

# CALA Workshop

## The A.R.T. of Aqua Mastery

Hosted on ZOOM

Earn 2 CALA CECs. Also **accredited** by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, CFES.



**Description:** Explore the A.R.T. (Aquafitness. Refinement. Techniques.) of CALA leadership. Elevate your teaching to the next level and see the positive impact on your clients and classes. Explore how to master movements and hone leadership skills. Examine your teaching style, movement demonstrations and deck technique as you embark on this personalized leadership transformation.

### Objectives of Workshop (3):

- Define your leadership goals.
- Describe and develop a personal leadership signature style and brand.
- Understand key criteria for exceptional Vertical Water Training leadership
- Learn to self-evaluate before, during and after leading classes.
- Create growth goals and timelines.

**WHERE:** ZOOM Platform – online. More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – **Jennie Queen**

**WHEN:** Sunday, November 8, 2020 from 1pm – 3pm

**COST:** Early Bird: on or before Oct. 20, 2020. CALA Member: \$50 / Non-Member: \$60 (plus tax)  
Regular Fees – Register after Nov 5 Add \$15 (plus tax).

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

**PAYMENT ONLY BY:** E-transfer to [cala\\_aqua@mac.com](mailto: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](mailto:cala_aqua@mac.com)**