

canfitpro, OFC, YMCA-YWCA & CALA accredited
at Joe Mavrincac Community Complex, Kirkland Lake, ON
CALA Workshops – Fri Jan 11 & Sat Jan 12, 2019



Aqua Cardio Combat – Core Fusion with Bridging & Linking:

Friday January 11, 6pm – 9:30pm (3 CECS)

- 6:00pm – 7:15pm: Dry land theory & dry land movement
7:15pm – 7:30pm: Change time for pool session
7:30pm – 9:00pm: Combination chest deep & deep water session in Main Pool
9:00pm – 9:30pm: Change time from pool session: Dry land Q & A, Feedback Completion

The good news is that your classes are full. You have participants ranging from 18 to 88 years of age with a wide variety of fitness levels. Some prefer chest deep-water, others deep. Then there are those that move in both depths comfortably. There are people with movement limitations related to health conditions. How do you accommodate them all? Learn to design & deliver classes that celebrate light, moderate & high intensity movement variations & combinations. Get ready for a movement experience that fuses Cardio Combat and Core Training. This workshop will explore leadership techniques & movement construction / deconstruction to create the best possible experience for instructors and participants.

Aqua Equipment Extravaganza:

Saturday January 12, 8am – 11:30am (3 CECS)

- 8:00am – 9:30am: Dry land theory & dry land movement
9:30am – 9:45am: Change time for pool session
9:45am – 11:15am: Combination chest deep & deep water session in Main Pool
11:15am – 11:30am: Change time from pool session: Q & A, Feedback Completion

This combination chest-deep & deep water session will provide an opportunity to explore the safe and effective use of a variety of equipment including aqua bands, floating dumbbells and aqua discs. Discuss how to avoid joint strain while improving muscle strength and dynamic flexibility. Understand how each piece of equipment can also be used to develop isometric strength in the postural stabilizers.

Aqua Kick Box Boot Camp with a High Intensity Interval Training Twist:

Saturday January 12, 12:30pm – 3pm (2 CECS)

- 12:30pm – 1:30pm: Dry land theory & dry land movement
1:30pm – 1:45pm: Change time for pool session
1:45pm – 3:00pm: Combination chest deep & deep water session in Main Pool

Get fired up as you learn how to design and deliver a high energy kick box boot camp class with high intensity interval training integrated into powerful jabs, hooks, upper cuts and a variety of karate style kicks. Learn to deliver energy and receive energy by focusing on moving from your centre of power.

Oh! My Aching Body – Strengthening, Range of Motion & Class Plan Strategies:

Saturday January 12, 3pm – 5:30pm (2 CECS)

- 3:00pm – 4:15pm: Shallow Water (Therapy Pool)
4:15pm – 4:30pm: Change time from pool session to dry land
4:30pm – 5:30pm: Dry land theory & dry land movement, Q & A, Feedback Completion

This chest-deep water session is designed to create a welcoming environment with no expectations and no judgement. Experience the pure joy of gentle movement in water that encourages range of motion, balance, flexibility and a sense of accomplishment. Instructors will experiment with moves from a sample OMAB (Oh My Aching Body) class and design movement modifications to ensure class participants are comfortable.

canfitpro, OFC, YMCA-YWCA & CALA accredited
at Joe Mavrinac Community Complex, Kirkland Lake, ON
CALA Workshops – Fri Jan 11 & Sat Jan 12, 2019



REGISTRATION FORM

Fri only WORKSHOP: \$90 + tax or

Sat only WORKSHOPS: \$170 + tax

Fri & Sat WORKSHOPS: \$225 + tax

Name: _____
Address: _____
City: _____ Tel. (h): _____
Province: _____
Postal: _____ Tel. (w): _____
Email: _____ Cell: _____

VISA MasterCard E-Transfer Amount Pd: \$ _____ (See above for correct fee option)
Card # _____ Expiry _____
Signature _____

REGISTER BY PHONE 1-888-751-9823 OR SCAN AND EMAIL REGISTRATION FORM TO CALA cala_aqua@mac.com

HOST SITE ADDRESS

Joe Mavrinac Community Complex
55 Allen Ave. Box #1757
Kirkland Lake, ON, P2N 3P4

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