ZOOM CALA Workshop Friday January 28, 2022

Your Compass to Inspiration –
Aqua 360 x 180 Workshop

FACEBOOK RECORDING facebook - Independent Learning delivered through private Facebook page

www.calainc.org

Earn 2 CALA CECs. Also **accredited** by canfitpro, OFC, 2 BCRPA, 2 SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, 2 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:
Add sparkle to your aqua classes! Explore a variety of planes of motion, using different joint angles, ranges of motion and rhythm changes. Re-discover the joy of movement in water, and re-create some fun filled choreography combinations. Clients will connect to their body and core while they explore the freedom of movement in the water. If you want something completely different to wake up your participants in 2022 - this is for you.

WHERE: Online, using the facebook FACEBOOK platform, in your home or home office.
More info contact CALA 416-751-9823 or cala_aqua@mac.com
WHO: CALA Master Trainer – **Jennie Queen**
WHEN: At your leisure
COST: CALA Member: $55 + tax / Non-Member: $75 + tax. Regular Fees

Please print or type

Name _____

Address _____ **Join CALA Now** ☐ $59 + tax

City _____ **Tel. h** _____

Prov _____ **Cell** _____

Postal _____ **Tel. w** _____

Email 1 _____ **Email 2** _____

PAY: **CALA accepts cheques to: CALA Inc. 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to cala_aqua@mac.com**

WAIVER AGREEMENT for **CALA Your Compass to Inspiration Workshop**
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.

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

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