

Independent Learning

via a Private Facebook Link - 3 months access

Recording of a live CALA ZOOM Webinar

Aqua HIIT Training - Just Add Water

Presenter: CALA Master Trainer Dylan Harries



Description:

Throw the choreography out the door. Develop an understanding on how to use HIIT training to its full potential. Review and practice 4 cardio movements and 4 strength-based exercises. Then create two different mixed intervals that can be performed in deep or chest deep water. Blend a high intensity formula with a whole lot of fun and your participants will keep coming back for more!

To register: Email completed registration form to cala_aqua@mac.com

Please type or print in black ink:

Name: _____

Address: _____

Phone: _____

Email: _____

CALA Member: \$25 + tax / Non-Member: \$35 + tax (ON tax is 13%)

E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT: Please check the box below in order to be accepted into the workshop.

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