

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE

The Charlene Kopansky Method



September 27, 28 and 29, 2024

On-Site at the **Kenn Borek Aquatic Facility, Dawson Creek, B.C.**

Earn CECs with canfitpro, BCRPA, SPRA, CFES, NBFA. If AFLCA Certified, petition for credits
[AFLCA CEC Petition Application forms](#)

This Specialty course provides the tools necessary to facilitate safe, innovative group aquafitness classes. Experience top-notch training and access to up-to-date information. Based on practical application of the theory, CALA focuses on an integrative approach to learning encouraging the body to move, the mind to discover and the spirit to soar. Recognized as the gold standard in aquafitness leadership training, CALA provides solid research-based programs in both deep and chest deep water to meet the diverse needs of our communities.

WHO: CALA Trainer: Charlene Kopansky

WHEN: Fri. Sept. 27, Sat. Sept. 28 and Sun. Sept 29

PRICE: CALA Members: \$280 + tax Non-Members: \$339 + tax

The Vertical Water Training Course is the Pre-requisite for all CALA Specialty Training and Certification Courses including Group Aqua Fitness, Aqua Yoga, Aqua Kick Box, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehab - Aqua Arthritis & Joint Disorders Specialty.

Add \$35 for registrations received after September 20, 2024

You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template.
Add \$45 + tax for shipping the printed copy of the GAF manual.

To register, email the completed registration form to: cala_aqua@mac.com

GAF Assignment Submission Date: to be determined during the GAF Course

GAF Practical Assessment booked on ZOOM or submit a video, on or before March 30, 2025.

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE – REGISTRATION FORM on Sept. 27, 28, and 29, 2024

Please TYPE or PRINT in black ink

Name: _____ CALA Member # _____
 Address: _____ Joining Now cost is tax included in fees below (\$59+tx)
 City: _____ Home Tel. #: _____
 Province: _____ Work Tel. #: _____
 Postal: _____ Cell Phone #: _____
 Email 1 _____ Email 2 _____

| Course Option | Membership Status | Includes | Fees + \$35 after Sept 20, 2024 |
|---|---------------------------|---|------------------------------------|
| Group Aquafitness Specialty Training & Certification Course | Current CALA Member | Course GAF Manual will be electronically transferred for you to print, 20hrs Training, GAF Assignment & GAF Assessment | \$280 + tax |
| | Joining / Renewing Now | Course GAF Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year | \$339 + tax |
| Refresher VWT Course | Current member | Includes 8 CECs for repeating the GAF Course | \$150 + tax |
| Note: to receive a printed copy of the GAF manual, add \$45 + tax to the fees listed | | | |

CECS: CALA members: Refreshing the VWT – includes 8 CALA CECs + a CEC certificate if requested

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

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

PAYMENT: e-transfer to cala_aqua@mac.com or cheques to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6

Amount Paid: \$ _____

WAIVER AGREEMENT for CALA Group Aquafitness Specialty Training & Certification

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.

Email to cala_aqua@mac.com You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

PAYMENT PLAN AVAILABLE – 3 payments date Email CALA to arrange this cala_aqua@mac.com

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 1.5 hr open-book Multiple Choice Theory Exam (on ZOOM or with a proctor)
- Step 2. Complete the Group Aqua Fitness Course (in person on Sept 27, 28, 29 or online)
- Step 3. Complete and submit the GAF Assignment before February 28, 2025 (30-minute mini-class plan)
- Step 4. Book a GAF Practical Assessment (before March 30, 2025) Submit a 30-min mini-class video, or book on ZOOM)

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