

CALA Online Learning

Liquid Barre - Just Add Water!



(recording of Dylan's ZOOM webinar - Delivered on Facebook platform
Dylan Harries (CALA Master Trainer & Creative Director)

Description:

Connect with your inner dancer. We will review a few of the CALA Barre Base Moves (upper and lower body) to make sure we are technically sound. Then we will learn two fun choreography blocks with sequencing to bring the intensity to new heights. Just add water to make the party waves.

Objectives:

- 1) Practice and review 5 CALA Aqua Barre base.
- 2) Learn two fun choreographed movement blocks that you can use tomorrow.
- 3) Understand how Sequencing and the C – S LAP formula can increase the intensity.

FEE and CEC: 1 CALA CEC (CALA Member: \$25 + 13% tax / Non-Member: \$35 + 13% Tax)
Which gains you 3 month access to the session handout and recording

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

Amount Paid: \$ _____

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

Email completed registration form to cala_aqua@mac.com

Name	_____	CALA Member	<input type="checkbox"/> Y	<input type="checkbox"/> N
Address	_____	Country	_____	
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.

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.