

# CALA Workshop on Sunday December 6, 2020

## Spot On Choreography

Hosted on ZOOM

Earn 2.5 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.



This workshop features creative ways to develop exceptional choreography patterns while prioritizing physical distancing. When aqua choreography is SPOT ON! Everything seems to flow effortlessly for you as the instructor, and also for your participants. They can be successful and achieve mastery of their movements. Learn tips and tricks for elevating your existing choreography to new levels while embracing functional, safe movement patterns without the traditional traveling.

### Objectives of Workshop:

- Understand the fundamentals for creating choreography to prioritize social distancing and smaller pools with limited ideal water depth.
- Learn how to leverage the features of your pool & water as the primary training tool.
- Modify existing choreography to achieve functional, fun and safe movement patterns without traditional travel.

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

**WHO:** CALA Presenter – **Jennie Queen**

**WHEN:** Sunday, December 6, 2020 from 10:00am – 12:30 pm EST – Ottawa based ZOOM)

**COST:** Early Bird: on or before Nov. 20, 2020. CALA Member: \$50 / Non-Member: \$60 (plus tax)  
Regular Fees – Register after Dec. 1 Add \$15 (plus tax).

Name \_\_\_\_\_

Address \_\_\_\_\_ **Join Now:**  (\$59 plus tax)

City \_\_\_\_\_ Tel. h \_\_\_\_\_

Prov \_\_\_\_\_ Cell \_\_\_\_\_

Postal: \_\_\_\_\_ Tel. w \_\_\_\_\_

Email: \_\_\_\_\_

**PAYMENT ONLY BY: 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)**