

# CALA Workshop

## Aqua Running (101)

Facebook Recording  - Independent Study through a Private Facebook Group page

Earn 4 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)




### Description:

Calling all Marathon, Tri – Athletes, Coaches, Instructors and Trainers! Compare land and water-based running from a physiological point of view. Focus on biomechanics, technique and motivation cues that make water running a sensational experience. Examine three unique class designs to enhance lactic threshold, cardio endurance and VO2 max performance. Understand the science behind programming and heart rate training zones to provide peak training outcomes. Water running is an ideal way to get more mileage under your belt without injury. Happy running!

### Objectives

- 1) Learn and demonstrate the biomechanics and techniques of water running.
- 2) Enrich your leadership language with cues designed for coaching and safety.
- 3) Gain an understanding of lactic threshold, cardio endurance and VO2 max training and how heart rate zones provide peak performance.

**WHERE:**  FACEBOOK PRIVATE PAGE – online. More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Master Trainer – [Dylan T. Harries](#)

**WHEN:** At your leisure

**COST:** CALA Member: \$95.00 + tax / Non-Member: \$115.00 + tax

### Please print or type

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

**PAY:** CALA accepts cheques to:  
CALA Inc. 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

### WAIVER AGREEMENT for **CALA Aqua Running (101)**

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.

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto: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*