

CALA Workshop on Saturday, March 13, 2021

Aqua Cardio Kick Box Boot Camp – Lower Body

Hosted on ZOOM  zoom

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

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

WHO: CALA Master Trainer – **Dylan T. Harries**

WHEN: Saturday, March 13, 2021 from 10:00am – 2:00pm EST (Ottawa, Ontario based ZOOM)

COST: CALA Member: \$95 / Non-Member: \$115 + tax Regular Fees – Register after March 6, Add \$15 + tax.

Please print or type

Name	_____		
Address	_____	Join CALA Now	<input type="checkbox"/> (\$59 + tax)
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

PAY: CALA accepts cheques payable to CALA Inc. 125 Lilian Dr., Toronto, ON. M1R 3W6 or E-transfer to cala_aqua@mac.com

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