

CALA LIQUID BARRE SPECIALTY CERTIFICATION COURSE ON ZOOM

Pre-requisite: CALA Membership, CALA Foundations of Vertical Water Training Course & CALA Group Aquafitness Specialty Training Course on **May 15, 16 & 29, 2021**



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Hosted on ZOOM  zoom

ACCREDITATION: 8 CALA & BCRPA, 5.5 AFLCA, CFES, 4 FIS & 4 PTS canfitpro, SPRA, YMCA

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

Description: The CALA Liquid Barre Course ® is a 'no holds barred' aquatic approach to movement blending current exercise science with the principles of the 'Lotte Burke' method. The program is an aqua infusion of ballet, Pilates, yoga & strength training. Absolutely no dance experience is required. Explore the Liquid Barre sequencing technique and learn how to apply it to each and every exercise. Understand how the benefits of water will elevate the CALA Liquid Barre workout experience. This CALA program focuses on lengthening and strengthening the body using buoyancy and resistance to improve active daily function. You might even find your 'dancer within'. Certification is included in the fees below.

Learning Objectives of Clinic:

- 1) Be able to demonstrate and cue the Liquid Barre technical and base moves.
- 2) To understand how to develop a well-balanced class using planes of motion and properties of water.
- 3) Learn the CALA Liquid Barre sequencing technique (when and where to use it).
- 4) Develop musicality including moving to the beat and phasing of the music.

Agenda of Course: (Eastern Daylight Savings Time – Ottawa)

Day One: Sat May 15 from 10am - 6pm

10:00 – 10:30 am	Welcome and Course Objectives
10:30 – 12:00 pm	Aqua Physics (Part A)
12:00 – 12:45 pm	Lunch
12:45 – 1:45 pm	Biomechanics Technical Barre Movements (Part A)
1:45 – 2:45 pm	Aqua Physics (Part B)
2:45 – 3:45 pm	Biomechanics Barre Base Movements (Part B)
3:45 – 4:15 pm	Equipment, Music and Cueing
4:15 – 5:45 pm	Practical Group Work
5:45 – 6:00 pm	Questions & Answers, Wrap Up

Day Two: Sat May 16 from 10am – 4pm

10:00 – 11:30 am	CALA Liquid Barre Sequencing Technique
11:30 – 12:15 pm	Liquid Barre Warm Up
12:15 – 12:45 pm	Lunch
12:45 – 2:15 pm	CALA Liquid Barre Pre-Choreographed Blocks
2:15 – 3:45 pm	Practical Group Work
3:45 – 4:00 pm	Questions & Answers, Wrap Up

Day Two: Sat May 29 from 10am – 1pm

10:00 – 11:15am	Review CALA Liquid Barre Pre-Choreographed Blocks
11:15 – 11:30 pm	Break
11:30 – 12:30 pm	Practical Group Work
12:30 – 1:00 pm	Assignment & Practical Guidelines, Wrap Up

WHERE: ZOOM. You will receive a link to the COURSE Sessions one day before the event start date

WHO: CALA Master Trainer & Creative Director, Dylan Harries

PRICE: Register before May 1, 2021: CALA Member: \$249 + tax

*You must be a current CALA member to attend this full Specialty Certification course.

LATE REGISTRATION PRICE: Add \$35 + tax **No refund for withdrawal.**

Please print or type

Name _____

Address _____ **Join CALA Now** \$59 + tax

City _____ **Tel. h** _____

Prov _____ **Cell** _____

Postal _____ **Tel. w** _____

Email 1 _____ **Email 2** _____

PAY: CALA accepts cheques 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