



## CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION Course

Fri. June 23, Sat. June 24, Sun. June 25, 2017  
Hosted at the River Grove Community Centre, Mississauga, ON.

The Canadian Aquafitness 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 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 many international, national and provincial fitness organizations

**WHERE:** River Grove Community Centre, 5800 River Grove Ave., Mississauga, ON. L5M 4R8  
Contact CALA office for more info: 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**AGENDA:** **This agenda is flexible. Once registered you will receive confirmation of start /end times**

Fri June 23 in Art Room: 5:30pm – 10pm active theory

Sat June 24 in Art Room: 9am – 5pm active theory with pool 11am – 1pm & 3pm – 5pm

Sun June 25 in Art Room: 9am – 5pm active theory with pool 10:30am – 12:30pm & 4pm – 5pm

### CERTIFICATION OPPORTUNITIES:

**GAF PRACTICAL ASSIGNMENT:** Each candidate will submit a completed 30 minute mini- class plan using the CALA GAF assignment template. The assignment is to be submitted to the CALA Course trainer a **minimum of two weeks before the GAF practical assessment date**.

**GAF PRACTICAL ASSESSMENT: Note:** Each candidate will lead a 30 minute mini- class. Choose from the two dates listed below. Book your assessment date through CALA: 1-888-751-9823 or 416-751-9823 or email: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com).

**Dates to be confirmed.** 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 **Bar Code: 733643**

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**DIRECTIONS:** Google' directions to RIVER GROVE Community Centre Mississauga, 5800 River Grove Ave. Mississauga, ON L5M 4R8

**LUNCH/FOOD:** It is recommended to bring food and refreshments to the course. There is no access to a kitchen on site. There are fast food restaurants within a 5 minute drive.

**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.

**REGISTER:** In-Person: Front desk of any community centre in City of Mississauga Visa, MasterCard or cheque  
On-line: Use credit card: Visa or MasterCard using the link below and search CALA for your course.

**Bar Code: 733643**

<https://www1.city.mississauga.on.ca/connect2rec/Start/Start.asp>

**NOTE:** **On line registration fee is for current CALA members. Non-Members must accept the extra membership fee of \$59 +tax. Membership status is reviewed prior to the course start date.**

## REGISTRATION PACKAGES: Add \$10 if you are not a resident of City of Mississauga

<b>GAF Specialty Training Course, Manual, Certification Fees + CALA Membership</b>  <u>Breakdown:</u> GAF Course = \$334.89 + 13% tax CALA Membership = \$59.00 + 13% tax  Total = \$445.10 includes tax	<b>CALA MEMBERS:</b> <b>GAF Specialty Training Course, Manual, Certification Fees</b>  <u>Breakdown:</u> GAF Course = \$334.89 + 13% tax CALA Membership =  Total = \$378.43 includes tax
<b>Note: This course is run in partnership with City of Mississauga.</b>	
<b>If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$175 + tax for CALA Members. (\$234.00 + tax for non CALA Members)</b>	
<b>Contact CALA to register as a refresher: 416-751-9823 or <a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a></b>	
<b>Earn 12 CECs for repeating the GAF Course.</b>	

## CERTIFICATION COMPLETION:

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**GAF PRACTICAL ASSESSMENT: Note:** Each candidate will lead a 30 minute mini- class. Choose from the two dates listed below. Book your assessment date through CALA: 1-888-751-9823 or 416-751-9823 or email: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com). **Certification Dates Pending.** 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.

If you have any questions, please contact **CALA, 125 Lilian Dr, Toronto, ON, M1R 3W6**  
**416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**