

GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE

THE CHARLENE KOPANSKY METHOD



November 29, 30 & December 1, 2024

Live Learning On-Site at Vivo, Calgary, AB.

11950 Country Village Link NE, Calgary, AB T3K 6E3

www.calainc.org

Earn CECs with canfitpro, BCRPA, SPRA, CFES, NBFA, NSFLA, YMCA, YWCA, LSS. If repeating the course earn 8 CALA CECs. If AFLCA Certified, petition for credits [AFLCA CEC Petition Application forms](#).

The Group Aquafitness Specialty Certification course provides the tools necessary to facilitate safe, innovative group aqua fitness 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 aqua fitness leadership training, CALA provides solid research-based programs in both deep and chest deep water to meet the diverse needs of our communities.

Trainers: Charlene Kopansky, CALA Founder & President & Mary Lou Hall

WHEN: Fri. November 29 from 5:30pm – 9:30pm
Sat. Nov 30 & Sun. Dec. 1 (start & end times TBC)

CALA Members: \$280 + tax Add \$35 on or before November 15, 2024
Non-Member/Renewing Now: \$339 + tax Add \$35 after November 15, 2024

***Vivo Facility Staff:** Add Vivo Staff beside your name on registration form below then

Email to Noelle Leblanc nleblanc@vivo.ca & to cala_aqua@mac.com

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

CALA CERTIFICATION IN GROUP AQUAFITNESS

- Pass VWT Exam (Online Open book, 50 Multiple choice questions)
- GAF Assignment (30-min mini-class plan). Due before January 31, 2025
- GAF Practical Assessment (30-min demo). Pass the GAF assignment & complete the GAF practical assessment on or before May 31, 2025

CALA GAF SPECIALLY TRAINING & CERTIFICATION - REGISTRATION FORM

GAF: November 29, 30 and December 1, 2024

LOCATION: Vivo, Calgary, Alberta

Vivo staff, please type **VIVO** after your name.

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	Membership Status	Includes	Fees + \$35 after NOV 15
Group Aquafitness Specialty Certification Course	Current CALA Member	GAF Manual will be electronically transferred for you to print, 20hrs Training each, GAF Assignment & GAF Assessment.	\$280 + tax
	Non-Member Joining Now	GAF Manual will be electronically transferred for you to print, 20hrs Training	\$339 + tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the GAF Course	\$150 + tax

To receive a printed copy of the GAF manual to you, then add \$45 + tax to the fees listed

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:

1. e-transfer to cala_aqua@mac.com or
2. cheques to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6 or
3. Pay by credit card

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.

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 GROUP AQUAFITNESS Certification Process:

- Step 1. Complete the Vertical Water Training 1.5 hour open-book Multiple Choice Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)
- Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

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