

CALA Workshops on Sat. Mar. 26, 2022

Hosted by Peterborough Sport & Wellness Ctr.
775 Brealey Dr, Peterborough, ON K9J 6X4

Earn 8 CALA CECs for the full day or 4 CALA CECs for each workshop.

Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES. If AFLCA Certified, petition for credits through AFLCA.



Workshop One: 9am – 1:15pm: Explore the CALA Base Moves

Experience a variety of upper & lower body moves in chest deep (bottom contact) & deep water (suspended). Learn how to blend verbal & visual cueing techniques to reinforce safe, effective movement execution. Add the fun factor to each move while exploring tempo, range of motion & direction changes.

Workshop Two: 1:45pm – 6pm: Create the CALA Feast: Design an Inspiring Class

Design a winning warm up, complete cardio, motivating muscle endurance with core control and a soothing stretch. Experience smooth transitions that link each upper & lower body movement within a class and build bridges from one part of the class to the next. Leave this session with a variety of ideas to create your own inspiring 45-minute class.

WHERE: Peterborough Sport & Wellness Centre, 775 Brealey Dr, Peterborough, ON K9J 6X4

WHO: CALA Presenter – **Jaye Graham**

WHEN: Sat Mar 26, 2022 Workshop One: 9am – 1:15pm and Workshop Two: 1:45pm – 6pm

COST: **Workshop One or Workshop Two:** CALA Member: \$95 + tax / Non-Member: \$115 + tax

Both Workshops: CALA Member: \$175 + tax / Non-Member: \$199 + 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: Check your choice: **CALA Workshop One** or **Two** or **Both Workshops**

Please check that you agree to the following WAIVER.

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