

CALA Online Learning:

Recording of a Webinar on 2025-03-30

Aqua Pickleball Conditioning - Just Add Water!

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Independent Learning Webinar – For All Fitness Professionals

Description: Pickleball continues to be the fastest growing sport in North America, with over 1.3 million Canadians playing on a regular basis. It is found to be very popular among older adults but has become a game for the whole family. Pickleball injuries have increased rapidly in the last few years. 85% of the injuries were sustained by people aged 60+. Get ready to help participants elevate their game by engaging in specific aqua pickleball conditioning moves. Let the waves in the pool challenge balance, agility, coordination while enhancing the core and total body muscle strength to improve overall performance and decrease the risk of injury.

Objectives:

- 1) Learn and practice an effective and dynamic 'sports style' warm-up that can be performed in the pool and/or the fitness studio.
- 2) Review and experience the top 5 pickleball 'land meets water' strength exercises for injury prevention.
- 3) Enhance the 'fun factor' by adding helpful coaching cues for options so all levels and ages can feel successful.

CEC FEES: 1 CALA CEC & 1 canfitpro CEC (includes a session handout and 3-months access to a recording of the webinar).
CALA Member: \$25 + 13% tax / Non-Member: \$35 + 13% tax

CEC PAYMENT: CALA accepts EFT /or/ E-transfer to cala_aqua@mac.com

Amount Paid: \$ _____

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

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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.

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