

AQUA VARIETY PLUS

Saturday, March 23, 2024. 8am – 1pm

Victoria Park Community Centre, Ingersoll, ON



Earn 5 CALA CECs Also canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES. If you are AFLCA Certified, petition for credits through AFLCA.

Take the plunge and explore with CALA Master Trainer, Dylan Harries

- Shallow & Deep Aqua Fusion (with a sprinkling of Water Running)
- Liquid Barre Fit (no dance experience required)
- Navy Seal Aqua Boot Camp (heart pounding & body pumping HIIT training)
- Stand Up Paddleboard – Sample (bring your board or watch on deck)

AGENDA	
7:45am – 8:00am	Registration & Attendance
8:00am to 9:30am	Active Theory
9:30am to 9:45am	Change for pool sessions
9:45 am to 10:15 am	Aqua Shallow & Deep Simultaneous Teaching, sprinkling of Water Run
10:30 am to 11:15 am	Liquid Barre Fit
11:30 am to 12 pm	Navy Seals Aqua Boot Camp – HIIT Training
12 pm to 12:15 pm	Workshop Review
12:15 pm to 12:45 pm	DEMO SUP (bring your own SUP board)
12:45 pm to 1:00pm	Wrap Up & Questions

CECS: CALA members: Request a CEC certificate upon submission of course evaluation.

Non-members: E-transfer \$15 + tax to cala_aqua@mac.com and include the name of the event related to the CEC certificate you are requesting. Completed course evaluation must be received by CALA.

Fee: CALA Member: \$99 + tax / Non-Member: \$119 + tax (ON tax is 13%)

Add \$25 after March 16 2024. E-transfer payment to cala_aqua@mac.com

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawing from workshop.

To register: Email completed registration form to cala_aqua@mac.com

Please print in black ink or type

Name _____

Address _____ Join CALA Now \$59 + tax

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

WAIVER AGREEMENT: Please check that you agree to the following WAIVER.

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

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

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