

FACEBOOK CALA Workshop

Amazon Arms Workshop

Facebook Recording - Independent Study through a Private Facebook Group page

Earn 3 CALA CECs. Also **accredited** by canfitpro, OFC, 3 BCRPA, 3 SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, 3 CFES.


If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)



Description: Find your inner warrior and experience an upper body workout that will put your 'guns' in top shape! This workshop will focus on the upper body compendium of movements and add some new twists to spice up your workouts. Small adaptations using basic principles of water create "arm-azing" results. See how arm movements can challenge your cardio and muscle focused workouts, core stability and add creative combinations to your program.

Objectives:

- 1) Learn the CALA compendium of bonus upper body moves with a focus on arms & shoulders.
- 2) Practice linking unique arm moves with appropriate leg moves.
- 3) Learn how to balance the planes of movement and joint actions for a total upper body workout.

WHERE: Independent Study – online through Facebook 

WHO: CALA Presenter – **Jennie Queen**

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax.

Please print or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT ✓ for CALA Amazon Arms Workshop

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.

EXPRESS registration 416-751-9823 OR Complete, scan & 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 kind understanding