

# AQUA VARIETY WORKSHOP

Sunday, January 26, 2025 from 1:30 PM – 5:30 PM

Peterborough Sport & Wellness Centre at 775 Brealey Drive

Presenter: Charlene Kopansky, President and Founder

CECs: 4 CALA, 2 canfitpro, CFES & BCRPA, SPRA & other 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. This dynamic session will incorporate a fusion of your favourite forms of fitness including HIIT training, Kick Boxing drills, Yoga & Pilates fusion exercises. With each new series of movements, we'll reinforce the muscle groups being targeted, and cues on how to effectively perform each move. Workshop participants will learn strategies to keep the class engaged by providing options to ensure everyone feels welcome.

## Learning Objectives:

1. Learn how to alter resistance by modifying speed of motion, range of motion, buoyancy and surface area.
2. Experience movements from a variety of fitness techniques to provide a well-rounded workout for all levels.
3. Explore strategies to motivate participants to remain engaged throughout each class.
4. Practice building movement progressions using pre-choreographed blocks of movements.

**Agenda:** Arrive at 1:15pm for attendance and having social time with your fellow fitness friends.

1:30pm - 3:25pm                      Active theory  
3:25pm – 3:40pm                    Short break and change for the pool  
3:40pm – 5:30pm                    Pool workout session

**Fee:** CALA Member: \$135 + plus tax / Non-Member: \$155 + taxes \*Add \$35 after Jan. 19, 2025

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

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

**No refunds for withdrawal or no-shows.** Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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.

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