



Group Aqua-fitness Specialty Training & Certification Course Hosted at the North York Sheppard East GoodLife Club, Toronto, ON.

Friday March 24, Saturday March 25, Sunday March 26, 2017

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**.

- 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
- The course is accredited by many international, national and provincial fitness organizations

WHERE: North York Sheppard E. Goodlife Club, 2235 Sheppard Ave. E., Toronto, M2J 5B5 (416-491-5830)
<https://www.goodlifefitness.com/locations/ontario/northyork/sheppard-east>

Parking: Underground parking is available.

AGENDA:

Friday Mar 24 5:30pm – 9:45pm Studio: active theory; pool from 8:00pm – 9:45pm

Sat Mar 25 12:00pm – 8pm Studio: active theory; pool from 2:00pm – 3:30pm & 6:15pm – 7:45pm

Sun Mar 26 9am – 6pm Studio: active theory; pool from 9:45am – 11:15am & 2:15pm – 4pm

Sun. A Member based Aquafitness Class from 2:15pm – 3:00pm will be integrated into the CALA Training

Saturday April 8 and Sunday April 9:

You can choose to do your theory exam & practical assessment on the same day or on different days.

Practical Assessment (30 minutes per person from 12:30pm – 6:30pm)

And 2.5-hour Theory Exam Writing Opportunity between 12:30pm – 6:30pm

NOTE: You must be a participant, in the pool, for other leaders.

Exams and Assessments are at the Sheppard Ave East, North York Goodlife Fitness Club.

YOU MUST REGISTER through the CALA office to book a GAF practical assessment spot and to book your exam writing. Your CALA membership must be current.

GAF REGISTRATION INFORMATION

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LOCATION: North York Sheppard East Goodlife Club, 2235 Sheppard Ave. E., TO, ON. M2J 5B5

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 mini-class. This assignment will form the basis for the GAF practical assessment that you will teach when you have practiced and you are ready. You have one year to complete CALA Certification. Check the CALA website for certification dates.**

GAF Specialty Course + Membership Breakdown: GAF Course =\$ 280 + 13% tax CALA Membership = \$59.00 + 13% tax Total = \$383.07 includes tax	GAF Specialty Course Already a Member Breakdown: GAF Course =\$ 280 + 13% tax CALA Membership = Already paid in full Total = \$316.40 includes tax
LATE PAYMENT FEE AFTER MARCH 14 ADD \$25 + TAX = \$28.25	
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply	
Earn canfitpro & OFC CECs by completing this CALA Training	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$150 + 13% tax for CALA Members. (\$209.00 + 13% 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: _____