

Workshop One: Intro to HydroRider (Aqua Cycling)

Sat, June 21, 2025: 8:45am – 1:00pm

Workshop Two: Advanced HydroRider (Aqua Cycling)

Sat, June 21, 2025: 1:45pm – 6:00pm

Mississauga Valley Community Centre

1275 Mississauga Valley Blvd, Mississauga, ON L5A 3R8

Workshop Location: Program Room 2



Presenter: Master Trainer & Creative Director: Dylan Harries

CECs PER WORKSHOP CECs: 4 CALA + 2canfitpro, 4OFC, 4BCRPA, 4SPRA, 4YMCA, 4NSFA, 4NBFA, LSS, 4CPTN, 4AFLCA, 4CFES.

Workshop One: Intro to HydroRider: Experience a new twist on Vertical Water Training. We're taking cycling into the pool. Hop on the stainless-steel bike and have some fun while learning:

- Bike orientation (bike set up, hand positions & body positions).
- Training session construction (lesson planning).
- Safety (alignment & core activation) & Coaching (communication & motivation techniques).
- Cadence & intensity options & Sample rides to train various energy zones.

Workshop Two: Advanced HydroRider: This is next level training. Only individuals who have completed a CALA HydroRider Introductory Workshop are invited to register for this advanced workshop. Learn innovative choreography and HIIT patterns to enhance your HydroRider (Aqua Cycling) leadership skills and keep your participants wanting even more.

Cost (One workshop): CALA Member: \$125 + tax / Non-Member: \$145 + tax (ON tax is 13%)

Cost (Two workshops): CALA Member: \$245 + tax / Non-Member: \$265 + tax (ON tax is 13%)

Add \$25 + tax if registering after June 7, 2025

City of Mississauga Staff. email this form to cala_aqua@mac.com with "COM" beside your name.

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

PAYMENT via 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 & save harmless, CALA Inc, the facilities, & all promoters, sponsors & their representatives & successors, & their assigns from all claims, demands & expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I have been involved in a physical training program & I am physically fit & 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 agree to the above & that I am of legal age to execute this form as a legal document.

Email form to cala_aqua@mac.com You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form