

BCRPA Aquatic Fitness Core Specialty Module + 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. **Attending the Aquatic Fitness Core Specialty Module - GAF Course will prepare leaders who wish to be recognized as a BCRPA registered Aquatic Fitness Leader.** 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.

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 Barré, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehab - Aqua Arthritis & Joint Disorders Specialty.

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

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.

Two ways to register for non-Ken Borak Aquatic Facility Staff

- 1) Call CALA 416-751-9823
- 2) Email completed form to cala_aqua@mac.com

Ken Borak Facility Staff

- 1) Add Ken Borak Staff beside your name on registration form below then email the form to Veronica Murphy vmurphy@dawsoncreek.ca & to cala_aqua@mac.com

GAF Assignment /Class Plan Date: to be determined during the Aquatic Module / GAF Course

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

BCRPA Aquatic Fitness Core Specialty Module + 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
Aquatic Specialty Module / 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

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

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

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

WAIVER AGREEMENT for CALA Group Aquafitness Specialty Training & Certification / Aquatic Specialty Module

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

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 an ICE/ GAF Practical Assessment (before Mar 30, 2025) Submit a 30-min 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