

canfitpro, OFC, YMCA-YWCA & CALA accredited

YMCA of Owen Sound Grey Bruce, Owen Sound, ON
Sunday, November 3, 2019 from 9:00 am – 1:00 pm



CALA Oh Buoy! What a Workout! with Katherine McKeown

Description: Seeking more variety in your aqua fitness classes? Celebrate the tremendous variety of movement combinations that manipulating Buoyancy Options will provide. Performed in chest deep – contacting the pool floor and in suspension, participants will experience and practice two, 30-minute pre-choreographed classes showcasing smooth transitions between anchored, light bounce and propulsive movement. Class Plans will be provided.

Objectives

- 1) Understand how to effectively implement light bounce movement to enhance the rhythmic flow of warm-up sequences.
- 2) Experience the power of propulsive movement designed to intensify the cardio conditioning phase.
- 3) Investigate the outstanding core training benefits of anchored work, ideal for muscular strength and endurance training.

Agenda: 9:00am - 10:30am Active Theory
10:30am - 10:40am Change for Pool
10:40am - 12:15pm Pool
12:15pm - 1:00pm Q & A and Wrap Up in Classroom

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

REGISTRATION OPEN CONTACT CALA! ADD \$35 + tax for registration after October 25th, 2019

CALA Member: \$90 + 13% tax

Non-Member: \$105 + 13% tax

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

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REGISTER BY PH: 416-751-9823 OR SCAN & EMAIL REGISTRATION FORM: cala_aqua@mac.com