

ZOOM CALA Workshop Saturday August 14, 2021

Aquatic Functional Training Workshop

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: With our changing world, we must look at functional movements we do in our everyday lives. In this workshop, we will return to the fundamentals of moving. Let's examine movements that are truly functional and examine how to use the CALA compendium to help our clients stay active and healthy for a long time. Leave this workshop with a new perspective on movement, the CALA compendium and how we move to improve daily functioning.

Objectives:

- 1) Learn about functional daily movement for all ages.
- 2) Review the CALA compendium and intensity options.
- 3) Analyze the CALA movements and link them back to functional movements
- 4) Leave with examples of CALA movements to help our clients move more functionally

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

WHO: CALA Presenter – [Kristin Murphy](#)

WHEN: Saturday August 14, 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 August 7, 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 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

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