

CALA Workshop

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 forms](#).

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

WHAT: **Changing the Chatter in Aqua Fitness Classes**

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

Name _____

Address _____ Join CALA Now: (\$59 plus tax)

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

Paid: \$ _____ (see price information above)

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

