

CALA Workshop on Sunday December 6, 2020

Spot On Choreography

Hosted on ZOOM 

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: ZOOM Platform – online. More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – **Jennie Queen**

WHEN: Sunday, December 6, 2020 from 10:00am – 12:30 pm EST – Ottawa based ZOOM)

COST: Early Bird: on or before Nov. 25, 2020. CALA Member: \$50 / Non-Member: \$60 (plus tax)
Regular Fees – Register after November. 25 Add \$15 (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