

# LIVE... in Hamilton!

## Let's Get This Party Started! Workshop



### Earn 4 CALA CECs

Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES. If you are AFLCA Certified, petition for credits through AFLCA.

**Description:** Featuring simultaneous deep & chest deep water choreography. Experience a warm-up that will get your creative juices flowing, cardio that will get your heart pumping, muscle conditioning that will fire up your total body & a stretch that will soothe your mind & spirit.

### Learning Objectives:

- 1) Discover how to create a party atmosphere in the pool.
- 2) Understand how to lead chest deep and deep-water participants simultaneously.
- 3) Explore how to build complex choreography patterns starting with basic sequences.
- 4) Learn tips and tricks for designing and facilitating this super fun class.

**WHERE:** Bennetto Community Centre, Hamilton, Ontario  
**WHO:** CALA Master Trainer – Dylan Harries  
**WHEN:** Sunday October 29, 2023 from 9am - 1pm EST  
Includes dry land active theory & practical pool session

**COST:** CALA Member: \$99 + tax / Non-Member: \$115 + tax (ON tax is 13%)  
Add \$20 + tax if paying after October 15, 2023

**NOTE: Only limited spaces available - Register NOW** **City of Hamilton Staff register through Hamilton**

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	_____

**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](mailto: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.

**PAYMENT:** CALA accepts EFT and e-transfer to [cala\\_aqua@mac.com](mailto: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](mailto:cala_aqua@mac.com)

**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*