

# CALA Pelvic Floor & CORE and Dynamic Duo (Parent and Tot/Diaper Fit)



FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page

Earn 4 CALA CECs. Also **accredited** by canfitpro, OFC, 3 BCRPA, 3 SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, 3 CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

**Description:** Pelvic floor exercises are important for women to integrate into their daily fitness routine. Pregnancy and birth stress and often damage the pelvic floor.

## Objectives:

- Understanding the role of the pelvic floor and the core in fitness and life is pivotal for instructors who are leading classes for pre-natal and post-natal participants.
- Understand the pelvic floor and the foundation of the core
- Learn symptoms of pelvic floor dysfunction
- Discover causes of pelvic floor dysfunction
- Understand the impacts of pregnancy, birth, and the importance of pelvic floor recovery
- Explore solutions for managing dysfunction
- Learn about movement and exercise
- Describe and teach the Core Breath
- Apply aquatic lens to the pelvic floor and movement
- Understand the impact and influence of the aquatic environment on the pelvic floor & core.

**WHERE:** FACEBOOK Platform [facebook](#) (Private Facebook Group) – online.

**WHO:** CALA Master Trainer – Jennie Queen

**WHEN:** At your leisure

**COST:** CALA Member: \$95 + tax / Non-Member: \$115 + tax.

## Please print or type

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

## WAIVER AGREEMENT ✓ for **CALA Aqua Pre/Post Natal Core and Diaper Fit 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.

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

**EXPRESS registration** 416-751-9823 **OR Complete, scan & email 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*