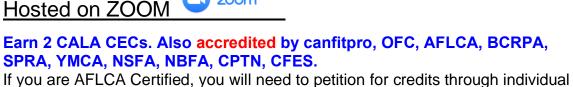
## CALA Workshop on Sunday January 10, 2021 **Aqua Cue-riosity**

application by using the AFLCA CEC Petition Application forms







**Description:** 

Aguafitness leaders are uniquely agua cue-rious. Learn the skills necessary to teach a class entirely visually, without talking, using your body and expressions as the motivators? Explore and re-discover the best practices for communication that prioritize the safety for you and your participants. Learn how to integrate CALA visual cues and instructional strategies to create a fun and fulfilling class.

## **Objectives:**

- Understand the fundaments for communication in aquatic fitness to educate, motivate and inspire.
- Discuss the strengths and weaknesses of verbal and visual cueing in light of the current unique world situation.
- Prioritize instructor and participant safety using visual cuing as your vehicle.

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

WHO: CALA Presenter – Jennie Queen

WHEN: Sunday, January 10, 2021 from 1:00pm – 3:00 pm EST (Ottawa based ZOOM)

**COST:** Early Bird: on or before January. 3, 2021. CALA Member: \$50 / Non-Member: \$60 (plus tax)

Regular Fees – Register after Jan 3 Add \$15 (plus tax).

## Please print or type

| Name                                                                                                                |                               |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------|
| Address                                                                                                             | Join CALA Now (\$59 plus tax) |
| City                                                                                                                | Tel. h                        |
| Prov                                                                                                                | Cell                          |
| Postal                                                                                                              | Tel. w                        |
| Email 1                                                                                                             | Email 2                       |
| PAYMENT: CALA only accepts E-transfer to <a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a> 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