

Canfitpro and CALA accredited CALA Fluid Floor – SUP (Stand Up Paddleboard) Clinic



Sunday March 3, 2019 from 9:00am – 5:30pm

Robert Hartley Sports Complex

425 Cartier Blvd., Hawkesbury. ON. K6A 1V9

Host: Kim Maurice kmaurice@hawkesbury.ca

Presented by: [CALA Creative Director, Presenter & Trainer Dylan T. Harries](#)

Accreditation CEC's for the Clinic: 8 CALA, 4 FIS, PTS and OAS

Description: Get vertical – and work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on a Stand Up Paddleboard (SUP). Get re-invigorated, tune into your own body & forget about everything else. Experience a variety of moves while enjoying the peaceful splendor of floating on water. Focus on breath, improve coordination, enhance balance and condition your body in a completely new way.

Objectives:

- Learn how to stabilize on the Stand Up Paddleboard.
- Practice on deck and in water demo techniques with communication strategies to encourage participants to execute movements safely and effectively
- Integrate cardio, falls prevention & core activation moves with yoga poses while on the board.

Agenda: Sun Mar 3, 2019: 9:00am- 5:30pm (Subject to Change)

Active Dryland Theory:	9:00 am – 10:30am
Active Pool Session:	10:45am – 12:45pm
Change from Pool & Lunch:	12:45pm – 1:30pm
Active Dryland Theory:	1:30pm – 3:15pm
Active Pool Session:	3:15pm – 5:00pm
Change from Pool & Wrap Up:	5:00pm – 5:10pm
Evaluation completion & Wrap Up:	5:10pm – 5:30pm

CALA Member Fee: \$175 + tax **Town of Hawkesbury Staff Fee:** Contact CALA

Non-Member Fee: \$195 + tax **Late fee after Feb 21, add \$25 + tax**

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: _____

Signature: _____

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