

# Land Meets Water Workshop – Time To Jump Into The Pool

Saturday, July 27, 2024 (8:00am - 1:15pm)

Peterborough Sport & Wellness Centre (775 Brealey Drive)

Presenter: Dylan T Harries (CALA Master Trainer & Creative Director)

Earn 5 CALA CECs accredited by canfitpro, OFC, CFES & Provincial Organizations



## Description:

This workshop offers a wonderful opportunity for land-based instructors, working together with current aquafitness leaders, to experience the magic of vertical water exercise. Using verbal and visual cuing, Dylan will lead you through a series of choreography blocks for shallow and deep water training, that feature smooth transitions and modifications to increase or decrease energy output.

## Objectives:

1. Experience how movement in water differs from movement on land.
2. Learn how to alter resistance by modifying speed of motion, range of motion, buoyancy and surface area.
3. See how to create smooth transitions by changing one aspect of a movement at a time.
4. Practice building movement progressions using pre-choreographed blocks of movement.

**Agenda:** Arrive at 7:45am sign in & be prepared to get in the pool at 8am sharp:

8:00am - 8:45am	Community Aquafit Class (everyone in the pool - instructors & participants)
8:45am – 9:00am	Change, then move to Aerobic Studio
9:00am – 10:45am	Dry land Active theory in Aerobic Studio
10:45am – 11:00am	Change, then move to Pool
11:00am – 12:15pm	Pool Session
12:15pm – 1:15pm	Aerobic Studio Active Theory, Q & A, Evaluation Completion

**Fee:** CALA Member: \$125 + 13% tax / Non-Mb: \$145 + 13% tax \*Add \$25 after July 20

**City of Peterborough Staff** connect with Dustin McIlwain for registration details

Pay by EFT or e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Amount Paid: \$ \_\_\_\_\_

*No refund for withdrawal or no-shows. Fees can be applied to future CALA events*

To register: Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Print in black ink or type

Name	_____	Peterborough Staff	<input type="checkbox"/>
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.*