

AQUA SYNERG – “J” SQUARED

Dynamic Duo CALA Presenters : Jennie Queen & Jill Young

Sunday, April 27, 2025 (12:45 – 5:00pm)

Dovercourt Rec. Centre, 411 Dovercourt Ave, Ottawa, ON, K2A 0S9



Earn CECs: 4CALA, 2canfitpro, 2CCAA, 4OFC, 4CFES, 4BCRPA, 4SPRA, 4YMCA, 4NSFA, 4NBFA, 4CPTN, AFLCA (petition for credits).

www.calainc.org

Description: Get ready to dive into an unforgettable workshop with Jill & Jennie, aka "J Squared"! This high-energy session is all about unlocking the synergy between music and Movement to elevate your aqua fitness classes to the next level. Together, we will explore Creative choreography options, dynamic transitions, and innovative ways to connect with your participants while keeping the energy flowing and the fun factor sky-high. Join us for a splash of creativity, a wave of inspiration, and all the tools you need to make every aqua fitness class a masterpiece of motion!

Objectives:

- Harmonize Movement & Music: Learn to select music and movements that amplifies your class vibe.
- Innovative Choreography: Discover unique ways to design sequences catering to all fitness levels.
- Maximize Engagement: Create an interactive experience to keep participants coming back for more.
- Double The Energy & Double the Fun: Tips on co-teaching strategies to bring synergy to life.

AGENDA Sunday, April 27, 2025 – 12:45 to 5:00pm * Arrive at 12:30pm	
12:30 – 12:45pm	Registration & Networking
12:45 – 1:50pm	Active Theory
2:00 – 4:00pm	Pool Session
4:15 – 5:00pm	Active Theory / Questions / Wrap Up

Cost: CALA Member: \$125 + (13 % tax) / Non-Member: \$145 + (13% tax)

Non-member: Add \$25 + 13% tax if you would like a CEC certificate upon submission of workshop evaluation.

CALA member: Request a complementary CEC certificate upon submission of workshop evaluation.

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

No refund for withdrawing from workshop.

To register please print in black ink or type. Email completed registration form to cala_aqua@mac.com

You can also use the Adobe Acrobat “Fill and Sign” feature to complete the form

Name _____
Address _____ Join CALA Now \$59 + tax
City _____ Tel. h _____
Prov _____ Cell _____
Postal _____ Email _____

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.

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding.