

# FACEBOOK CALA Workshop

## Aqua Beats Create CALA Waves Workshop

Facebook Recording [facebook](#) - 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:** Music inspires the body to move and the spirit to soar. Experience different styles of music while exploring ways to infuse unique rhythms with movements that match the message in the song. Take advantage of the power of water to offer options for the wide variety of participants who attend your classes.

### Objectives:

- 1) Explore the relationship between the elements of music and the importance of melding the music with movements that matter.
- 2) Practice cueing and communication that relates to the message in the music and reinforces safe technique.
- 3) Learn how to design creative movement patterns that make the music come alive.
- 4) Leave with examples of simple choreography blocks that can be done in multiple ways using music that inspires the soul.

**WHERE:** Independent Study – online through Facebook [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](mailto:cala_aqua@mac.com)

### WAIVER AGREEMENT ✓ for CALA Aqua Beats Create CALA Waves 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](mailto: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*