

CALA, BCRPA, AFLCA, CFES, canfitpro Accredited

Fabulous CALA Presenter: Debbie Cole

Sechelt Aquatic Centre, Sechelt, Sunshine Coast BC.

Sun Feb 24, 2019 from 10am – 2pm



JUST A MINUTE – CARDIO ABDOMINAL COMBINATION – 10:00am-2:00pm

Learn the structure, the design and the exact delivery of Charlene’s innovative “Just a Minute” Water Running Class. The intensity of each one-minute phase builds from 65% to 95% as the workout progresses. Each stage of the water running workout includes specific biomechanical tips to ensure excellent technique to guarantee safety, specificity of training and effectiveness. These tips and cues add together to build perfect posture and running form. Listen to how Charlene delivers this class and put the formula into action immediately.

Objectives – Learning Outcomes

Establish the protocol for orientation and equipment fitting and familiarization.

Learn how to coach the biomechanics of water running from on deck

Practice the biomechanics of water running, with a flotation belt, tethered.

Understand how to utilize the Brennan RPE Scale during a Water Running Session / Class.

Experience a custom made sampler of a CALA ‘Just a Minute’ Water Running Class.

Integrate core training, by making the ‘mind-muscle connection’ while moving.

Flexible Agenda – Be ready & open for changes in the following plan:

10:00am - 11:45am - Dry land – Active Theory

11:45am - 12:00pm - Change for pool session

12:00pm - 1:30pm - Practical Pool Session

1:30pm – 1:45pm - Change for Q & A and completion of Evaluation form

1:45pm – 2:00pm - Q & A and completion of Evaluation form

LOCATION: Sechelt Aquatic Centre, 5500 Shorecliffe Avenue, Sechelt, Sunshine Coast, BC.

REMINDER: Bring Swimsuit/towel, \$ for lockers. Comfortable clothing for movement, on deck shoes, layers of clothing for warmth, water bottle, pens, pencils, highlighters

COST: CALA Member: \$90 + tax & CALA Non-Member: \$105 + tax (Add \$25 + tax after Feb 10)

CALA accepts VISA, MasterCard or E-Transfers. Call 1-888-751-9823 or cala_aqua@mac.com

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