

CALA Workshop – Independent Study

Changing the Chatter in Aqua Fitness Classes



Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA. If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC petition application](#)

Description: Talking among class participants remains a very difficult issue for many Aqua Fitness instructors. “Changing the Chatter” closely examines strategies designed to lift and shift the lens on how attention can be rerouted, reframed and refined toward the ultimate goal of optimal health and wellness whereby participants focus on their movements during the class.

Objectives:

- ✓ Practice being a motivational mover using CALA’s S.P.I.C.E. formula for unforgettable form.
- ✓ Investigate techniques to promote powerful self-dialogue by guiding attention inward.
- ✓ Model the magic of opportunity through infectious and influential leadership.

WHERE: Independent Study – online through Facebook [facebook](#).

More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: **At your leisure** - You will receive a link to the [facebook](#) recordings after you register 3 month access

COST: CALA Member: \$75 / Non-Member: \$85 (plus 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

WAIVER AGREEMENT for CALA Changing the Chatter

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