

CALA Workshop

Aqua Cue-riosity



Independent Learning delivered through private Facebook page

Earn 2 CALA CECs. Also accredited by BCRPA, canfitpro, CFES, MFC, NBFA, NSFA, OFC, Sport PEI, YWCA, YMCA. If you are **AFLCA Certified**, you will need to petition for credits through individual application by using the AFLCA CEC Petition Application forms <https://www.provincialfitnessunit.ca/forms/>

Description:

Aquafitness leaders are uniquely aqua cue-rious. Learn the skills necessary to teach a class entirely visually, without talking, using your body and expressions as the motivators? Explore and re-discover the best practices for communication that prioritize the safety for you and your participants. Learn how to integrate CALA visual cues and instructional strategies to create a fun and fulfilling class.

Objectives:

- Understand the fundamentals for communication in aquatic fitness to educate, motivate and inspire.
- Discuss the strengths and weaknesses of verbal and visual cueing in light of the current unique world situation.
- Prioritize instructor and participant safety using visual cuing as your vehicle.

WHERE: FACEBOOK Platform (Private Facebook Group) – online.
More info contact CALA 416-751-9823 or cala_aqua@mac.com
WHAT: CALA Presenter – **Jennie Queen**
WHEN: At your leisure
WHAT: **Aqua Cue-riosity**
COST: CALA Member: \$50 (plus tax) / Non-Member: \$60 (plus tax)

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|----------|-------|---|
| Name | _____ | |
| Address | _____ | Join CALA Now: <input type="checkbox"/> (\$59 plus tax) |
| City | _____ | Tel. h _____ |
| Prov | _____ | Cell _____ |
| Postal: | _____ | Tel. w _____ |
| Email 1: | _____ | Email 2 _____ |

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

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