

# Warm Water Plus Workshop

Sunday, January 5, 2025. 8:30am – 12:30pm EST  
Stoney Creek Rec, Ctr, 45 King St. W., Stoney Creek, ON.

**Charlene Kopansky, CALA Founder &  
Julia Ito, CALA Trainer & Physiotherapist**



**Earn 4 CALA CECs.** Also **accredited** by canfitpro, CFES, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA. If you are AFLCA Certified, petition for credits through AFLCA.

**Description:** Explore exercise sequences focusing on falls prevention, dynamic & static balance, building movement confidence and improving range of motion for dynamic daily living. Movements are designed to lengthen, strengthen and activate the body, mind and spirit. Workshop participants will have time to develop their own movement patterns to integrate into both warm water & regular aquafitness classes.

## Learning Objectives:

- 1) Learn how to progressively strengthen targeted muscles using key techniques to manipulate workload.
- 2) Understand how to effectively stretch muscles to release tension and restore full range of motion.
- 3) Experience balance sequences that promote inclusion for a wide range of fitness levels.
- 4) Enhance ownership of warm water exercises by designing your own movement patterns.

**Cost:** CALA Member: \$125 + tx / Non-Member: \$145 + tx (ON tx is 13%).

Registration opens for non-City of Hamilton Staff on December 20, 2024

Hamilton Staff register through City of Hamilton

## Please print or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
City	Tel. h	_____	
Prov	Cell	_____	
Postal	Tel. w	_____	
Email 1	Email 2	_____	

**PAY:** E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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

**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.

**Email completed form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**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*