

CALA Workshop

Changing the Chatter in Aqua Fitness Classes

Hosted on ZOOM

Earn 3 CALA CECs. Also accredited by canfitpro, OFC YMCA.



Description: Talking among class participants remains a very difficult issue for many Aqua Fitness instructors. “Changing the Chatter” closely examines strategies designed to lift and shift the lens on how attention can be rerouted, reframed and refined toward the ultimate goal of optimal health and wellness whereby participants focus on their movements during the class.

Objectives:

- ✓ Practice being a motivational mover using CALA’s S.P.I.C.E. formula for unforgettable form.
- ✓ Investigate techniques to promote powerful self-dialogue by guiding attention inward.
- ✓ Model the magic of opportunity through infectious and influential leadership.

WHERE: ZOOM Platform – online. More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: Saturday, May 9, 2020 from 2pm – 5pm

WHAT: Changing the Chatter in Aqua Fitness Classes

COST: Early Bird: on or before May 1, 2020. CALA Member: \$75 / Non-Member: \$85 (plus tax)
Regular Fees – Register after May 1 Add \$25 (plus tax).

Name			
Address			Join Now: <input type="checkbox"/> (\$59 plus tax)
City		Tel. h	
Prov		Cell	
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<input type="checkbox"/> VISA <input type="checkbox"/> MCard <input type="checkbox"/> E-transfer/Direct dep.	Pd:	\$	(See above for fee)
Card #	Expiry		

Sign: _____

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com