

# CALA Workshop on Sunday May 2, 2021

## The CALA Tempo Tree meets Muscular Strength & Endurance (MSE) Training

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:** This workshop combines Muscular Strength and Endurance (MSE) movement sequences with the newly developed "CALA Tempo Tree". Designed with participant education in mind, this user-friendly teaching tool can be easily displayed on deck to enhance the movement experience for the instructor and the participants.

### Objectives

- 1) Learn how to integrate the "CALA Tempo Tree" as an impactful visual aid designed to empower your participants to achieve peak performance.
- 2) Experience and practice Muscular Strength and Endurance (MSE) sequences designed to improve the strength and endurance capabilities of target muscle groups using a variety of tempos.
- 3) Understand how Speed of Motion (SOM), Lever Length (LL), Surface Area (SA) and Range of Motion (ROM) work to improve the physical capabilities of each and every participant.

**WHERE:** ZOOM Platform – online. More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – **Katherine McKeown**

**WHEN:** Sunday, May 2, 2021 from 1:00pm – 4:00 pm EST (Keswick, Ontario based ZOOM)

**COST:** Early Bird: on or before April 18, 2021. CALA Member: \$75 / Non-Member: \$95 (plus tax)  
Regular Fees – Register after April 18, 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](mailto: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](mailto:cala_aqua@mac.com)**

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