

# Join Charlene Kopansky & Dylan Harries

## The Canada Games Centre, Kamloops, BC

Sat. Dec. 7<sup>th</sup> 1pm – 5pm and / or Sun. Dec. 8<sup>th</sup> 8:30am – 12:30pm

Each workshop starts with Active theory in Room C & D (TCC)



Each day earns CECs: 4 CALA, CFES, BCRPA, SPRA, NBFA, NSFA & 2 canfitpro  
Also accredited by (petition for credits): CPTN, AFLCA, YMCA, LSS

**Saturday: Deep To The Core** (deep-water main pool: 3:15pm – 5:00pm)  
Experience creative deep water choreography sequences with a fusion of core strength training exercises. Learn helpful cues and options so all fitness levels are welcome. Gain a greater understanding on how to effectively activate and strengthening the core muscles for better posture and stability. It is time to jump in, fire up the core and make lots of wave together.

**Sunday: Aqua Blend** (deep-water main pool / shallow warm-water: 10:00am – 12:30pm)  
Get ready for some Water Running with HIIT style intervals in deep water, then transition to the warm pool for gentle movements patterns focusing on posture, functional strength, gait training and range of motion sprinkled with a touch of Aqua Yoga & Ai Chi.

**Put a check mark beside the session choice (s) above:**

**Cost for one workshop:** CALA Member: \$135 + tax / Non-Member: \$155 + tax per workshop.

**Cost for two workshops:** CALA Member: \$249 + tax / Non-Member: \$269 + tax per workshop.

**PAYMENT:** CALA accepts EFT and E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Amount Paid: \$ \_\_\_\_\_

*No refund for withdrawing from workshop. Fees can be applied to future CALA events.*

To register please print in black ink or type. Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Name \_\_\_\_\_  
Address \_\_\_\_\_ Join CALA Now  \$59 + tax  
City \_\_\_\_\_ Tel. h \_\_\_\_\_  
Prov \_\_\_\_\_ Cell \_\_\_\_\_  
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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**