

CALA Workshop

Spot On Choreography



FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page

Earn 2.5 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](#)

This workshop features creative ways to develop exceptional choreography patterns while prioritizing physical distancing. When aqua choreography is SPOT ON! Everything seems to flow effortlessly for you as the instructor, and also for your participants. They can be successful and achieve mastery of their movements. Learn tips and tricks for elevating your existing choreography to new levels while embracing functional, safe movement patterns without the traditional traveling.

Objectives of Workshop:

- Understand the fundamentals for creating choreography to prioritize social distancing and smaller pools with limited ideal water depth.
- Learn how to leverage the features of your pool & water as the primary training tool.
- Modify existing choreography to achieve functional, fun and safe movement patterns without traditional travel.

WHERE: FACEBOOK Platform [facebook](#) (Private Facebook Group) – online.

You will be sent an invitation to join the Spot On Choreography Private Facebook Group

WHO: CALA Presenter – **Jennie Queen**

WHEN: **At your leisure** - You will receive a link to the [facebook](#) recordings after you register

COST: 2.5-hours: CALA Member: \$50 / Non-Member: \$60 (plus tax)

Please type or print

Name	_____	
Address	_____	Join Now: <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal	_____	Tel. w _____
Email 1	_____	Email 2 _____

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

Paid: \$ _____ (see price information above)

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