

CALA Workshop – Independent Study

Aqua Healthy Back

FACEBOOK RECORDING - Independent Learning delivered through private Facebook page



Earn 3 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 forms](#)

Description:

Water Fitness Professionals need to understand the parameters for a healthy back. This specially designed program is for the individuals who suffer from the debilitating effects of back pain. Learn the clear guidelines to use the properties of water to reduce the effects of gravity on the spine and strengthen abdominal and upper and lower back muscles. The emphasis is on postural awareness, dynamic stabilization and kinesthetic cueing.

Objectives:

- 1) Learn and demonstrate core exercises that promote back health.
- 2) Enrich your leadership language with cues designed for providing options for working with clients with back issues.
- 3) Gaining a better understanding of the Core muscle chain.

WHERE: FACEBOOK Platform  (Private Facebook Group) – online.
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: \$75.00 + tax / Non-Member: \$95.00 + 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 **CALA Aqua Healthy Back Facebook**

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