Teaching Tightrope: Ensure longevity in your fitness leadership career. Explore the risk potential for our active career choice. Learn tips and tricks for ensuring to keep yourself healthy and prepare the 'emergency' situations that may arise while you are teaching? Gain insight into risk management, and explore the tools and strategies to ensure the overall health and safety of everyone on your team.

Aqua-Lite done Right: Learn how to plan a low impact, low intensity program to meet the needs of older adults, people returning to fitness and those with minor physical limitations. Focus on movement that matters to create a class where health and well-being are improved.

Crunch-H2O Muscle Max: Learn how to focus on movements that matter. Experience a total body muscle focused class. From the lesson planning to the implementation stage, get your participants aqua-pumped! From shallow to deep, and head to toe, this class will keep you on the go.

WHERE: Ottawa Athletic Club, 2525 Lancaster Ave, Ottawa ON, K1B 4L5
Visit www.ottawaathleticclub.com for directions & facility

COST: Early Bird: on or before May 15th, CALA Members: \$160 / Non Members: \$185 (plus tax)
Regular Fees – Register > May 15th Add \$25 (plus tax)

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

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: _____	