

CALA, canfitpro & Y accredited

Variety is the Spice of Life!

When: Saturday, November 4, 2017 from 5pm – 9pm
Where: Richcraft Recreation Complex,
4101 Innovation Dr, Ottawa, ON., K2K 0J3



Presented by CALA Founder, Charlene Kopansky

Accreditation (CECs): 4 CALA, 2 FIS, PTS, OAS, 4 YMCA-YWCA

Description: As aquafitness instructors, the good news is that your classes are full. You have participants ranging from 18 to 88 years of age, and at a wide variety of fitness levels. Some prefer chest deep-water, others deep. Then there are those that move through both 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 touch of Aqua Yoga, Aqua Kick Box, Water Walking & Running, Power Up & Power Down Moves, Gentle Range of Motion & Core Training. This workshop will explore leadership techniques & movement construction / deconstruction to create the best possible experience for instructors and participants.

Agenda:

Studio:	5:00pm – 7:00pm
Change for Pool:	7:00pm – 7:15pm
Pool Session Main Pool and Warm Pool:	7:15pm – 8:45pm
Change & Complete Feedback	8:45pm – 9:00pm

CALA member fee (non-City of Ottawa Staff) : \$120 + tax
City of Ottawa staff (subsidized by City of Ottawa): \$80 + tax
Non-member fee: \$140 + tax

Add \$25 + tax for registration after October 27, 2017.

On Site Contact: Narelle Hamill Narelle.Hamill@ottawa.ca Phone : 613-580-2424

EXPRESS REGISTER 1-888-751-9823 or email completed registration form cala_aqua@mac.com

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

Name: _____ Email: _____

Address: _____ City: _____ PCode: _____

Home Phone: _____ Work Ph: _____ Cell Ph: _____

Credit Card #: _____ Expiry Date: _____

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