

Online Learning Webinar

Aqua Movement Lab (Part 1)

Just Add Water



Recording of a ZOOM session delivered on the Facebook platform

Host: Dylan Harries, CALA Master Trainer & Creative Director

Description: Fall back into fitness. Let's celebrate movement together. We will investigate unique choreography teaching styles by integrating six CALA base moves using the C-LAP and S-LAP buoyancy options. We will focus the importance of on technique and form. The plan is to complete three creative blocks of choreography that you can take to the pool.

Fees:

CALA members: e-transfer \$25 + tax to cala_aqua@mac.com

Non-members: e-transfer \$35 + tax to cala_aqua@mac.com

- You will receive 3 months access to the recording of the webinar & a handout.

Name	_____	CALA Member (Y/N)	_____
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 Amount Paid: \$ _____

No refund for withdrawal from webinar. 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 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 understanding.