



Intro to HydroRider Training Clinic

Accredited: CALA, canfitpro & OFC

Saturday July 7th, 2018 from 8:00am – 4:30pm

Essex Recreation Complex, Town of Essex, ON

Registration Opens immediately. Early Bird pricing until June 15, 2018

DESCRIPTION: Don't miss this fabulous new twist on Vertical Water Training. We're talking cycling in water on a stainless steel bike. This high quality bike is easy to maneuver into and out of the water and will add a brand new dimension to cross training and programming in the pool. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, this activity has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity.

CONTENT: Familiarization & Orientation (hand positions & body positions); Training Session Construction; Safety including Alignment & Core Activation; Communication & Motivation Techniques; Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning; Sample Rides

WHAT: Trainer : Dylan Harries.
Receive an informative handout & Continuing Education Credits with CALA, canfitpro & OFC. Earn and bank CECs with CALA even before you are CALA trained or Certified.

WHERE: Essex Recreation Complex, 242 Talbot Street North, Essex, ON N8M 2E1

WHEN: Saturday July 7th, 2018: 8:00am – 4:30pm Pool Available all day.

COST/REGISTER: CALA Members: \$175 + 13% tax = \$197.75. Non-members: \$195 + 13% tax = \$220.35
Essex Recreation Complex staff contact Sarah Newton to register.

Add \$28.25 for late registrations after June 15, 2018 .

If you register & need to cancel, partial refunds until April 11. Admin fee of \$50 + tax = \$56.50. No refund after April 11.

Name: _____

Address: _____

City: _____ Home Tel. #: _____

Province: _____ Fax #: _____

Postal: _____ Work Tel. #: _____

Email: _____ Cell Phone #: _____

VISA and MasterCard (No Debit cards please) and e-transfers are accepted

VISA MasterCard E-transfer Amount Paid: S (See above for correct fee)

Card # _____ Expiry Date: _____

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Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	Inv Pd <input type="checkbox"/>	Email added: _____
	Confirm Letter e: _____	Receipt e: _____	Promo e: _____		