

CALA Workshop on Sunday June 13, 2021

The CALA Tempo Tree meets Muscular Strength & Endurance (MSE) 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, petition for credits by using this link: [AFLCA CEC Petition Application forms](#)

Description: This workshop combines Muscular Strength and Endurance (MSE) movement sequences with the newly developed "CALA Tempo Tree". Designed with participant education in mind, this user-friendly teaching tool can be easily displayed on deck to enhance the movement experience for the instructor and the participants.

Objectives

- 1) Learn how to integrate the "CALA Tempo Tree" as an impactful visual aid designed to empower your participants to achieve peak performance.
- 2) Experience and practice Muscular Strength and Endurance (MSE) sequences designed to improve the strength and endurance capabilities of target muscle groups using a variety of tempos.
- 3) Understand how Speed of Motion (SOM), Lever Length (LL), Surface Area (SA) and Range of Motion (ROM) work to improve the physical capabilities of each and every participant.

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

WHO: CALA Presenter – **Katherine McKeown**

WHEN: Sunday, June 13, 2021 from 1:00pm – 4:00 pm EST (Keswick, Ontario based ZOOM)

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax Regular Fees – Register after June 6, 2021 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	_____

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

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