

WARM WATER WORKSHOP on May 3, 2024

CALA Master Trainer Katherine McKeown

Location: Grandview Children's Center, 600 Townline Rd South, Oshawa, ON., L1H 0C8



Earn 4 CALA CECs Also canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, CFES.

Description This warm water workshop explores progressive exercise sequences which are critical to healthy movement, falls prevention and dynamic daily living. Designed to lengthen, strengthen and activate muscles to stabilize the body, participants will experience, practice teach and develop movement patterns based on the Handout provided.

Learning Objectives:

- Learn how to progressively strengthen targeted muscles using workload manipulation.
- Understand how to effectively stretch muscles to release tension and restore full range of motion.
- Experience dynamic & static balance sequences to promote inclusion for a range of fitness levels.
- Enhance ownership of warm water exercises by designing your own movement patterns.

AGENDA Friday, May 3, 2024	
10:00am – 12:00pm	Pool session: Pool is shallow midpoint is 1.04 m & deep part is 1.22 m
12:00pm – 12:15pm	Move to Condominium building at 337 Simcoe St. North, Oshawa, ON
12:15pm – 2:15pm	Dry land Active Theory & Completion of Evaluations

If you need a CEC Certificate: 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: \$119 + tax / Non-Member: \$149+ tax (ON tax is 13%)

Add \$25 for registrations after April 23 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 withdrawal from workshop. Fees can be applied to future CALA events.

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.