

CALA Workshop – Independent Study Aqua Cardio Kick Box Boot Camp – Lower Body

Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page

4 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC petition application](#)



SPECIAL NOTE: CALA is offering 3 Aqua Kick Box Workshops (Independent study Upper and Lower Body, and Choreography live on ZOOM April 24). Complete all 3 workshops & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.

Option to complete on ZOOM or to listen to the FACEBOOK recordings of the ZOOM Session. If you missed the Feb 27th (Upper Body) and/or Mar 13th (Lower Body) sessions, you can register to watch the recordings for Upper and Lower body sessions on Facebook and you will be eligible for the CALA Aqua Kick Box Specialty Certification.

Description:

Bring It On! This kickboxing program uses intense cardio drills based on traditional martial art movements for a full body workout like no other. It is packed full of punches, jabs, kicks and amazing combo sequences to get your heart pounding. Focus will be placed on technique and safety.

Objectives

- 1) Observe, then demonstrate lower body aqua kick boxing base moves with a core focus.
- 2) Enrich your leadership language with cues designed for effectiveness, form and safety.
- 3) Develop three interval movement blocks based on the planes of motion to achieve muscle balance.

WHERE: Independent Study – online through Facebook [facebook](#).

More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Master Trainer – **Dylan T. Harries**

WHEN: At your leisure 3 month access

COST: CALA Member: \$95 / Non-Member: \$115 + tax

Please print or type

Name	_____	
Address	_____	Join CALA Now <input type="checkbox"/> (\$59 + tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal	_____	Tel. w _____
Email 1	_____	Email 2 _____

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT ✓ for Aqua Cardio Kick Box Boot Camp – Lower Body

Please check ✓ that you agree to the following WAIVER. (Required to register for this training)

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.

EXPRESS registration 416-751-9823 OR Complete, scan & email form to 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