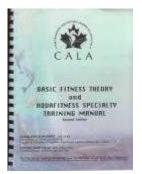


# CALA Merchandise List (updated March 2021)

To order contact CALA Inc. by email of phone cala aqua@mac.com 416-751-9823 Note: Add shipping and handling and tax

# CALA Manuals - Purchase a digital copy of the following manuals & the cost is deducted from your course registration fees.



Foundations of Vertical Waters Training: The Charlene Kopansky Method Course Manual \$65 Group Aqua Fitness Specialty Training and Certification Course Manual \$35 Aqua Yoga Specialty Training & Certification Course Manual \$65 Water Running & Agua Jogging Specialty Training & Certification Manual – ENG OR FR \$40 HydroRider Specialty Training & Certification Course Manual \$40

#### **CALA Healing Waters Specialty Resources:**

CALA Introduction to Aquatic Post Rehabilitation Course Manual \$35 CALA Agua Arthritis & Joint Disorders Specialty Training and Certification Course Manual \$35 Aquatic Exercise Therapy Text Book \$65 Catalogue of Arthritis Moves and MS Supplement \$40

#### DVD



#### CALA Agua Flow by Katherine McKeown \$20

Presented by Katherine McKeown - Aqua Flow is a fusion of ballet, balance, tai chi, Pilates & yoga to provide a total body workout with no impact.

## **Aqua Shoes**







**Aqua Shoe** Fits like a regular running shoe \$75 Sizes 6 - 10, 11(half sizes available).

## Music Suitable for Aquafitness & Aquatic Post Rehabilitation



Tidal Wave Volume One, Tidal Wave Volume Two and Tidal Wave Volume Three \$20 per volume or \$45 for 3 volumes = 6 CDs Two x 45minute CD's per volume includes 32 Count Phrasing & 122-126 (bpm)