



**Level Up**  
**Saturday (April 28), 2018**  
**2:00—6:00pm**  
**Ottawa Athletic Club**  
**CALA Master Trainer & Life Coach: Jennie Queen**

Explore the A.R.T. (Aqua-fitness, Refinement, Techniques) of CALA. Take your aqua teaching to the next level; see the impact it can have on clients and classes. This session will explore various aspects of your movements, honing your craft and transforming yourself. Join me for this specialized and journey of personal exploration through the examination of the fundamental building blocks, your own teaching style, movement demonstrations and deck techniques. Re-Fine, Re-New, Re-Discover, Re-Inspire and Re-Create yourself. ~ Be Your Own Awesome! ~



**CALA members \$95.00**  
**Non- Members: \$110.00**  
**Add \$25 + tax for all registrations after April 13, 2018**

Earn CALA, Canfitpro, OFC and Outside YMCA CECs

**To register:**

Call 1-888-751-9823 or Email ([cala\\_aqua@mac.com](mailto:cala_aqua@mac.com))

(For More Information, Please See Registration Form Online at [www.calainc.org](http://www.calainc.org))