

Independent Learning

CALA LIQUID BARRE SPECIALTY CERTIFICATION COURSE -



Pre-requisite: CALA Membership, CALA Foundations of Vertical Water Training Course & CALA Group Aquafitness Specialty Training Course

FACEBOOK RECORDING - Independent Learning delivered through private Facebook page

ACCREDITATION: 8 CALA & BCRPA, 5.5 AFLCA, CFES, 4 FIS & 4 PTS canfitpro, SPRA, YMCA
AFLCA Certified, petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

Description: The CALA Liquid Barre Course ® is a 'no holds barred' aquatic approach to movement blending current exercise science with the principles of the 'Lotte Burke' method. The program is an aqua infusion of ballet, Pilates, yoga & strength training. Absolutely no dance experience is required. Explore the Liquid Barre sequencing technique and learn how to apply it to each and every exercise. Understand how the benefits of water will elevate the CALA Liquid Barre workout experience. This CALA program focuses on lengthening and strengthening the body using buoyancy and resistance to improve active daily function. You might even find your 'dancer within'. Certification is included in the fees below.

Learning Objectives of Clinic:

- 1) Be able to demonstrate and cue the Liquid Barre technical and base moves.
- 2) To understand how to develop a well-balanced class using planes of motion and properties of water.
- 3) Learn the CALA Liquid Barre sequencing technique (when and where to use it).
- 4) Develop musicality including moving to the beat and phasing of the music.

WHERE: FACEBOOK Platform  (Private Facebook Group) – online. 3 months recording access
WHO: CALA Master Trainer & Creative Director, Dylan Harries
PRICE: CALA Member: \$249 + tax
*You must be a current CALA member & CALA Certified to attend this Specialty Certification course.

Please print or type

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

No refund for withdrawal.

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT ✓ for A LIQUID BARRE SPECIALTY CERTIFICATION COURSE

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.

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

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding