

Aqua Cardio & Strength Mix (Effective Use of Equipment)



Sunday, March 23, 2025. 2:30 – 6:30pm (EST)

Westmount Rec. Ctr, 35 Lynbrook Dr., Hamilton, ON.

Dylan Harries (CALA Master Trainer & Creative Director)

Earn 4 CALA CECs. Also **accredited** by canfitpro, CFES, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN. If you are AFLCA Certified, petition for credits through AFLCA.

Description: This is a cardio and strength training workshop focusing on the effective use of equipment! The exercises and movement patterns are developed to increase the intensity of specific muscle groups while testing your cardio output. We will review the properties of water and how the use of equipment can alter the way the muscle feels when being worked. Learn safe techniques and cues to effectively challenge all levels of fitness to get the most out of aqua their conditioning. It is time to explore the power of the waves!

Learning Objectives:

- 1) Learn how to progressively strengthen muscles groups to manipulate workload.
- 2) Gain an understand how to effectively use equipment safely.
- 3) Experience movements that are designed to lengthen and strengthen for a true mind and body connection.
- 4) Practice exercise technique and coaching cues so you can educate and empower your participants no matter their fitness level.

Cost: CALA Member: \$125 + tax / Non-Member: \$145 + tax (ON tax is 13%)
Registration opens for non - City of Hamilton Staff on March 9, 2025

Please print or type (email completed form to cala_aqua@mac.com)

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

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

PAY: E-transfer to cala_aqua@mac.com

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

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