



CALA FOUNDATIONS OF GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE THE KOPANSKY METHOD

May 4, 5 & 6, 2018 with Jane Jones & Charlene Kopansky

Host Facility: Nicola Valley Aquatic Centre, Merritt, BC

The Canadian Aqua-fitness Leaders Alliance is designed to provide **top-notch training** and access to up-to-date information for the 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**. The course is accredited by many international, national and provincial fitness organizations.

- This comprehensive course includes the essential tools necessary to design and lead safe, effective, [holistic](#) group aqua-fitness 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

WHERE: Nicola Valley Aquatic Recreation Centre, 2040 Mamette Ave, Merritt, B.C., V1K 1B8
For Directions & facility info contact Laura Chivers at 250-378-6662 or Ichivers@merritt.ca

AGENDA: Agenda subject to change

- Fri May 4, 2018 5:00pm – 9:00pm + Active theory & in pool 6:45pm – 8:30pm
- Sat May 5, 2018 8:00am – 5:00pm + Active theory & in pool 10:15am – 11:45am; 3pm – 4:30pm
- Sun May 6, 2018 8:00am – 5:00pm + Active theory & in pool 10:15am – 11:45am; 3pm – 4:30pm

GROUP AQUAFITNESS CERTIFICATION PROCESS: Two-step process.

GAF Assignment (Class Plan): **Must be submitted on or before July 12, 2018.** An assignment template is provided at the GAF Course. The goal is to have a rough draft of the assignment completed before the end of the course. Then each candidate is able to fine tune the 30 minute class plan, practice in the water, practice on deck and create a final class plan that embodies the CALA methodology.

GAF Practical Assessment (Class Demonstration): **Must be submitted on or before July 28, 2018.** CALA accepts a video recording of the final 30-minute class. Details will be discussed at the course.

Group Aquafitness REGISTRATION INFORMATION – Merritt, BC

Friday May 4, Saturday May 5 & Sunday May 6, 2018

LOCATION: Nicola Valley Aquatic Recreation Centre, 2040 Mamette Ave, Merritt, B.C., V1K 1B8

LUNCH/FOOD: It is recommended to bring food and refreshments to the course.

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

REGISTER: Complete this registration form, then scan and email it to cala_aqua@mac.com OR call CALA for express registration at 416-751-9823. Payment by VISA, MasterCard or E-transfer

NOTE: You will be working on the design of a 30-minute group aqua-fitness class assignment during this course. Be prepared to apply the principles in the VWT manual and the concepts learned throughout this GAF Course to complete a wonderful 30 minute mini-class. The GAF assignment will form the basis for the GAF practical assessment that you will teach when you have practiced and you are ready.

GAF Specialty Course + Membership Breakdown: GAF Course =\$ 280 + 5% tax CALA Membership = \$59.00 + 5% tax Total = \$355.95 includes tax	GAF Specialty Course Already a Member Breakdown: GAF Course =\$ 280 + 5% tax CALA Membership = Already paid in full Total = \$294.00 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply	
Earn canfitpro & BCRPA & CFES CECs by completing this CALA Training	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% tax for non CALA Members) Earn and bank 12 CALA CECs for repeating the GAF Specialty Course.	

Full Name	
Street (apt)	
City, Prov., Postal	
Email	
Phone home	
Phone work	
Phone cell	
Payment method *we do not accept debit	<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> E-transfer include Password:
Card # + Expiry	
Signature	

Office Use Only: Date received: _____ Initials: _____
Date processed: _____ Initials: _____ Invoice # _____ Pd <input type="checkbox"/> Email added: _____ Confirm Letter e: _____
New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____