

CALA Workshop – Independent Study

The CALA Tempo Tree meets Muscular Strength & Endurance (MSE) Training



FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page

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

If you are AFLCA Certified, petition for credits by using this link: [AFLCA CEC Petition Application forms](#)

Description: This workshop combines Muscular Strength and Endurance (MSE) movement sequences with the newly developed "CALA Tempo Tree". Designed with participant education in mind, this user-friendly teaching tool can be easily displayed on deck to enhance the movement experience for the instructor and the participants.

Objectives

- 1) Learn how to integrate the "CALA Tempo Tree" as an impactful visual aid designed to empower your participants to achieve peak performance.
- 2) Experience and practice Muscular Strength and Endurance (MSE) sequences designed to improve the strength and endurance capabilities of target muscle groups using a variety of tempos.
- 3) Understand how Speed of Motion (SOM), Lever Length (LL), Surface Area (SA) and Range of Motion (ROM) work to improve the physical capabilities of each and every participant.

WHERE: FACEBOOK Platform [facebook](#) (Private Facebook Group) – online.
More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure 3 month access

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	_____	

PAY: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for Tempo Tree meets Muscular Strength & Endurance (MSE) Training

Please check ✓ that you agree to the following WAIVER. (Required to register for this training)

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