



Aquatic Exercise and Movement Design for Common Conditions – A Magical Partnership with CALA Presenter, Paul Lewis

Saturday October 21, 2017 at Norfolk County, Annaleise Carr Aquatic Centre
Accredited by CALA, canfitpro, OFC, YMCA, YWCA

Workshop Description: Discover how to help participants increase mobility, enhance flexibility and improve cardiovascular and muscular endurance while working through the limitations associated with common conditions such as arthritis, hip and knee replacements, motor vehicle accidents, low back and shoulder joint injuries. Learn specific moves and movement progressions designed for a variety of common conditions. Experience a class focusing on mobility that includes warm up, cardio, muscle conditioning, range of motion and stretching parts of a vertical water training – mobility style class.

WHERE: Annaleise Carr Aquatic Centre, 182 South Drive, Simcoe, ON, N3Y 1G5
For help: Customer service @ 519-426-8866 x 2233 or simcoe.aquatics@norfolkcounty.ca

AGENDA: Saturday, October 21, 2017 from 2pm – 6pm

2pm – 4pm: Active theory on dry land; 4pm – 4:15pm: Change

4:15pm – 5:45pm: Pool Session; 5:45pm – 6pm: Q & A, feedback on dry land

CECs: Earn 4 credits. Non-members will also acquire credits & bank CECs for future use.

Fee Full Workshop: Early Bird – <October 5, CALA Members: \$99 / Non Members: \$109 (plus tax)
Regular Fees – Register on or >October 5, Add \$25 (plus tax)

Name	_____	
Address	_____	Join Now: <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal:	_____	Tel. w _____
Email:	_____	_____

<input type="checkbox"/> VISA <input type="checkbox"/> MCard <input type="checkbox"/> 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: _____	