

# CALA Workshop on Sunday, March 28, 2021

## COVID-friendly Interval Training

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:** When we are able to lead classes again, there will be a need to continually adapt our leadership practices to meet ever-changing protocols and procedures to ensure everyone remains COVID-safe. Learn how to integrate interval training with COVID-safe protocols in place. Experiment with formations, activities, props and make accommodations for your pool space. Add cueing to help keep clients engaged and active while keeping everyone safe. Be ready to share your amazing high intensity interval variations with your participants.

### Objectives:

- 1) Review interval training types and ideas.
- 2) Learn about tools, formations, and activities to make your class COVID-safe.
- 3) Leave with practical ideas to use when integrating HIIT into your class design.

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

**WHO:** CALA Presenter – **Kristin Murphy**

**WHEN:** Sunday March 28, 2021 from 1:00pm – 4:00 pm EST (Ottawa, Ontario based ZOOM)

**COST:** CALA Member: \$75 + tax / Non-Member: \$95 + tax.

Regular Fees – Register after March 14, Add \$15 + tax

### Please print or type

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| Name    | _____ |   |
| Address | _____ | <input type="checkbox"/> Join CALA Now: \$59+ tax |
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CALA accepts cheques payable to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**EXPRESS registration** 416-751-9823 **OR 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 this form.

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*