

CALA Workshop

Change the Chatter in Aqua Fitness Classes



Independent Study

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA.

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

WHAT: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure – CALA will provide access details when 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: _____ 2: _____

VISA MCard E-transfer/Direct dep. Pd: \$ _____ (See above for fee)

Card # _____ Expiry _____

Sign: _____

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com