



1000 McBride Street, Prince Rupert, BC V8J 3H2
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www.princerupert.ca

CALA Workshops – Sunday May 27th, 2018 Earn CALA, BCRPA & canfitpro CECS
Host Facility: Jim Ciccone Civic Ctr. & Earl Mah Aquatic Ctr., Prince Rupert, B.C.

Aqua Cardio Combat – Core Fusion: 9am – 1pm (4 CECS)

9:00am – 10:00am: Eagle Room (Jim Ciccone Civic Center): Dry land theory & dry land movement

10:00am – 11:30am: Earl Mah Aquatic Centre: Deep Water Session

11:30am – 1:00pm: Eagle Rm: Dry land theory & movement with Q & A, Feedback Completion

The good news is that your classes are full. You have participants ranging from 18 to 88 years of age with a wide variety of fitness levels. Some prefer chest deep-water, others deep. Then there are those that move in both depths comfortably. There are people with movement limitations related to health conditions. How do you accommodate them all? Learn to design & deliver classes that celebrate light, moderate & high intensity movement variations & combinations. Get ready for a movement experience that fuses Cardio Combat and Core Training. This workshop will explore leadership techniques & movement construction / deconstruction to create the best possible experience for instructors and participants.

Oh My Aching Body – Strengthening & Range of Motion Strategies: 2pm – 6pm (4 CECS)

2:00pm – 4:00pm: Eagle Room: Dry land theory & dry land movement

4:00pm – 5:45pm: Earl Mah Aquatic Centre: Chest Deep Water Session

5:45pm – 6:00pm: Eagle Room: Q & A Discussion & Feedback Completion & Wrap Up

This chest-deep water session is designed to create a welcoming environment with no expectations and no judgement. Experience the pure joy of gentle movement in water that encourages range of motion, balance, flexibility and a sense of accomplishment. Instructors will experiment with moves from a sample OMAB (Oh My Aching Body) class and design movement modifications to ensure class participants are comfortable. Learn how voice tone and volume affects class participants

Two WORKSHOPS: CALA Member : \$160 + 5% tax; NON Member : \$180 + 5% tax **Join Now add (\$59 + 5% tax)**

One Workshop: CALA Member: \$80 + 5% tax; NON Member : \$95 + 5% tax **Join Now add (\$59 + 5% tax)**

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