

LIVE & PLAY in Burlington, Ontario!

CALA Aqua Mobility & Class Management Workshop (live on-site only)



CECs: 4 CALA, CFES, BCRPA, SPRA, NBFA, NSFA & 2 canfitpro
Also accredited by: OFC, CPTN, AFLCA, YMCA, YWCA, LSS.

Aqua Mobility & Class Management Strategies: Learn a series of gentle movements in chest deep water, designed for people with arthritis, hip and/or knee replacements and those recovering from an injury. Pelvic Floor exercises will be integrated into class design. Those wishing to modify the moves for deep are welcome to do so. Class management strategies to encourage participants to engage fully in each and every exercise will be woven throughout.

Where: Tansley Woods Community Centre, 1996 Itabashi Way, Burlington, ON L7M 4J8

When: Saturday January 25th, 2025 (4:30pm – 8:30pm, EST).

Includes dry land active theory, practical pool session & change time.

Who: Charlene Kopansky, CALA Founder and President

Cost: CALA Member: \$135 + tax / Non-Member: \$155 + tax (ON tax is 13%)

Late fee: Add \$35+ tax if registering after January 17, 2025

NOTE: City of Burlington staff discount. Contact cala_aqua@mac.com for details

Payment options: E-transfer to cala_aqua@mac.com Amount Paid: _____

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

Please print (black ink) or type: **Email registration 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.

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