



CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE THE CHARLENE KOPANSKY METHOD

Hosted by The Ottawa Athletic Club, Ottawa, ON

The Canadian Aqua-fitness 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 specialty certification course includes the essential tools necessary to design and lead safe, effective, holistic group aqua fitness classes.
- ✓ The specialty certification course content meets the needs of aspiring and current leaders, planning to lead excellent group aqua-fitness classes
- ✓ This specialty certification course exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international and provincial fitness organizations.

WHERE: Ottawa Athletic Club, 2525 Lancaster Av, Ottawa ON, K1B 4L5
For directions & facility info contact Amanda DeGrace adegrace@ottawaathleticclub.com

WHO: CALA Trainer & Assessor: Jill Young

WHEN: Friday April 28, 2017 5:30pm – 9:30pm Pool 8pm – 9:30pm
Saturday April 29, 2017 12pm – 8pm Pool 2pm – 3:30pm & 6:30pm – 8pm
Sunday April 30, 2017 12pm – 8pm Pool 2pm – 3:30pm & 6:30pm – 8pm
Note: The pool times are subject to change.

WHAT: First participate in the pre-requisite **CALA Foundations of Vertical Water Training Course**.

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax

Two ways to register:

1) Call CALA 1-888-751-9823; 2) email cala_aqua@mac.com

CALA GROUP AQUA-FITNESS SPECIALTY COURSE - REGISTRATION FORM
 Hosted by Ottawa Athletic Club, Ottawa, ON
 April 28, 29, 30, 2017

Name: _____ CALA Member # _____
 Address: _____ **Joining Now** cost is tax included in fees below (\$59+tx)
 City: _____ Home Tel. #: _____
 Province: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Option	Membership Status	Includes	Fees Add \$35 after April 13
Group Aqua-fitness Specialty Training & Certification Course	Current CALA Member	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$339 + tax

No refund for withdrawal from the course.

VISA and MasterCard are accepted; or e-transfer

VISA MasterCard E-Transfer Amount Paid: \$ _____ (See above for correct fee option)
 Date _____ Name on Card _____
 Card # _____ Exp. Date: (Month / Year) _____
 Signature _____

To register: Call CALA 1-888-751-9823 or email to cala_aqua@mac.com

CALA Certification Process:
 Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
Exam writing date will be confirmed at the course.

Step 2. Complete the Group Aqua-Fitness Specialty Training and Certification Course
 Step 3. Complete the certification criterion for the CALA Specialty completed

PAYMENT PLAN AVAILABLE – 3 payments completed on or before April 26, 2017

Office Use Only:
 Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____ Confirm Letter e: _____
 New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____