

# LIVE... in Hamilton!

## Group Aquafitness Booster - Level Up Your Leadership



**Accreditation CECs:** 4 CALA, 2 canfitpro, 2 CCAA, 4 OFC, 4 BCRPA, 4 SPRA, YMCA, 4 NSFA, 4 NBFA, CPTN, AFLCA, 4 CFES.

**Description:** Experience a 45-minute group aquafitness class including a warm up, cardio, muscle conditioning and stretch. Learn how to transition from one movement to another, add a variety of arm and leg moves, increase or decrease intensity by manipulating surface area, speed of motion and playing with buoyancy options. Learn to cue alignment while offering exercise options to meet the diverse needs of your participants. Leave this workshop with a template to create your own 45-minute class design and a pre-set class to utilize immediately. Be ready to practice on deck.

**Sign up early & get free access to the GAF Prep Webinar recording.**

**WHERE:** Norman Pinky Lewis Recreation Centre 192 Wentworth St N. Hamilton, ON. L8L5V7

**WHO:** CALA Trainer, Jill Young

**WHEN:** November 23, 2025 from 2:30pm – 6:30pm EST  
Includes dry land active theory & practical pool session

**COST:** CALA Member: \$99 + 13% tax / Non-Member: \$115 + 13% tax  
Add \$20 + 13% tax, if paying after November 16, 2025

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

**Complete & email this form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**NOTE: Limited space available - Register NOW**

Please print or type: **City of Hamilton Staff register directly through City of Hamilton**

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.

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*