



CALA Workshops – Friday April 5, 2018 & Saturday April 6, 2019

CALA Presenter: Michelle McLaren

Earn CALA, BCRPA & canfitpro CECs

Host Facility: Jim Ciccone Civic Ctr. & Earl Mah Aquatic Ctr., Prince Rupert, B.C.

Friday, April 5, 2019: 9am – 1pm: 4 credits

CALA Bridging and Linking: Building Smooth Transitions: Learn to design classes that flow from one move to another by building bridges and linking exercises. We build bridges to overcome obstacles, basically, to get from one place to another with ease and comfort. Linking signifies connection, joining movements together into a chain of exercises by complementing arms with legs, manipulating tempo, playing with buoyancy, altering range of motion and/or changing surface area. Both processes result in smooth transitions, enabling participants to put their full attention and effort into each and every movement. This linear style of structuring a class can be easily modified to accommodate beginners and to challenge hard-core fitness buffs. The key is flow, fun and focus.

Objectives:

- Learn how to join movements together with complementary arms and legs.
- Explore bridging and linking exercise movements to create a seamless flow for class design.
- Discover how effective cueing facilitates smooth transitions.

Agenda:

Pool Session: Shallow end Aquafitness class with the community: 9:05am- 9:50am

Workshop Participants stay in water: 9:50am - 10:45am

Change for Dry Land Active Theory: 10:45am - 11am

Eagle Room: 11am - 1:00pm: Dry land Active Theory & Complete Evaluation forms

Friday, April 5, 2019: 3pm – 7pm: 4 credits

A Focus on Arthritis: This water session is designed to create a welcoming environment with no expectations and no judgement. Experience the pure joy of gentle movement in water that encourages range of motion, balance, flexibility and a sense of accomplishment. Instructors will experiment with moves from a sample OMAB (Oh My Aching Body: Aqua Arthritis) class and design movement modifications to ensure class participants are comfortable. Discuss various forms of arthritis and how they affect the mind, body and the spirit depending on the type and severity of the condition. Learn how voice tone and volume affects class participants

Objectives:

- Discuss the types of arthritis and how each type affects the mind, the body and the spirit of the participant.
- Experience an aqua class designed to improve range of motion, balance and confidence.



Agenda:

Eagle Room Dry Land Active Theory: 3:00pm - 5:00pm

Change for pool session: 5:00pm - 5:15pm

Pool Session: Deep end: 5:15pm - 6:05pm

Deep End Aquafitness class with Community & Course participants: 6:05pm - 6:50pm

Wrap up on Deck: Complete Evaluation forms 7:00pm

Saturday, April 6, 2019: 730am – 1130am: 4 credits

Becoming a stronger fitness instructor - Aqua Infused Pilates: Whether you are a land or water-based fitness instructor, you spend a significant amount of time demonstrating moves on land. This practice often results in overworking some muscles and under using others, which can lead to muscle imbalances, which lead to injuries. As fitness instructors, it is vitally important for us to maintain a strong and BALANCED body. In this workshop, we will explore some Pilates based moves on land and in the water which you can incorporate into your personal exercise routine, helping you become a stronger fitness instructor.

Objectives:

- Review working in neutral spine and how to activate the core.
- Discuss physical challenges fitness and aquafitness instructors can encounter from teaching, why they are occurring and how can they be prevented.
- Review some land based and body weight bearing exercises that can help with body imbalances and how to progress them.
- Experience some Pilates based movement on land and in the water.

Agenda:

Eagle Room Dry Land Active Theory: 730am - 8:55am

Change for pool session: 8:55am – 9:05am

Shallow end Aquafitness class with community members & workshop participants 9:05am - 9:50am

Workshop Participants stay in Water: 9:50am - 10:45am

Change for Dry Land Active Theory: 10:45am - 11am

Eagle Room: 11am – 1130am: Dry Land Active Theory and Complete Evaluation forms

Saturday, April 6, 2019: 2pm- 6pm: 4 credits

Mind Blowing Choreography! Be prepared to work the mind and body like never before! Expand the CALA movement repertoire by exploring ways to link moves together to create new and mind-blowing choreography! Let's take holism (mind thinking, body moving & spirit soaring) to a new level.

Objectives:

- Learn choreographed movement patterns that are easy to teach and to follow.
- Practice leading each block of choreography on dry land.
- Experience a fully choreography chest deep water class.

Agenda:

Eagle Room Dry Land Active Theory: 2:00pm - 4:00pm

Change for Pool: 4:00pm – 4:15pm

Shallow end Pool: 4:15pm - 5:45pm

On deck: 5:45pm – 6:00pm- Complete Evaluation forms



PRINCE RUPERT RECREATION COMPLEX



1000 McBride Street, Prince Rupert, BC V8J 3H2
250.624-6707 or 250.627.7946

www.princerupert.ca



Four WORKSHOPS: CALA Member: \$300 + 5% tax; NON Member: \$320 + 5% tax **Join Now add (\$59 + 5% tax)**

Three Workshop: CALA Member: \$240 + 5% tax; NON Member: \$260 + 5% tax **Join Now add (\$59 + 5% tax)**

Two WORKSHOPS: CALA Member: \$160 + 5% tax; NON Member: \$180 + 5% tax **Join Now add (\$59 + 5% tax)**

One Workshop: CALA Member: \$90 + 5% tax; NON Member: \$110 + 5% tax **Join Now add (\$59 + 5% tax)**

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 PHONE 1-888-751-9823 OR EMAIL CALA cala_aqua@mac.com

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