

CALA Workshop on Saturday February 13, 2021

Keep it Slow Workshop

Hosted on ZOOM  zoom

Earn 3 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](#)



Description: Explore the possibilities of working at a slower tempo while still achieving cardio & muscle benefits. Using a wide range of movements from the CALA compendium, learn to work effectively at 1/4 tempo, 1/2 tempo and on tempo. Get ready to put these tempo variations into practice for all levels of fitness and all ages.

Objectives:

- Use the CALA compendium to discover the benefits of working at slower tempos, while adjusting surface area to maximize exercise intensity.
- Leave this session with complete choreography blocks in chest deep and deep water for all ages & abilities.

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

WHO: CALA Presenter – **Kristin Murphy**

WHEN: Saturday, February 13, 2021 from 1:00pm – 4:00 pm EST (Ottawa, Ontario based ZOOM)

COST: Early Bird: on or before Jan 31, 2021. CALA Member: \$75 / Non-Member: \$95 (plus tax)
Regular Fees – Register after Jan. 31, 2021 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 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