

CALA Workshop – Independent Study

Feast on Form: Increase your CALA IQ



FACEBOOK RECORDING  - 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, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

Description:

For more than 28 years CALA has proudly promoted a commitment to Instructional Quality (IQ) via exemplary leadership based on a holistic philosophy. This philosophy encourages instructors to create opportunities for participants to experience the joy of movement in water by carefully integrating opportunities for the mind to discover, the body to move and the spirit to soar.

"Feast on Form" offers a wonderful opportunity for Aquafitness instructors to improve the quality of 'on deck' movement execution skills from a mechanical and mindful perspective.

Objectives

- 1) Infuse your movement demonstration skills with greater purpose, precision and strength.
- 2) Enrich your leadership language with cues designed to deepen awareness of correct musculoskeletal alignment while consciously directing energy from 'heels to head' and leader to participant.
- 3) Discover how attention to subtle detail embedded in all of the CALA Base Moves has the potential to command focused attention from your participants.

WHERE: FACEBOOK Platform  (Private Facebook Group) – online.

WHO: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure - 3 month access

COST: CALA Member: \$75 / Non-Member: \$95 (plus tax)

Please print or type

Name	_____	
Address	_____	Join CALA Now <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal	_____	Tel. w _____
Email 1	_____	Email 2 _____

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for Feast on Form: Increase your CALA IQ

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