



Fredericton

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION Course

Fri Mar 9, Sat Mar 10, Sun Mar 11, 2018

Hosted at the Fredericton Indoor Pool, Fredericton, NB.

The Canadian Aquafitness Leaders Alliance is designed to provide **top-notch training** and access to up-to-date information for fitness leaders. This course provides the leader with the tools necessary to facilitate **safe, productive and innovative group aqua fitness classes**. The course is based on **practical application of the theory** using an **integrative approach to learning**. Surpassing the national guidelines, CALA, a Canadian based company focuses on training which encourages **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**.

- ✓ This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic group aquafitness classes for all ages, fitness and levels of movement competency in both chest deep and deep classes with bottom contact and in a suspended position.
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Fitness Guidelines and Standards
- ✓ The course is accredited by international, national and provincial fitness organizations

WHERE: Fredericton Indoor Pool, 79 Carrington Lane, Fredericton, NB, E3A 5R5
For directions & facility info visit www.fredericton.ca or phone: (506) 460-2273
Course Contact for more information: CALA office: 888-751-9823 or email: cala_aqua@mac.com

WHEN: Fri. Mar. 9 from 5pm – 9pm, Sat. Mar. 10 from 9am- 4pm, and Sun. Mar. 11 from 9am – 4pm, 2018

AGENDA: Includes active theory with dry land movement & active pool time in chest deep & deep water

CERTIFICATION OPPORTUNITIES: Theory exam writing: Sunday, Feb 28, 12pm-3pm at Fredericton Indoor Pool

* Alternate exam writing time & location can be organized if you are traveling from out of town.

GAF PRACTICAL ASSIGNMENT: Each candidate will submit a completed 30-minute mini- class plan using the CALA GAF assignment template provided at the course. The assignment is to be submitted, in '.docx' format to cala_aqua@mac.com on or **before May 25, 2018.**

GAF PRACTICAL ASSESSMENT: Note: Each candidate will lead a 30 minute mini- class. Choose from the 3 dates listed below. June 25th 4:30 – 6:30 PM, June 26th, 4:30 – 6:30 PM, June 27th, 4:30 – 6:30 PM. Book your assessment date through www.fredericton.ca . You will lead a 30-minute assessment time within this time block. You are obliged to support your fellow CALA members by remaining for the full three-hour block of time, to be a participant in other assessments.

REGISTRATION INFORMATION

Course and Location Details for City of Fredericton Mar 9, 10, 11, 2018

DIRECTIONS: 'Google' directions to Fredericton Indoor Pool, 79 Carrington Lane, Fredericton, NB, E3A 5R5

LUNCH/FOOD: It is recommended to bring food and refreshments to the course. There is no access to a kitchen on site.

REMINDERS: **Remember** to bring: More than one swimsuit/towel, a combination lock/key lock for daily use lockers, comfortable clothing that allows for movement, layers of clothing, water bottle, pens, pencils, highlighters, laptop and anything else to assist you with your learning process.

REGISTER: In-Person: Front desk of Fredericton Indoor Pool. Cash, Visa, MasterCard, American Express or cheque
On-line: Use credit card: Visa, MasterCard, American Express using the following link search for course #12380.

REGULAR GAF COURSE REGISTRATION FEES

GAF Specialty Course (includes manual, 20 hours of training & practical assignment & assessment fees)

GAF Course = \$280 + 15% plus tax

CALA Membership = \$59 + 15% tax

Total for current members = \$280 + 15% tax

Total for new members = \$339 + 15% tax

IMPORTANT: Once registered for the GAF Course, pick up the manual from the Fredericton Indoor Pool. Alternate arrangements for receiving your manual can be made by calling the Fredericton Indoor pool (506) 460-2273. It is imperative that you read the GAF manual, if possible, before the start of the course.

REFRESHER COURSE REGISTRATION – for people who have already completed the GAF Course & want a refresher. Register through CALA. 1-888-751-9823 cala_aqua@mac.com

JOINING CALA MEMBERSHIP: compulsory Refresher: GAF Course, Earn 12 CECS

Breakdown for Refresher Course:

GAF Course (REFRESHER) = \$150.00+ 15% tax

Membership fees:

CALA Membership (if expired) = \$59.00 + 15% tax

CALA membership (if current) = \$00.00

Total with membership added = \$209 + 15% tax

Total if membership is already current = \$150 + 15% tax

NOTE: If you have pre-purchased the GAF manual before taking your first GAF Course, you will receive a refund from CALA Inc. After you have attended the GAF course, you MUST email the paid receipt you received from City of Fredericton to CALA, in order to receive your course manual refund from CALA.

If you have any questions, please contact [CALA, 416-751-9823](tel:416-751-9823) or cala_aqua@mac.com