

# CALA – BCRPA-canfitpro-AFLCA Accredited Workshop Series Presented by Charlene Kopansky, CALA Founder & President

Canada Games Centre, 200 Hamilton Blvd., Whitehorse, Yukon, Y1A 6G3



## Restore the Body, Relax the Mind, Release the Spirit – Aug. 8th - 3 CECS 11am – 2pm

This warm water session is designed to create a welcoming environment with no expectations and no judgement. The goal is to experience the pure joy of gentle movement in water through exercise design and delivery that encourages range of motion, balance, flexibility and a sense of accomplishment. A community OMAB (Oh My Aching Body) class will be integrated into the workshop: 12:10pm- 12:50pm

- Learn how voice tone and volume affects class participants
- Experience a series of slow, purposeful movements designed to improve range of motion, balance, confidence, flexibility and togetherness.

## Simultaneous Deep & Chest Deep- Aug 9th- 3 CECS - 11am- 2pm

This workshop features techniques to enable instructors to lead classes with participants in both chest deep and deep water. Learn to modify moves to ensure everyone experiences a wonderful, balanced workout. A community class will be integrated into the workshop: 11:10am – 11:55am

- Analyze movements geared to chest deep water and decide how to modify them to suit deep water.
- Practice leading chest deep and deep water (suspended) moves, simultaneously.
- Understand the importance of pausing and cueing verbally & and visually to engage all participants.

## Structuring Cardio & MSE Intervals –August 10th- 3 CECS – 11am – 2pm

Reignite your workouts, elevate strength & endurance cardio conditioning with high intensity metabolic training. Review the science of energy systems and develop intensity progressions for your water classes. Design an unforgettable workout that can be adapted for all ages & stages in life! A community class will be integrated into the workshop: 11:10am – 11:55 am

- Review the major energy systems and training protocols critical for effective performance.
- Discuss program progressions and exercise design with various populations.
- Learn there is immense variety of options for cardio and strength.
- Experience shallow and deep interval exercises in a 50-minute class format.

**\*Everyone who attends will earn credits & 'bank' CECs for future use.**

- 1 WORKSHOP:** CALA member: **\$80**; NON member: **\$100**; Provider Staff member: **\$40** (+ 5% tax)  
**2 WORKSHOPS:** CALA mber: **\$150**; NON member: **\$170**; Provider Staff member: **\$80** (+ 5% tax)  
**3 WORKSHOPS:** CALA mber: **\$220**; NON member: **\$240**; Provider Staff member: **\$120** (+ 5% tax)  
**Note:** CALA membership: join/renew: \$59 + tax. **Late fee** after July 28, 2017: Add \$35 (+ 5% tax)

**REGISTER: Phone; 1-888-751-9823 or scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**VISA or MasterCard accepted; or direct deposit/e-transfer**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Amount

VISA  MasterCard  E-Transfer

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Expiry \_\_\_\_\_

Signature \_\_\_\_\_

Office Use Only: Date Processed: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ PD Email added: \_\_\_\_\_  
Confirmation Letter: \_\_\_\_\_ New Member #: \_\_\_\_\_ Receipt: \_\_\_\_\_ Promo: \_\_\_\_\_ Other: \_\_\_\_\_