REGISTRATION:

CANADA	POSTES
POST	CANADA

Postage paid

Addressed

Port payé Médiaposte

Name: first		Addressed Médiaposte Admail avec adresse 1269569
last		
Address:		City:
Prov/State:	Country:	Postal Code:
Home/Cell ph:	Work ph:	Fax:
Email:	This is a new last name	e. Previous name:
This is my \square home address \square c	lub address □ Check here if you previousl	ly phoned in your registration.
Method of Payment ☐ Cheque	□ Money Order □ Visa □ Master Car	rd
Card #		Expiry (mm/yy):
Authorization Signature:	Name	on Card:
Spring Conference – March 22, 2	23, 24 CALA MEMBER FEES: EARLY BIRD	– On or before Mar 4
Aqua Yoga Intro: \$264 (includes Co	urse Manual) * Add Friday Afternoon & Ev	rening Sessions: for \$169 more
Following Choices DO NOT include t ☐ One Day Only: \$189 ☐ Any	he Aqua Yoga Intro Training Two Days: \$259 □ All Three Days:	: \$299
CALA MEMBER FEES: REGULAR – Ma	r 5 – 19, Add \$30 + tax	
CALA MEMBER FEES: LATE – After M	ar 19, Add \$50 + tax	

Bring your own flotation belt! Belts available for purchase on site.

Mandatory Facility Fee collected for City of Kitchener: Add \$15 + tax

Option to join/renew CALA membership & enjoy membership prices above: Add \$49 + tax

Indicate first and second choice.

NON-MEMBER FEES: Add \$35 + tax to fees above

Bonus - Lunch is included Saturday and Sunday

Saturday Night Celebration Dinner Party!: Add \$45

Fri Mar 22

9am-3:15pm

☐ 1 Aqua Yoga Intro OR

TOTAL (+ 13% tax):

Starting at 1pm-3pm

☐ 2 Energy to Burn

Choose 3a or 3b: 3:15pm-5:45pm

☐ 3a Sport Specific

☐ 3b Aqua Rock

Choose 4a or 4b: 6pm-9:30pm

☐ 4a Crunch Muscle Max

☐ 4b HydroRider Interval

Sat Mar 23

Choose 5 only: 8am-9:30am

☐ 5 Celebrate 20 years

Choose 6a, 6b, or 6c: 10am-1:15pm

- ☐ 6a Nutrition 911/Aqua Flow II
- ☐ 6b Double Trouble/Bender Ball
- ☐ 6c Common Conditions/Chronic Pain

Choose 7a, 7b, or 7c: 2:15pm–5:30pm

- ☐ 7a Art of Aqua PT
- ☐ 7b Inspire Me/Amazon Arms/360x180
- ☐ 7c Strike a Pose/Tap into Calm

Choose 7d only: 7:30pm-10:30pm

☐ 7d Celebration Dinner Party!

Sun Mar 24

Choose 8am, 8b, or 8c: 7:30am-9am

- ☐ 8a Water Works
- □ 8b The Boys
- 8c The Girls

Choose 9a, 9b, or 9c: 9:30am-12:30pm

- ☐ 9a 30,20,10/H20Runner
- ☐ 9b Choreography/World Stage
- ☐ 9c Falls /Joint Replacement

Choose 10a, 10b, or 10c: 1:30pm-4pm

- ☐ 10a Acro-Aqua Partner Up
- ☐ 10b Triple Mix
- ☐ 10c Aqua Flow 1/Aching Body

Choose 11 only: 4:15pm–5:15pm

☐ 11 Grande Finale Celebration!