

CALA Workshop on Sunday January 10, 2021

Aqua Cue-riosity

Hosted on ZOOM

Earn 2 CALA CECs. Also **accredited** by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.



Description:

Aquafitness leaders are uniquely aqua cue-rious. Learn the skills necessary to teach a class entirely visually, without talking, using your body and expressions as the motivators? Explore and re-discover the best practices for communication that prioritize the safety for you and your participants. Learn how to integrate CALA visual cues and instructional strategies to create a fun and fulfilling class.

Objectives:

- Understand the fundamentals for communication in aquatic fitness to educate, motivate and inspire.
- Discuss the strengths and weaknesses of verbal and visual cueing in light of the current unique world situation.
- Prioritize instructor and participant safety using visual cuing as your vehicle.

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

WHO: CALA Presenter – **Jennie Queen**

WHEN: Sunday, January 10, 2021 from 1:00pm – 3:00 pm EST (Ottawa based ZOOM)

COST: Early Bird: on or before January. 3, 2021. CALA Member: \$50 / Non-Member: \$60 (plus tax)
Regular Fees – Register after Jan 3 Add \$15 (plus tax).

Please print or type

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

PAYMENT ONLY BY: 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