

HydroRider Clinic – Accredited Workshop
Westside Recreation Centre, Calgary, AB.
Friday April 14, 2023 from 4pm – 8pm



DESCRIPTION: This fabulous introductory workshop features cycling in water on a stationary stainless-steel bike. The HydroRider experience provides a full body workout that will add a brand-new dimension to aquatic cross training and programming. Designed for athletes, recreational cyclists, pleasure riders, and aquatic 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 handout
Accreditation : Earn 4 CALA CECs even if you are not a CALA member

TRAINER: CALA Trainer, Mary Lou Hall

BRING: **In water :** Bike shorts, bathing suit, towel, water shoes, water bottle
Dry Land : Clothing that allows movement on deck and in theory room

AGENDA: Dry Land Active Theory with Bikes in classroom – 4:00pm-5:30pm
Practical Pool Session with Bikes in water – 5:30pm-7:30pm
Q&A & Evaluations – 7:30pm – 8:00pm

REGISTER: CALA members: \$95 + 5% tax Non-CALA Members: \$115 + 5% tax
ADD \$25 + tax for registrations after April 7, 2023

NOTE: Westside Rec. Ctr Staff complete this registration form & beside your name put: Westside Recreation Staff. Email your completed form to cala_aqua@mac.com and to Lindsey McIntosh lmcintosh@westsiderec.com

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

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

E-transfer to cala_aqua@mac.com Amount paid: \$ _____

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

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding