

CALA Workshop: Healing Waters – Aqua Arthritis & Fibromyalgia Saturday, July 6, 2024 from 12pm – 5pm



Dovercourt Recreation Centre, 411 Dovercourt Ave., Ottawa, ON

Earn 5 CALA CECs Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, LSS, CPTN, AFLCA, CFES. If you are AFLCA Certified, petition for credits through AFLCA.

Description: Develop a greater understanding of arthritis and fibromyalgia. Feel the benefits that water fitness can bring to your clients when utilizing buoyancy support & enhanced resistance. Learn how to modify & progress different exercises to achieve the desired goal of regaining mobility & reducing pain to the affected areas of the body. Experience strength & stretch movements to increase overall range of motion. Walk away with a workable program design that can be implemented immediately.

Objectives:

1. Gain an understanding of the different types of Arthritis and how water can heal your aching body.
2. Learn exercises that can increase range of motion and strength the muscles that are surrounded by effective joints.
3. Practice coaching cues to make sure you are able to deliver options so all fitness levels are welcome.

Agenda:

- 12:00 – 1:45pm Active Theory
- 1:45 – 2:00pm Change for Pool Session
- 2:00 – 4:00pm Active Pool Session
- 4:00 – 4:15pm Change for Classroom
- 4:15 – 5:00pm Q&A + Debrief, Wrap Up / Evaluation Form completion

CECS: **CALA members:** If requested, complementary CEC certificate will be issued upon submission of evaluation.
Non-members: E-transfer \$25 + tax to cala_aqua@mac.com and include the name of the event related to the CEC certificate you are requesting. Completed event evaluation must be received by CALA.

Fee: CALA Member: \$125 + tax / Non-Member: \$135 + tax (ON tax is 13%)

Add \$25 after July 3, 2024. E-transfer payment to cala_aqua@mac.com

NOTE: Dovercourt instructors (20% discount). Special Code (DOV101)

PAYMENT: CALA accepts e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

To register: Email completed registration form to cala_aqua@mac.com

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.

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.