

LIVE... in Hamilton!

Booster: Formulated Group Aquafitness Class Plan Workshop with Jaye Graham



Earn 4 CALA CECs **Accredited:** canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

Description: Experience a completely planned group aquafitness class including a comprehensive warm up, cardio, muscle conditioning and stretch. Learn how to transition from one movement to another, add a variety of arm and leg moves, increase or decrease intensity by manipulating surface area, speed of motion and playing with buoyancy options and learn to cue alignment while offering exercise options to meet the diverse needs of your participants. Leave this workshop with a template to create your own class design and a pre-set class to utilize immediately.

WHERE: Riverdale Community Centre, 150 Violet Dr, Hamilton, ON L8E 6B4

WHO: CALA trainer: Jaye Graham

WHEN: Sunday June 9, 2024 from 12:30pm – 4:45pm EST Includes dry land active theory & practical pool session

COST: CALA Member: \$99 + tax / Non-Member: \$115 + tax (ON tax is 13%)
Add \$20 + tax if paying after June 1st, 2024

NOTE: Limited space available - Register NOW

Please print or type: **City of Hamilton Staff register directly through City of Hamilton**

| | |
|---------|--|
| Name | _____ |
| Address | _____ Join CALA Now <input type="checkbox"/> \$59 + tax |
| City | _____ Tel. h _____ |
| Prov | _____ Cell _____ |
| Postal | _____ Tel. w _____ |
| Email 1 | _____ Email 2 _____ |

WAIVER AGREEMENT: Please check that you agree to the following **WAIVER**.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

PAYMENT: CALA accepts E-transfer to cala_aqua@mac.com

Complete & email this form to cala_aqua@mac.com

City of Hamilton staff register through City of Hamilton

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding