

ZOOM CALA Workshop

Aquatic Functional Training Workshop

FACEBOOK RECORDING  - Independent Learning delivered through private Facebook page

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.



If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

Description: With our changing world, we must look at functional movements we do in our everyday lives. In this workshop, we will return to the fundamentals of moving. Let's examine movements that are truly functional and examine how to use the CALA compendium to help our clients stay active and healthy for a long time. Leave this workshop with a new perspective on movement, the CALA compendium and how we move to improve daily functioning.

Objectives:

- 1) Learn about functional daily movement for all ages.
- 2) Review the CALA compendium and intensity options.
- 3) Analyze the CALA movements and link them back to functional movements
- 4) Leave with examples of CALA movements to help our clients move more functionally

WHERE: FACEBOOK Platform  (Private Facebook Group) – online.

WHO: CALA Presenter – [Kristin Murphy](#)

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax.

Please print or type

Name	_____	
Address	_____	Join CALA Now <input type="checkbox"/> \$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 **Aquatic Functional Training Workshop**

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