



CALA – HydroRider Intro Clinic
The Glencoe Club, Calgary, AB
8 AFCLA, 8 CALA CECs, & canfitpro credits
Registration Opens immediately. Early Bird pricing until Jan 12, 2019

DESCRIPTION: Don't miss this fabulous new twist on Vertical Water Training. We're talking cycling in water on a stainless steel bike. This high quality bike is easy to maneuver into and out of the water and will add a brand new dimension to cross training and programming in the pool. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, this activity has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity.

CONTENT: Familiarization & Orientation (hand positions & body positions); Training Session Construction Safety including Alignment & Core Activation; Communication & Motivation Techniques; Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning; Sample Rides

WHO : Join Michelle McLaren, CALA Trainer. Informative Manual & Continuing Education Credits

WHERE: Glencoe Club, 636 - 29 Avenue SW., Calgary, Alberta, T2S 0P1

WHEN: Saturday January 26, 2019: 12pm – 8:30pm includes two pool sessions
12pm – 2pm: Active Theory Classroom-Studio then Change for pool session
2:10 – 3:45pm: HydroRider – Pool Session
3:45 – 4:15pm: Change and Time for Nourishment with Question & Answer
4:15 – 6:20pm: Active Theory in Classroom-Studio then Change for pool session
6:30pm – 8pm: HydroRider – Pool Session
8pm – 8:30pm: Change, Q & A, complete and submit clinic evaluation forms

COST/REGISTER: CALA Members: \$195 + tax Add \$25 + tax; Non-members: \$225 + tax = Add \$25 + tax
Maximum of 20 registrants will be accepted for this full day clinic.

Add \$26.25 for late registrations After January 12. Registration closes January 20, 2019. No refunds!

Name: _____
Address: _____
City: _____ Home Tel. #: _____
Province: _____ Fax #: _____
Postal: _____ Work Tel. #: _____
Email: _____ Cell Phone #: _____

VISA and MasterCard (No debit cards please!) and e-transfers/direct deposit are accepted

VISA MasterCard E-transfer Amount Paid: S (See above for correct fee)
Card # _____ Expiry Date: _____

CALA

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Office Use Only: Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____
Confirm Letter e: _____ Receipt e: _____ Promo e: _____