

canfitpro, YMCA-YWCA & CALA accredited
BEACONSFIELD LEISURE CENTRE, QUEBEC
Saturday, March 30, 2019. 9am – 12pm



**CALA Designing Creative Movement Patterns with
Inspirational Cueing to Revitalize Participants & Re-energize Instructors**

Accreditation: 3 CALA CECs, 1 FIS, 1 PTS, YMCA-YWCA CECs

Description: Designing your classes with a splash of creativity allows for the joy of movement, minds to discover and spirits to soar. Let's explore some tips and tricks for developing and facilitating inspired aqua classes. Designing new movement patterns, connecting the power of music and becoming a tactician of communication; you will discover your inner choreographer. Let's unleash your inner creative spirit.

Objectives:

1. Understand and experience a system for developing lesson plans and tips and tricks for the creation of movement patterns
2. Understand and experience brain and body storming, and their importance to the creative process
3. Learn some pre-designed movement sequences and create some new ones
4. Explore the impact of cueing and communication in the facilitation of your creations

Agenda: 9am – 10:25am Active Theory * Wear your bathing suit under your fitness clothing!
10:25am – 10:30am Quick change for Pool
10:30am – 12pm Super fun Pool session
12pm – 12:30pm Change, return to classroom to complete evaluation forms & receive CECs

Facility: Beaconsfield Leisure Centre, 303, boul. Beaconsfield, QC, H9W

Host: Annalie Cooperman will be on site to assist workshop participants from 8:30am to 12:30pm

Presenter: Jennie Queen

Early Bird price: CALA Member: \$80 + 5% tax; **Non-Member:** \$95 + 5% tax

Regular Price ADD \$25 + tax for registration after March 15th, 2019

Name: _____
Address: _____
City: _____ Tel. (h): _____
Province: _____
Postal: _____ Tel. (w): _____
Email: _____ Cell: _____

VISA MasterCard E-Transfer Amount Pd: \$ _____ (See above for correct fee option)
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Signature _____

REGISTER BY PH: 1-888-751-9823 OR SCAN & EMAIL REGISTRATION FORM: cala_aqua@mac.com

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____