

Sensational Sessions

Mourning **Let's Get this Party Started! Jump in the Pool!**

Featuring simultaneous deep & chest deep water, experience a warm-up that will get your creative juices flowing, cardio that will get your heart pumping & a stretch that will soothe your body, mind & spirit. Option to quietly observe on deck to take notes.

The HIIT Wave with Dylan

When we say jump, you say how high! Throw the dance choreography out the door. Develop a true understanding of what HIIT training is & how to use it to its full potential to meet your member's needs. Experience cardio & muscle strength interval drills in the chest deep & deep water, that will take your fitness class to a new level. It will be tough but a whole lot of fun & truly exhilarating!

Afternoon **Older Adult Functional Movement with Charlene**

It's all about strength, balance, coordination, mobility, & gait training to enable participants to age with vim & vigour. Learn how to build confidence & elevate self esteem while motivating seniors to take charge of their health & well well-being. Experience Aqua Infused Yoga poses to add to your classes. Move from chest deep to deep water or remain in one depth.

Ultimate Aqua Muscle & Core with Dylan & Charlene

Fire up your muscles & feel your core like never before. We will be introducing & giving you a sample of the new CALA Hydrorevolution program. Using the AquaLogix equipment will add a new dimension to your strength training program. Learn exercise physiology and how to use the equipment correctly. You will walk away with different ideas to develop a well-balanced water-based muscle class with a core focus. Modifications without equipment will also be incorporated throughout the session. Option to quietly observe on the deck to take notes. ** CALA is offering a discount on the equipment, so you can take it home.

CALA Conference June 4, 2022

Freedom at Last! Let's Celebrate



REGISTRATION FORM

Print clearly or type and return completed form to CALA

Name (first, last) _____ CALA Member

Full name CALA has on file for you if different: _____

Address _____ Join CALA Now \$59 + tax

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

WAIVER AGREEMENT for CALA CONFERENCE – FREEDOM AT LAST, LACOMBE ALBERTA June 4, 2022
Please check that you agree to the following WAIVER.

I agree to forever release, discharge, fully indemnify & save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, & all promoters, sponsors and their representatives and successors, & their assigns from any & all claims, demands & 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 & 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 & agree to the above & that I am of legal age to execute this form as a legal document.

FULL DAY CONFERENCE (current CALA member): \$175 _____

HALF DAY CONFERENCE (current CALA member): _____

\$95.00 MORNING 4 CECs \$95.00 AFTERNOON 4 CECs _____

JOIN/RENEW CALA MEMBERSHIP \$59

NON-MEMBER ADD: \$35 (if not joining now) \$35

TAX _____

PAYMENT: E-transfer to cala_aqua@mac.com _____

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