

# BCRPA, CFES, AFLCA, canfitpro, CALA accredited

Host Nicola Valley Aquatic Centre, 2040 Mamette Ave, Merritt, B.C., V1K 1B8



## CALA Workshops – Saturday May 4th, 2019

\* Place a check mark beside the workshop(s) that you will attend

### Aqua Inspiration: Winning Aqua Warm Ups, Creative Cardio using Equipment & Teaching Tips

From 8am – 12pm (4 CALA & BCRPA CECS, canfitpro Accredited)

8:00am – 9:45am: Civic Centre: Dry land theory & dry land movement

9:45am – 10:00am: Change time for pool session in Main Pool

10:00am – 11:30am: Nicola Valley Aquatic Centre: Chest Deep and Deep Water Session

11:30am – 12:00pm: Civic Centre: Dry land Q & A, Feedback Completion

**Description:** Learn how to plan and deliver a successful warm up with the integration of Power Posture and visual cueing. Fine-tune your alignment, demo skills and body language. Inspire participants with subtle changes in voice and facial expression. Challenge your participants during cardio with effective and safe use of equipment. Explore creative ways to integrate various types of equipment into your chest deep and deep-water classes.

#### Objectives:

- Learn how to design and deliver a safe warm up
- Investigate the essential components of a safe warm up
- Improve on deck teaching and integrate motivational cues and with constructive feedback and correction for participants

### Aqua Combo: Aqua Jogging with Warm Water Stretches

From 1:00pm – 5pm (4 CECS) Leisure Pool

1:00pm – 2:45pm: Civic Centre: Dry land theory & dry land movement

2:45pm – 3:00pm: Change time for pool session

3:00pm – 4:30pm: Nicola Valley Aquatic Centre: Deep Water & Therapy Pool

4:30pm – 5:00pm: Nicola Valley Aquatic Centre: Viewing area: Q & A, Feedback Completion

**Description:** Learn how to plan and deliver dynamic aqua jogging sessions using various training formats. Then, hop in the therapy pool to experience unique static and dynamic stretching moves and techniques

#### Objectives:

- Experience several aqua jogging formats and learn to design progressive classes for your participants
- Understand the importance of dynamic and static stretching to improve balance and flexibility
- Lead stretches that you have learned for your fellow workshop participants from on deck or in water.

**Two WORKSHOPS:** \$168 (incl tax) or **One Workshop:** \$94.50 (incl tax). ADD \$31.50 for registration after April 14, 2019

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Tel. (h): \_\_\_\_\_

Province: \_\_\_\_\_

Postal: \_\_\_\_\_ Tel. (w): \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

VISA  MasterCard  E-Transfer Amount Pd: \$ \_\_\_\_\_ (See above for correct fee option)

Card # \_\_\_\_\_ Expiry \_\_\_\_\_

Signature \_\_\_\_\_

**REGISTER BY PHONE 1-888-751-9823 OR EMAIL CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

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