

CALA Waves of Wonder Workshop

Sunday, June 25, 2023, 2pm – 6pm



Dovercourt Recreation Centre, Ottawa, ON

Earn 4 CALA CECs Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, www.calainc.org
NSFA, NBFA, CPTN, AFLCA, CFES. If you are AFLCA Certified, petition for credits through AFLCA.

Workshop Description

Dive into the enchanting world of Waves of Wonder: Discover the Rhythm Within. This immersive aqua fitness instructor workshop will empower you to engage participants' minds, bodies, and spirits, creating a multisensory experience that connects them to their own unique rhythm, potential, and ownership of their workout. Unlock the transformative power of holistic engagement and become a catalyst for extraordinary aqua fitness classes.

Workshop Objectives

- 1) Discover how to design dynamic and interactive classes that go beyond physical movements.
- 2) Create a multisensory adventure & learn innovative techniques to integrate holistically.
- 3) Embrace participants unique rhythms to harness the FIRE & FLOW waves of energy and effort.
- 4) Discover mindful cueing for connection, courage & curiosity.
- 5) Lead to empower participants.

Agenda:

- 2:00 – 3:45pm Active Theory
- 3:45 – 4:00pm Change for Pool Session
- 4:00 - 5:30pm Active Pool Session
- 5:30 - 5:45pm Change for Classroom Debrief
- 5:45 - 6:00pm Wrap Up / Evaluation Forms / Q&A)

CECS: **CALA members:** Complementary CEC certificate will be issued upon submission of course evaluation.
Non-members: E-transfer \$15 + tax to cala_aqua@mac.com and include the name of the event related to the CEC certificate you are requesting. Completed course evaluation must be received by CALA.

Fee: CALA Member: \$95 + tax / Non-Member: \$115 + tax (ON tax is 13%)

Add \$25 after June 16. E-transfer payment to cala_aqua@mac.com

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

To register: Email completed registration form to cala_aqua@mac.com

Please print in black ink or type

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

WAIVER AGREEMENT: 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.