

**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
Come celebrate the outstanding core benefits of anchored CALA base and bonus base movements performed entirely in chest deep water. This "no bounce" workout loads linking and bridging with the key elements of deep mind- muscle connection and grounding energy from heels to head as Full range movements flourish. 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: _____