

**CALA – BCRPA-canfitpro-AFLCA Accredited Workshop Series
Presented by Charlene Kopansky, CALA Founder & President
& Katherine McKeown, CALA Trainer**



Hosted by Canada Games Centre, 200 Hamilton Blvd., Whitehorse, YT, Y1A 6G3

***All attendees will earn & bank CECs (continuing education credits).**

Indicate your choices by placing a check mark beside the workshop name.

_____ **Anchor Management: Powerful Aqua Moves** June 7th 7pm – 9pm. 2 CALA CECs
Celebrate the outstanding core benefits of anchored CALA base and bonus moves performed in chest deep water. This "no bounce" workout includes smooth transitions with mental focus for high level physical benefits. Notice the subtleties of stabilization and experience beautiful body balance and awesome alignment. Anchor away! Keep your range and see the change!

_____ **Aqua Core Conditioning – Water Running Fusion** June 13th 5pm – 8pm. 3 CALA CECs
This specialty session celebrates the pool as a liquid studio combining strength and fluidity with the deep core conditioning. With deep water running as the base move, participants will develop greater core strength, enhanced mind-muscle connection and improved postural alignment as they move with 'mindful' muscular activation.

_____ **Off the Wall: Simultaneous Teaching** June 14th 5pm – 8pm. 3 CALA CECs
Where there's a Wall there's a Way! This innovative workshop highlights the incredible potential of the wall as an outstanding resistance and stability tool in any pool workout. Whether chest deep or deep, the wall is always available to help deconstruct movements, create limitless rebound wake opportunities and stabilize the body during a wide variety of anchored and suspended movements.

Indicate the workshop(s) you are registering for by adding a check mark above.

City of Whitehorse – Canada Games Centre Aquatic Staff – Register through the Aquatic Supervisor

One workshop:	CALA member: \$60	NON member: \$80 + 5% tax
Two Workshop:	CALA member: \$110	NON member: \$150
Three Workshops:	CALA member: \$180	NON member: \$200

Note: CALA membership: join/renew: \$59 + tax. After May 5th, 2018: **Add** \$25 (+ 5% tax)

REGISTER: Ph: 1-888-751-9823 or scan & email form to cala_aqua@mac.com

VISA or MasterCard accepted; or direct deposit/e-transfer

Name: _____

Address: _____

Email: _____ Cell: _____
Amount

VISA MasterCard E-Transfer Pd: \$ _____

Card # _____ Expiry _____

Signature _____

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____