

CALA Workshop Independent Learning

Aqua Flow™ Workshop Choreography

Facebook platform (recording of the live pool session – includes handout)

with Katherine, McKeown, CALA Master Trainer



Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page

Earn 1 CALA CECs Also **accredited** by [canfitpro](#), [OFC](#), [BCRPA](#), [SPRA](#), [YMCA](#), [NSFA](#), [NBFA](#), [CPTN](#), [AFLCA](#), [CFES](#). If you are AFLCA Certified, petition for credits through AFLCA.

Description: Performed in chest deep water, this 5-part sequence, develops core strength, balance, proprioception and coordination through the holistic integration of mind, body and spirit. This program easily adapts to a variety of pool temperatures by modifying intensity to suit individual needs. Celebrate the union of effort and ease as you release with relaxation, move with intention and follow your flow.

Objectives

- 1) Deepen self-awareness by noticing subtle shifts used to maintain postural alignment and mental focus from heels to head throughout the sequence.
- 2) Consider incorporating single or multiple parts of this program to enhance your existing aqua fitness routine.
- 3) Improve coordination by orchestrating upper and lower body movements in opposing directions.
- 4) Explore the use of Aqualibrium Batons as a highly affordable and user-friendly training tool.

Where: Independent Study – online through Facebook [facebook](#).

More info contact CALA 416-751-9823 or cala_aqua@mac.com

Presenter: Katherine McKeown, CALA Master Trainer

Fees: CALA Member: \$30 + tax / Non-Member: \$40 + tax.

CALA accepts E-transfer to cala_aqua@mac.com

Amount Paid: \$ _____

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

Please print in black or type (click in each field and enter your text):

Name	_____
Address	_____ Join CALA Now <input type="checkbox"/> \$59 + tax
City	_____ Tel. h _____
Prov	_____ Cell _____
Postal	_____ Tel. w _____
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