

**BCRPA, CALA, AFLCA, CFES & canfitpro
approved/accredited**

**AQUA EXTRAVAGANZA WORKSHOP OPPORTUNITY
Friday May 12, 2017**

Sparwood Leisure Centre, Sparwood, BC

Presented by CALA Trainer: Michelle McLaren



Agenda: 8:30am – 1 :15pm: Active theory session on dry land
1 :15pm – 1:45pm: Short Nutrition Break & Change for pool session
1:45pm – 4:30pm: Shallow Water Pool session: Practical application of the theory

Accreditation: 8 CALA, 4 cfp FIS & OAS, 8 BCRPA and AFLCA accreditation

Description: Learn how to design interesting routines & unique class formats in a shallow water pool. Experiment with visual and verbal cueing that motivates and focuses participants. Experience the unique CALA “Bridging and Linking” style of choreography, body storm new movement combinations and experience sample aqua yoga sequences.

Objectives:

1. To design routines and class formats suitable for shallow water pools.
2. To add effective verbal and visual cueing to motivate and focus participants.
3. To experience bridging and linking style choreography.
4. To learn specific, select aqua yoga sequences.

Cost: Non-CALA Members : \$168 CALA Members: \$157.50 (includes tax)

**You will earn CALA CECs, that you can ‘bank’ for use in the future.
No membership or prior CALA Training required.**

REGISTRATION:

Name _____
Address _____ Join Now: (\$59 plus tax)
City _____ Tel. h _____
Prov _____ Cell _____
Postal: _____ Tel. w _____
Email: _____

PAYMENT METHOD:

VISA MCard E-transfer/Direct dep. \$ _____
Card # _____ Expiry _____
Sign: _____

EXPRESS registration 1-888-751-9823 OR Complete, scan & email

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD <input type="checkbox"/>	Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____	