

# CALA Workshop on Saturday January 30, 2021

## Liquid Barre Specialty Workshop Update for those not certified in 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 (including Warm up and Cool – down).
- 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](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – **Dylan Harries**

**WHEN:** Saturday, January 30, 2021 from 10:00am – 1:00 pm EST (Ottawa based ZOOM)

**COST:** Complementary ZOOM Workshop

### Please print or type

Name	_____		
Address	_____		
City	_____	Tel. h	_____
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**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

You can also use the Adobe Acrobat “Fill and Sign” feature to complete the form