FACEBOOK CALA Clinic

CALA Kids™

Aqua Fitness Friendship and Fun

Created by CALA Master Trainer Katherine McKeown

www.calainc.org

Hosted on FACEBOOK

Earn 8 CALA, BCRPA, SPRA, CFES CECs. Also accredited by canfitpro, OFC, YMCA, NSFA, NBFA, CPTN, AFLCA. If you are AFLCA Certified, petition for credits through AFLCA CEC Petition Application forms

Description: This innovative Aqua Kids Fitness Program celebrates the joy of movement, song, rhyme and storytelling into one dynamic heart pumping experience! Children ages 6 to 11 build better brains, balance, breath and whole-body strength while performing multiple highly engaging movement patterns in waist to chest depth water. CALA Kids™ is a MUST for community pools and is the perfect complement to any swim lesson program! CALA Kids™ Resource included

WHERE: FACEBOOK – recording of live zoom session.
TRAINER: **Katherine McKeown**
WHEN: At your leisure on your own time. You will have three months access to the recording.
COST: CALA Members: $199 + tax / Non-Member: $225+ tax.

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**

WAIVER AGREEMENT for **CALA AQUA KIDS™ Please check ✓ that you agree to the following WAIVER.**

☐ I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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

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