

# CALA Moves & Grooves Workshop

## Creating High Energy Classes!

Sunday, December 17, 2023 9:30am - 1:30pm



### Peterborough Sport & Wellness Centre, Peterborough ON

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.

#### Workshop Description

Get ready for a fun filled, high-energy combination chest deep and deep-water workshop featuring classic CALA moves. Experience specific sequences of movements designed to create winning warm-ups, concentrated cardio conditioning, motivating muscle strengthening and soothing stretches.

#### Workshop Objectives

1. Learn to choreograph sequences of movements for each part of an Aquafitness class.
2. Add the fun-factor when leading classes, to keep participants coming back for more.
3. Practice cueing strategies to turn your class into a high energy experience.

#### Agenda: 9:30am - 1:30pm

\*Wear your swimsuit (or aquafit outfit) under your fitness clothing to facilitate a quick transition from the active theory session to the practical pool session. Bring writing tools and paper, snacks and a water bottle.

#### Please arrive at 9:15am to sign in:

- 9:30am - 10:30am: Active theory  
10:30am - 12:15pm: Pool session, Chest deep & Deep  
12:15pm - 12:30pm: Change  
12:30pm - 1:30pm Active Theory, Q & A, Evaluation Completion

**CECS:** **CALA members:** Complementary CEC certificate will be issued upon request after completion of the evaluation form.  
**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. You must submit a completed workshop evaluation first.

**Fee:** CALA Member: \$95 + tax / Non-Member: \$105 + tax (ON tax is 13%)

Peterborough Staff: Subsidized fee.

\*Add \$15 after December 7, 2023

Pay by EFT or e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_

*No refund for withdrawal or no-shows.*

To register: Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Please print in black ink or type

Name \_\_\_\_\_ Peterborough Staff   
Address \_\_\_\_\_ Join CALA Now  \$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.