

canfitpro, OFC, YMCA-YWCA & CALA accredited
at Holland Bloorview Kid's Rehab Hospital, Toronto, ON
Featuring Dylan Harries on Sun June 23, 2019 from 12pm – 5:30pm



The Great Canadian Noodle Challenge: Discover a fun and challenging way to teach with the noodle. The session will be packed full of interesting choreography and unique variations of exercises to train the entire body. Learn the limitations as well as limitless possibilities of using a noodle for buoyancy support and enhanced resistance.

Objectives:

- Learn how buoyancy supported equipment can increase the resistance of the water and trains core stability.
- Experience six different noodle positions that will enhance a total body workout.
- Walk away with toolbox full of noodle exercises.

The Original Navy Seals (Aqua Boot Camp) ®: It's back and better than ever! Join the Navy Seals. Ride the wave of the hottest trend in water fitness all the way to boot camp. Tough love aquatic drills and combat at its best. Sink or swim for your life. Experience many different levels of intensity that will enable you to design an advanced aqua fitness program maximizing speed power and muscle strength.

Objectives:

- Review how LAPS-C can increase or decrease intensity.
- Learn exercises and drills that develop speed and strength.
- Experience the difference between intervals and circuits.

Agenda:

- 12pm - 1:15pm - Active Theory Noodle Workshop
- 1:15pm - 1:30pm - Change for Pool
- 1:30pm - 3:00pm - Pool Application Noodle Workshop
- 3:00pm - 3:15pm - Mini Break
- 3:15pm - 4:30pm - Pool Application Navy Seals Workshop
- 4:30pm - 4:45pm - Change for Classroom
- 4:45pm - 5:30pm - Active Theory Navy Seals Workshop, Wrap Up - Q&A + Evaluations

Workshop Fees: CALA Member Fee: \$95.00 + tax Non - Member Fee: \$120.00 + tax
 After June 10, 2019, the fee increases by \$35.00 plus taxes

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 registration form to the CALA office (cala_aqua@mac.com)