

**CALA – BCRPA-canfitpro-AFLCA Accredited Workshop Series  
Presented by Katherine McKeown, CALA Trainer**



**Canada Games Centre, 200 Hamilton Blvd., Whitehorse, YT, Y1A 6G3**

**\*All attendees will earn & bank CECs (continuing education credits) with CALA, canfitpro, AFLCA.**

**Indicate your choices by placing a check mark beside the workshop name.**

\_\_\_\_\_ **Power Motivation – Fully Engaging Participants** June 15, 7pm – 10pm. 3 CALA CECs  
In this age of overload that contributes to mind clutter, physical disruption and soulful stress, people feel the need to belong. Social interaction and creating connections is an important aspect of health, happiness and general well being. Investigate leadership strategies that will empower your participants with knowledge, keep them motivated to excel physically and make them feel welcome and part of a dynamic group that bubbles with joy. Water is magical! Learn how to harness the power of water by leading classes that no one wants to miss! This is a dry land session.

**Objectives:**

1. Identify what uniquely fuels you as a leader and honour your signature style.
2. Enrich your verbal cueing vocabulary by infusing it with words to ignite the spirit.
3. Explore visual cueing techniques that educate and entertain simultaneously
4. Learn strategies to cultivate inclusiveness in every class you teach.
5. Compose motivational phrases that captivate attention and inspire reflection in your participants.
6. Consider the dynamics of verbal / visual feedback, creating an invigorating loop of uplifting energy.

\_\_\_\_\_ **CALA Assessors Workshop (By invitation! Contact the Aquatic Supervisor if you are on staff with City of Whitehorse, CGC)** June 17, 3pm – 7pm. 4 CALA CECS

CALA's Gold Standard is founded on meaningfully engaging every course graduate toward their own pursuit of excellence. As an assessor, you have the privilege and honour of celebrating unique leadership strengths and formulating strategies toward specific areas of improvement for every course graduate. This workshop addresses the critical importance of non-judgmental feedback, both written and oral. Learning is a continuum and progression is a process where individual differences are respected and encouraged. When done well, holistic assessment invites people to shift and grow, armed with the power of their own proficiency and the inspiration to improve.

**Objectives:**

1. Learn to clearly communicate observed leadership strengths both for written assignments and practical evaluations.
2. Investigate case studies to practice prioritizing the "Next Steps" that are most beneficial and achievable for the individual being assessed.
3. Compare the required assignments and exams for all CALA courses (VWT, GAF, HW, WR, HR, AY, AKB) noting similarities and differences.

\_\_\_\_\_ **Movement Matters** June 18, 7pm – 10pm. 3 CALA CECS

Aquafitness is hugely popular with older adults who regularly attend community classes for physical and social benefits. This workshop focuses on holistic sequences reflecting key movement patterns of everyday life. Performed in chest deep water, participants will learn to execute movements intentionally and adapt workload to match their personal fitness capabilities. Movement Matters



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mentally, physically and emotionally when the mind thinks, the body moves and the spirit soars. Educated participants are empowered participants whose devotion to motion is invaluable.

#### **Objectives:**

1. Understand and experience the importance of maintaining strong anatomical alignment and core engagement.
2. Improve range of motion and balance while moving and holding still.
3. Investigate techniques to alter workload when performing exercises to strengthen the shoulders, back, hips, knees and ankles.

#### **\_\_\_\_\_ Integrating Aqua Yoga Poses & Stretches** June 20, 3pm – 6pm. 3 CALA CECS

This workshop will feature aqua infused yoga poses designed to improve range of motion, static & dynamic balance and strength while building confidence & body awareness. Various stretches using the wall for support and other stretches free from the wall will target the major muscles of the body. Explore suspended movements and get ready to infuse your classes with novel stretches.

#### **Objectives:**

1. Learn aqua yoga infused poses in suspension at the wall and away from the wall.
2. Learn dynamic stretches in suspension at the wall and away from the wall.
3. Learn how to perform anchored stretches and poses in suspension.

**Indicate the workshop(s) you are registering for by adding a check mark above. Keep in mind that the Assessor workshop is by invitation only. If you are interested in becoming an approved CALA Assessor, contact CALA.**

[City of Whitehorse – Canada Games Centre Aquatic Staff – Register through the Aquatic Supervisor](#)

**Registration form – next page.**

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**Registration form**

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**One workshop:** CALA member: **\$60** + 5% tax Non-member: **\$80** + 5% tax  
**Two Workshop:** CALA member: **\$110** + 5% tax Non-member: **\$150** + 5% tax  
**Three Workshops:** CALA member: **\$180** + 5% tax Non-member: **\$200** + 5% tax

**Plus Assessor Workshop: CALA members only. Add \$80 + 5% tax**

**Note:** CALA membership: join/renew: \$59 + 5% tax

Register after May 15th, 2019: **Add \$25 (+ 5% tax)**

**TO REGISTER:** Indicate the workshops you are registering for by putting an x beside each workshop. See below

**CALA Ph: 1-888-751-9823 or scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

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- \_\_\_\_\_ **Integrating Aqua Yoga Poses & Stretches** June 20, 3pm – 6pm. 3 CALA CECS

**VISA or MasterCard accepted; or direct deposit/e-transfer**

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Email:** \_\_\_\_\_ **Cell:** \_\_\_\_\_  
Amount  
 VISA  MasterCard  E-Transfer **Pd:** \$ \_\_\_\_\_  
**Card #** \_\_\_\_\_ **Expiry** \_\_\_\_\_  
**Signature** \_\_\_\_\_

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