

LIVE... in Hamilton!

Let's Get This Party Started! Workshop



Earn 4 CALA CECs

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

Description: Featuring simultaneous deep & chest deep water choreography. Experience a warm-up that will get your creative juices flowing, cardio that will get your heart pumping, muscle conditioning that will fire up your total body & a stretch that will soothe your mind & spirit.

Learning Objectives:

- 1) Discover how to create a party atmosphere in the pool.
- 2) Understand how to lead chest deep and deep-water participants simultaneously.
- 3) Explore how to build complex choreography patterns starting with basic sequences.
- 4) Learn tips and tricks for designing and facilitating this super fun class.

WHERE: Dalewood Recreation Centre, 1150 Main Street West, Hamilton, ON.

WHO: CALA Master Trainer – Dylan Harries

WHEN: Sun. April 2, 2023 from 9am - 1pm EST Includes dry land active theory & practical pool session

COST: CALA Member: \$99 + tax / Non-Member: \$115 + tax (ON tax is 13%)
Add \$20 + tax if paying after March 22, 2023

NOTE: Only limited spaces available - Register NOW

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 _____ |

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

PAYMENT: CALA accepts E-transfer to cala_aqua@mac.com Amount paid: \$ _____

WAIVER AGREEMENT: 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.

Complete & 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