



YMCA
of Kingston



Yeah, That's How We Move! featuring Lesa Ray

Saturday October 21, 2017 at Wright Crescent Lap Pool, YMCA Kingston
Accredited by **CALA, OFC, YMCA, YWCA**

Workshop Description: Improve your instructor skill set regardless of your experience. Review deck safety, cueing, music beats per minute and posture while fine-tuning movement execution on deck and in the water. Focus on oppositional arm and leg actions and contraindications/cautions through experiential learning. Learn to modify movements to make your class inclusive for all levels of fitness. Participation in this workshop will also provide you with 4 CECs. These CECs will be banked until you are CALA Certified and need CECs or used to recertify with CALA.

WHERE: Wright Crescent Lap Pool, 100 Wright Crescent, Kingston, ON K7L 4T9
For help: Customer service @ 613-634-7008 EXT. 3248
or email: dianne_britton@kingston.ymca.ca

AGENDA: Saturday, October 21, 2017 from 8am – 12pm

EXPECT: In water & on-deck movement & classroom theory with dry land movement

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

Fee: YMCA Member: \$100.00 + 13% tax; Non Member: \$150.00 + 13% tax

**CALL 613-546-2647 to register through the YMCA of KINGSTON.
HURRY, LIMITED SPACES AVAILABLE!**

Contact CALA if you have any questions at 1-888-751-9823 or
[email cala_aqua@mac.com](mailto:cala_aqua@mac.com)