

# CALA Workshop (Part 1 towards Certification) Aqua Cardio Kick Box Boot Camp (Part One)

Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page



**Earn 4 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:

Bring It On! This kickboxing program uses intense cardio drills based on traditional martial art movements for a full body workout like no other. It is packed full of punches, jabs, kicks and amazing combo sequences to get your heart pounding. Focus will be placed on technique and safety.

## Objectives

- 1) Observe, then demonstrate upper body aqua kick boxing base moves with a core focus.
- 2) Enrich your leadership language with cues designed for effectiveness and safety.
- 3) Develop three interval movement blocks based on the planes of motion to achieve muscle balance.

**WHERE:** Independent Study – online through Facebook [facebook](#).

More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Master Trainer – [Dylan T. Harries](#)

**WHEN:** At your leisure

**COST:** CALA Member: \$99 / Non-Member: \$114 (plus tax)  
pay an extra \$25 + tax for the certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

**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	_____

**PAY:** CALA only accepts cheques or E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form