

CALA ZOOM Series

#1 Pattern Method

Sun Apr 28, 2024 from 1pm – 3pm (EST)

Presenter: Oded Netzer from Israel



***Also available for independent learning after April 20, 2024.**

Description: This is the first of a series of ZOOM workshops featuring Oded.

Experience a melding of two approaches (Total Fitness & CALA) to build choreographed patterns. Consider the 32 beats in a phrase of music. Now break the phrase into 4 sets of 8 beats. Oded manipulates the 8 beats using his unique 'pattern method'. Dive into 'single, single double', 'double-double', 'triple-single', 'single-triple' and so many more patterns of aqua movements. Get ready for a body burner and mind-twister, with belly laughs to make it fun.

To register: Email completed registration form to cala_aqua@mac.com

Please print in black ink or type:

Name: _____

Address: _____

Phone: _____

Email: _____

You will earn 2 CALA CECs.

Also accredited by canfitpro, BCRPA, SPRA, CFES, YMCA, NSFLA, NBFLA...

CALA Member: \$55 + tax / Non-Member: \$65 + tax (ON tax is 13%)
Add \$10 + tax for registrations after April 21st.

E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT: Please check the box below in order to be accepted into the workshop.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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

*On very rare occasions, it is necessary to shift CALA Training dates, times, and topics.
You will be notified in this case. Thank you for your understanding.*