

# CALA Online Learning

## Aqua Disco Party - Just Add Water Webinar

Host: Dylan Harries, CALA Master Trainer & Creative Director  
Recording of ZOOM session delivered on Facebook platform



### Description:

Let's dance together to celebrate the holiday season. We will review a few CALA Base Moves (upper and lower body) to make sure we are technically sound. Experience two fun choreography blocks with some helpful cues so all fitness levels are successful. Just add water and turn up the disco music for a wild pool party.

**CECs** – you will receive 1 CEC CALA and canfitpro plus - which includes access to live ZOOM recording and a copy of the power point handout

**PRICE:** \$25+ tax (ON. tax is 13%)

**Payment:** E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)      **Amount Paid:** \$ \_\_\_\_\_

**Complete & e-mail to** [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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

Name	_____	Join CALA Now	<input type="checkbox"/>	\$59 + tax
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**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.

**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*