

**BCRPA, CFES, AFLCA, canfitpro, CALA
accredited**

Jump on Board the GlideFit Mat!

Wednesday, July 26 2017 from 8:30am – 5:30pm

Tumbler Ridge Community Centre

340 Front St., BC. V0C 2W0

Host Contact : Lindsey Roberts & Ann More, 250-242-4246

Presented by CALA Founder & President, Charlene Kopansky

Accreditation for the Clinic: 8 CALA, 4 FIS, PTS, OAS, 8 BCRPA, 8 CFES



Description: Get vertical – and work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on a floating Glide Mat. Get re-invigorated, tune into your own body & forget about everything else. Experience a variety of moves while enjoying the peaceful splendor of floating on water. Focus on breath, improve coordination, enhance balance and condition your body in a completely new way.

Objectives:

- Learn how to stabilize on the floating mat.
- Practice on deck and in water demo techniques with communication strategies to encourage participants to execute movements safely and effectively
- Integrate falls prevention exercises & core activation moves with yoga poses while on the mat.

Proposed Agenda : Wednesday July 26: 8:30am- 5:30pm

Active Dryland Theory:	8:30am – 10:30am
Energy Break & Change for Pool:	10:30am – 10:45am
Active Pool Session:	10:45am – 12:30pm
Change from Pool & Lunch:	12 :30pm – 1:30pm
Active Dryland Theory:	1:30pm – 3:15pm
Energy Break & Change for Pool:	3:15pm – 3:30pm
Active Pool Session:	3:30pm – 5:00pm
Change from Pool & Wrap Up:	5:00pm – 5:30pm

Fee: Registrations : \$250 + tax

Add \$26.25 for registration after July 15, 2017.

Payment options: e-transfer or direct deposit Visa credit card Mastercard credit card

Name: _____ Email: _____

Address: _____ City: _____ PCode: _____

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