

# CALA Workshop on Saturday, June 19, 2021

## Aqua Healthy Back

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:

Water Fitness Professionals need to understand the parameters for a healthy back. This specially designed program is for the individuals who suffer from the debilitating effects of back pain. Learn the clear guidelines to use the properties of water to reduce the effects of gravity on the spine and strengthen abdominal and upper and lower back muscles. The emphasis is on postural awareness, dynamic stabilization and kinesthetic cueing.

### Objectives:

- 1) Learn and demonstrate core exercises that promote back health.
- 2) Enrich your leadership language with cues designed for providing options for working with clients with back issues.
- 3) Gaining a better understanding of the Core muscle chain.

**WHERE:** ZOOM Platform – online. 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:** Saturday, June 19, 2021 from 10:00am – 1:00pm EST (Ottawa, Ontario based ZOOM)

**COST:** CALA Member: \$75.00 + tax / Non-Member: \$95.00 + tax  
Regular Fees – Register after June 12, 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 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 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