

canfitpro, OFC, YMCA-YWCA & CALA accredited

YMCA of Owen Sound Grey Bruce, Owen Sound, ON
Saturday, May 25, 2019. 9:00 am – 1:00 pm



CALA Oh Buoy! Exploring the Value and Versatility of Buoyancy

Description: Designed for chest deep and deep water, this workshop explores the tremendous versatility buoyancy options have on performing any single CALA Base Movement a variety of ways. Empower your participants with the challenge of change by experiencing familiar exercises differently. Deepen your understanding of class choreography by manipulating the uplifting force of buoyancy through bouncing, anchoring and powering up both in contact and suspension. Oh Buoy! The possibilities are limitless.

Objectives

- 1) Experience six buoyancy options performed with contact and in suspension by practicing selected movement sequences.
- 2) Notice how the cardiorespiratory and musculoskeletal systems are impacted with each buoyancy option and how this directly influences different components of fitness.
- 3) Celebrate buoyancy options as highly effective tools in accommodating participants with varying fitness levels.

Agenda: 9:00 am - 10:20 am Active Theory
10:20 am - 10:30 am Change for Pool
10:30 am - 12:30 pm Pool
12:30 pm - 1:00 pm Q & A and Wrap Up Poolside

Host: YMCA of Owen Sound Grey Bruce, 700 10th Street East Owen Sound, ON, N4K 0C6, T: 519-376-0484 x 226; E: randi.sickel@osgb.ymca.ca

Presenter: Katherine McKeown

REGISTRATION FORM

Sat, May 25, 2019 ; **CALA Member:** \$90 + 13% tax; **Non-Member:** \$105 + 13% tax ADD \$25 + tax for registration after May 15th, 2019

Name:	_____		
Address:	_____		
City:	_____	Tel. (h):	_____
Province:	_____		_____
Postal:	_____	Tel. (w):	_____
Email:	_____	Cell:	_____

VISA MasterCard E-Transfer Amount Pd: \$ _____ (See above for correct fee option)

Card # _____ Expiry _____

Signature _____

REGISTER BY PH: 1-888-751-9823 OR SCAN & EMAIL REGISTRATION FORM: cala_aqua@mac.com

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____