



Intro to HydroRider Training Clinic

Accredited: CALA, canfitpro & OFC

Saturday May 25 2019 from 2pm – 10pm

Waterloo Swimplex, Waterloo, ON

Registration Opens immediately. Early Bird pricing until May 15

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

WHAT: Trainer : Mary Lou Hall. Receive an informative handout & Continuing Education Credits with CALA, canfitpro & OFC. Earn and bank CECs with CALA even before you are CALA trained or Certified.

WHERE: Waterloo Swimplex, 101 Father David Bauer Dr, Waterloo, ON N2J 4A8

WHEN: Sat. May 25, 2019: 2pm – 10pm Pool sessions: 5:30 - 7:00pm & 8:45 – 10pm

COST/REGISTER: CALA Members: \$175 + tax = \$197.75 Non-members: \$195 + tax = \$220.35
Extra Special Rate for City of Waterloo staff. Call CALA for Details

Add \$28.25 for late registrations after May 15. No refunds

Name: _____

Address: _____

City: _____ Home Tel. #: _____

Province: _____

Postal: _____ Work Tel. #: _____

Email: _____ Cell Phone #: _____

VISA and MasterCard (No Debit cards please) and e-transfers are accepted

VISA MasterCard E-transfer Amount Paid: S (See above for correct fee)

Card # _____ Expiry Date: _____

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