


Independent Study: CALA Workshop: Super Set Aqua

Double the Work, Double the Fun, Just Add Water

with Dylan Harries, CALA Master Trainer

Recording of ZOOM session - Independent Study through a Private  Facebook Group page

Earn 2 CALA CECs Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.



Description: This 'equipment based' aqua workout will increase strength, speed & endurance in specific muscle groups using the “superset” training technique. Learn how buoyancy affects the design of each super set exercise using Aqua Bells &/or Noodles. With safety as a priority, practice on deck leadership skills to ensure participants experience measurable fitness gains when guided on how to use the equipment effectively.

Learning Objectives:

- 1) Gain a working understanding of how to implement super set training for all fitness levels.
- 2) Learn coaching cues for safety and technique.
- 3) Practice simulated aqua bell and noodle exercises to develop a balanced full body strength training program.

COST: CALA Member: \$55 + tax / Non-Member: \$75 + tax (ON tax is 13%)

Please print **in black ink** or type

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 Amount Paid \$ _____

No refund for withdrawal

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.

Email completed form to cala_aqua@mac.com

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