

CALA Workshop on Sunday March 21, 2021

Feast on Form: Increase your CALA IQ

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:

For more than 28 years CALA has proudly promoted a commitment to Instructional Quality (IQ) via exemplary leadership based on a holistic philosophy. This philosophy encourages instructors to create opportunities for participants to experience the joy of movement in water by carefully integrating opportunities for the mind to discover, the body to move and the spirit to soar. "Feast on Form" offers a wonderful opportunity for Aquafitness instructors to improve the quality of 'on deck' movement execution skills from a mechanical and mindful perspective.

Objectives

- 1) Infuse your movement demonstration skills with greater purpose, precision and strength.
- 2) Enrich your leadership language with cues designed to deepen awareness of correct musculoskeletal alignment while consciously directing energy from 'heels to head' and leader to participant.
- 3) Discover how attention to subtle detail embedded in all of the CALA Base Moves has the potential to command focused attention from your participants.

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

WHO: CALA Presenter – **Katherine McKeown**

WHEN: Sunday, March 21, 2021 from 1:00pm – 4:00 pm EST (Keswick, Ontario based ZOOM)

COST: Early Bird: on or before March 7, 2021. CALA Member: \$75 / Non-Member: \$95 (plus tax)
Regular Fees – Register after March 7, Add \$15 (plus tax).

Please print or type

Name	_____		
Address	_____	Join CALA Now	<input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

PAY: CALA only accepts E-transfer to cala_aqua@mac.com

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