

CALA Workshop on Saturday January 23, 2021

Liquid Barre Specialty Workshop Update for CALA Group Aquafitness Certified Leaders

Hosted on ZOOM  zoom

Earn 3 CALA CECs.



Description:

This is a Liquid Barre refresher course to get ready for your practical exams.

Objectives:

- Review of the Liquid Barre Base movements and Core exercises.
- Gain a full understanding of the Barre sequence.
- Discuss the strengths and weaknesses of verbal and visual cueing.
- Review and practice the pre choreographed blocks.
- Develop creative transitions in and out of the blocks.

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

WHO: CALA Presenter – **Dylan Harries**

WHEN: Saturday, January 23, 2021 from 10:00am – 1:00 pm EST (Ottawa based ZOOM)

COST: Complementary ZOOM Workshop

Please print or type

Name _____

Address _____

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

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