

Aqua Mash Up! Kickbox & Choreography Blitz

Saturday March 22, 2025 8:30am – 1:30pm

Victoria Park Community Centre, Ingersoll, ON



Earn CECs: 5 CALA, CFES, BCRPA, NBFA, NSFA, SPRA plus 2 canfitpro
Also accredited by CPTN, LSS, OFC, YMCA, YWCA

Take the plunge and explore with CALA Master Trainer, **Jaye Graham**

Description: Elevate your aquatic fitness teaching skills with this comprehensive workshop designed for instructors who want to bring the dynamic world of Aquatic Kickboxing to their participants. Explore the fundamentals of aquatic kickboxing including proper form, technique adaptation for water, how to structure a challenging, safe class for participants of all fitness levels. We'll delve into choreography creation, using the CALA Base Moves, teaching you how to design seamless and engaging routines. You'll be equipped with the knowledge, skills and confidence to lead fun, effective aquatic kickboxing classes. This workshop is ideal for those looking to expand their repertoire, enhance their teaching techniques, and bring something fresh and exciting to their participants.

AGENDA Saturday March 22, 2025 arrive at 8:30am	
8:30 am to 9:00 am	Network and register
9:00 am to 10:00 am	Active Theory
10:00 am to 10:15 am	Change for pool sessions
10:15 am to 11:00 am	Aqua Kickboxing
11:00 am to 11:15 am	Break
11:15 am to 12:00 pm	Choreography Blitz
12:00 pm to 12:30 pm	Workshop Review
12:30 pm to 12:45 pm	Change for room Wrap Up
12:45 pm to 1:30 pm	Wrap Up & Questions

CECS: **CALA members:** Request a CEC certificate upon submission of course evaluation.
Non-members: E-transfer \$15 + tax to cala_aqua@mac.com and include the name of the event related to the CEC certificate you are requesting. A completed evaluation must be received by CALA.

Fee: CALA Member: \$125 + tax / Non-Member: \$145 + tax (ON tax is 13%)
Add \$15 after March 15, 2025

No refund for withdrawal or no-shows. Fees can be applied to future CALA events

PAYMENT: E-transfer to cala_aqua@mac.com Amount Paid: \$ _____

Email form to cala_aqua@mac.com (print in black ink or type)

Name _____

Address _____ Join CALA Now \$59 + tax

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

WAIVER AGREEMENT: Please check

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