

LIVE... in Simcoe, Ontario!

CALA Workshops

with Charlene Kopansky, CALA Founder & President



1. Aqua Mobility

2. Aqua Fit Class Management

CECs: 4 CALA, CFES, BCRPA, SPRA, NBFA, NSFA & 2 canfitpro **Also accredited by:** OFC, CPTN, AFLCA, YMCA, YWCA, LSS.

Aqua Mobility Workshop: Learn a series of gentle movements designed for people with arthritis, hip and/or knee replacements and those recovering from a Motor Vehicle Accident. The Aqua Mobility workshop is geared to chest-deep water. Those wishing to modify the moves to suit a deep-water environment are welcome to do so.

Aqua Fit Class Management: Instructors often find themselves leading a chest deep water class, jam packed with clients in the deep end and vice versa. Learn how to lead simultaneous combination chest-deep and deep- water classes while offering multiple options to accommodate a variety of fitness levels. This workshop provides insight into how to utilize both verbal and visual cuing to empower participants to select the option that is most appropriate for them.

Where: Simcoe Recreation Centre, Simcoe ON (Annaleise Carr Aquatic Centre)

Who: CALA President and Founder, Charlene Kopansky

When: Tuesday October 15, 2024 from 4:30pm – 8:30pm EST

Includes dry land active theory, practical pool session & change time.

COST: CALA Member: \$130 + tax / Non-Member: \$150 + tax (ON tax is 13%)

Late fee: Add \$25+ tax if registering after October 10, 2024

Payment options: E-transfer to cala_aqua@mac.com or pay by credit card Amount Paid: _____

No refund for withdrawal from course. Fees can be applied to future CALA events.

Please print (black ink) or type: **Email registration to cala_aqua@mac.com**

Name	_____
Address	_____ Join CALA Now <input type="checkbox"/> \$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.

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

©CALA Inc. All Rights Reserved. www.calainc.org cala_aqua@mac.com 416-751-9823