

# CALA ZOOM WEBINAR

## Liquid Barre - Just Add Water!

Sunday February 9<sup>th</sup>, 2025 1pm – 2:15pm (EST)

Dylan Harries (CALA Master Trainer & Creative Director)



### Description:

Connect with your inner dancer. We will review a few of the CALA Barre Base Moves (upper and lower body) to make sure we are technically sound. Then we will learn two fun choreography blocks with sequencing to bring the intensity to new heights. Just add water to make the party waves.

### Objectives:

- 1) Practice and review 5 CALA Aqua Barre base moves.
- 2) Learn two fun choreographed movement blocks that you can use tomorrow.
- 3) Understand how Sequencing and the C – S LAP formula can increase the intensity.

## FREE For All Fitness Professionals (Land & Water)

**CEC FEE:** 1 CALA CEC (CALA Member: \$25 + 13% tax / Non-Member: \$35 + 13% Tax)  
Which gains you access to the session handout and recording

**CEC PAYMENT:** CALA accepts EFT /or/ E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_

Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Name	_____	CALA Member	<input type="checkbox"/> Y	<input type="checkbox"/> N
Address	_____	Country	_____	
City	_____	Tel. h	_____	
Prov	_____	Cell	_____	
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Email 1	_____	Email 2	_____	

### 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.

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.