



Moves and Modifications - Making it Work for You (Instructor & Participant)
Sunday September 22, 2019 from 12:30pm – 3:30pm at Powell River Aquatic Centre
Accredited by CALA, canfitpro, BCRPA

Description: Discover how to elevate your Aquafitness Instruction to new levels. Learn tricks and tips to engage all levels and abilities of participants within one class. Learn how to modify movements by manipulating surface area, speed of motion, range of motion and buoyancy. Inspire and offer challenges to your participants to improve their health and well-being. Keep your classes fun and progressive.

Objectives:

- Learn how to offer resistance, speed of motion, buoyancy and range of motion options to keep participants engaged and working at their own level
- Experience a class using the latest interval training trends.
- Learn how to add variety to your classes while maintaining safety and effectiveness.
- Walk away with the tools to build and design your classes to stay inspired and motivated.

WHERE: Powell River Recreational Complex, 5001 Joyce Avenue, Powell River, BC. V8A 5R2

AGENDA: Sunday, September 22, 2019 from 12:30pm – 3:30pm

12:30pm -1:45pm:	Dry, classroom learning
1:45pm - 2:00pm:	Questions/Transition to Pool
2:00pm - 2:30pm:	Participant tasks and sharing
2:30pm - 3:15pm:	Experience a class
3:15pm - 3:30pm:	Wrap Up and Evaluations

TRAINER: Deb Cole

CECs: Earn 3 CALA CECs, BCRPA and canfitpro.

Fee Workshop: **Before** Early Bird – Sept 15, CALA Members: \$60 (plus 5% tax)
Non-Members: \$75 (plus 5% tax)
Regular Fees – Register after September 15, Add \$35 (plus 5% tax)

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

VISA MCard E-transfer/Direct dep. Amount Pd: \$ _____ (See above for correct fee)

CARD #

EXP

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