



Aqua Bootcamp and Aqua Kickbox Combination

Annaleise Carr Aquatic Ctr, Simcoe ON on Wed Sept. 25, 2019 5:30pm – 9:30pm
Accredited by CALA & canfitpro – Earn 4 CALA CECs

Aqua Boot Camp ®: It's back and better than ever! Join the Navy Seals. Ride the wave of the hottest trend in water fitness. 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.

Aqua Kickbox: Traditional kickbox moves, derived from ancient martial arts for defense and protection have been modified from land to suit the aquatic environment. Adding energy with purpose to upper and lower body moves develops power, strength and core stability with mental focus. Consider giving and receiving energy as you practice the moves in water

Where: Annaleise Carr Aquatic Centre, 182 South Dr., Simcoe, ON. N3Y 1G5.
Directions / facility info Lisa DeSerrano, 519-426-8866 x 2231

What: 2 hrs of dryland movement & theory + 2 hours of 'in water' activity)

Featuring: Dylan Harries

Fee Full Workshop: Early Bird – Sept. 11, CALA Members: \$75 (plus 13% tax)
Non-Members: \$90 (plus 13% tax)
Regular Fees – Register after Sept. 11, Add \$20 (plus 13% tax)

Name	_____	
Address	_____	Join Now: <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal:	_____	Tel. w _____
Email:	_____	_____

	Amount		
<input type="checkbox"/> VISA <input type="checkbox"/> MCard <input type="checkbox"/> E-transfer/Direct dep.	Pd:	\$ _____	(See above for correct fee)
Card #		Expiry	_____
Sign:			_____

EXPRESS registration 416-751-9823 OR complete, scan & email form to cala_aqua@mac.com