

CALA Webinar Workshop Independent Learning Aqua Strength featuring the Aqualogix Bells – Power Pods™



Facebook platform (recording of the live zoom session – includes handout)
with Dylan Harries, McKeown, CALA Master Trainer

Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page

Earn 1 CALA CECs Also accredited by [canfitpro](#), [OFC](#), [BCRPA](#), [SPRA](#), [YMCA](#), [NSFA](#), [NBFA](#), [CPTN](#), [AFLCA](#), [CFES](#). If you are AFLCA Certified, petition for credits through AFLCA.

Description: Performed in chest/deep water, these 5-exercise sequences, develops core and upper body strength, balance, proprioception and coordination. This program easily adapts to a variety of pool temperatures by modifying intensity to suit individual needs. All of the sequences can be performed with or without equipment.

Objectives

- 1) Deepen self-awareness and notice subtle shifts used to maintain postural alignment.
- 2) Incorporate single or multiple parts of this program to enhance your current exercise routines.
- 3) Improve coordination by orchestrating upper and lower body movements in opposing directions.
- 4) Explore the use of Aqualogix Bells (order through CALA for 20% discount for members).

Where: Independent Study – online through Facebook [facebook](#).
More info contact CALA 416-751-9823 or cala_aqua@mac.com

Presenter: Dylan Harries, CALA Master Trainer

Fees: CALA Member: \$30 + tax / Non-Member: \$40 + tax.

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.

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