

HydroRider Clinic – Accredited by CALA & canfitpro
Westmount Recreation Ctr, 35 Lynbrook Dr., Hamilton, ON.
on Saturday, April 1, 2023



DESCRIPTION: Don't miss this fabulous clinic featuring cycling in water on a stainless-steel bike. This high-quality bike is easy to maneuver into and out of the water and will add a brand-new dimension to aquatic cross training and programming. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, this activity has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity.

CONTENT: Familiarization & Orientation (hand positions & body positions)
Training Session Construction
Safety: Alignment & Core Activation
Communication & Motivation Techniques
Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning
Sample Rides

INCLUDES: Digital copy of a comprehensive manual
Accreditation : Earn CECs even if you are not a CALA member
Eight hours of active theory & in water practice

FACILITATOR: CALA Master Trainer, Dylan Harries

BRING : **In water :** Bike shorts, bathing suit, running shoes, lunch, snacks & water
Dry Land : Clothing that allows movement on deck and in theory room

AGENDA: Dry Land Active Theory with Bikes in classroom – 9:15am-11:15am
Practical Pool Session with Bikes in water – 11:30am-1:30pm
Lunch – 1:45pm - 2:15pm
Dry Land Active Theory – 2:15pm-4:15pm
Practical Pool Session with Bikes in water – 4:30pm-6:30pm

REGISTER: CALA members: \$225 + 13% tax Non-CALA Members: \$250 + 13% tax
City of Hamilton Staff: Register through City of Hamilton

Name: _____ CALA Member # _____
Address: _____ Joining Now: (\$59 + tx included in fees below)
City: _____ Home & Cell: _____
Province: _____ Email: _____
Postal: _____ Work Tel. #: _____

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

E-transfer to cala_aqua@mac.com

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.

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