

# CALA Holiday Online Learning Webinar Aqua Disco Party - Just Add Water Free for all CALA members



**Sunday December 15 at 12:00 - 1:15pm.**

Recording of live session delivered on Facebook platform

Host: Dylan Harries, CALA Master Trainer & Creative Director

## Description:

Let's dance together to celebrate the holiday season. We will review a few CALA Base Moves (upper and lower body) to make sure we are technically sound. Exp/erience two fun choreography blocks with some helpful cues so all fitness levels are successful. Just add water and turn up the disco music for a wild pool party.

## Price

Option to purchase 1 CALA CEC (\$25.00 pls tax) with access to recording  
Which includes access to Facebook group recording and a copy of the power point handout.

Name \_\_\_\_\_ Dec 15 VWT exam participant

Address if your address has changed \_\_\_\_\_

City _____	Tel. h _____
Prov _____	Cell _____
Postal _____	Tel. w _____
Email 1 _____	Email 2 _____

Payment: credit cards and E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Amount Paid: \$ \_\_\_\_\_

**No refund for withdrawal from course. Fees can be applied to future CALA events.**

**WAIVER AGREEMENT: Please check ✓ that you agree to the following WAIVER.**

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.

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

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding