

ZOOM CALA Workshop on Saturday February 13, 2021

Keep it Slow Workshop

Hosted on ZOOM  zoom



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: Explore the possibilities of working at a slower tempo while still achieving cardio & muscle benefits. Using a wide range of movements from the CALA compendium, learn to work effectively at 1/4 tempo, 1/2 tempo and on tempo. Get ready to put these tempo variations into practice for all levels of fitness and all ages.

Objectives:

- 1) Use the CALA compendium to discover the benefits of working at slower tempos, while adjusting surface area to maximize exercise intensity.
- 2) Leave this session with complete choreography blocks in chest deep and deep water for all ages & abilities

WHERE: ZOOM Platform – online. More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – **Kristin Murphy**

WHEN: Saturday, February 13, 2021 from 1:00pm – 4:00 pm EST (Ottawa, Ontario based ZOOM)

COST: Early Bird: on or before Feb. 10, 2021. CALA Member: \$75 / Non-Member: \$95 (plus tax)
Regular Fees – Register after Feb. 10, 2021 Add \$15 (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: CALA accepts E-transfer to cala_aqua@mac.com, Direct Deposit or cheques payable to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6

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