

# LIVE... in Stoney Creek! Sept 21, 2025 DST

## HydroRider – Aqua Cycle Fit Clinic



**Accredited (CECs): Earn 8 CALA**, 4 canfitpro, 4 CCAA, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

**Description:** Don't miss this fabulous clinic featuring cycling in water on a stainless-steel bike. This high-quality bike is easy to maneuver into and out of the water and will add a brand-new dimension to aquatic cross-training and programming. Designed for athletes, recreational cyclists, pleasure riders and aquatic post-rehab clients, this activity has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity

**Note:** The City of Hamilton, in partnership with CALA (Canadian Aquafitness Leaders Alliance), is pleased to offer a HydroRider – Aqua Cycle Clinic for any interested Fitness Instructor staff within the Recreation division.

### Objective:

- Familiarization & Orientation (hand positions & body positions)
- Training Session Construction
- Safety: Alignment & Core Activation
- Communication & Motivation Techniques
- Cadence & Intensity Manipulations for Aerobic & Anaerobic Conditioning
- Sample Rides

**Includes:** Digital copy of a comprehensive manual, Eight hours of active theory, water practice and CEC's.

**WHERE:** Dominic Agostino Riverdale Community Centre. 150 Violet Dr, Stoney Creek, ON L8E 6B4

**WHO:** CALA Master Trainer & Creative Director – Dylan Harries

**WHEN:** Sunday, September 21, 2025, from 8:30 am – 5:00 pm EST; Includes dry land active theory, practical pool session & change time. (30 min lunch break)  
**Non-City of Hamilton staff:** Registration will open on Sept 5, 2025

**COST:** CALA Member: \$225 + 13% tax / Non-Member: \$245 + 13% tax  
City of Hamilton Staff: Register through City of Hamilton  
Add \$20 + 13% tax if paying after Aug 31, 2025  
Complementary CEC certificate for CALA members, upon request.  
Non-members \$25 + 13% tax to receive a CEC certificate, upon request.

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

**Complete & e-mail to** [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**NOTE: Limited space available - Register NOW** Non-City of Hamilton staff: Registration opens on Sept 5, 2025  
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	_____

**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*