



CALA Group Aqua-fitness Specialty Training & Certification Course

Hosted by Holland Bloorview Kids Rehabilitation Hospital, Toronto, ON.

Sundays May 13th, May 27th, June 3rd, 2018 from 8am-1pm

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: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Rd, Toronto, ON., M4G 1R8
For facility info, contact Christina Neumann 416-425-6220 ext. 3359.

WHO: CALA Trainer Katherine McKeown

AGENDA: Note: Arrive 15 minutes before the start of the Course.

Sunday May 13th 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Sunday May 27th 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Sunday June 3rd 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Completing Certification in Group Aquafitness:

1. VWT Open Book Theory Exam Writing: Sun. June 10th or Sun. July 8th 2pm - 5pm (2.5 hr exam writing).

2. GAF Assignment Submission to cala_aqua@mac.com: on or before June 8th

3. GAF Practical Assessments Dates: Fri. June 15th & June 22nd **between 4pm – 9pm**

Practical Assessment (30 minutes per person + ~15 minutes of feedback)

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.

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

Exam and Assessment hosted at Holland Bloorview Kids Rehabilitation Hospital 150 Kilgour Road, Toronto, M4G 1R8

GAF REGISTRATION INFORMATION

May 13th, May 27th, June 3rd, 2018 from 8am – 1pm

LOCATION: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Rd, Toronto, ON M4G 1R8
For facility info, contact 416-425-6220 ext. 3359 or Christina Neumann

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.

GAF Specialty Course + Membership <u>Breakdown:</u> GAF Course = \$280 + 13% tax CALA Membership = \$59.00 + 13% tax Total = \$383.07 includes tax	GAF Specialty Course Already a Member <u>Breakdown:</u> GAF Course = \$280 + 13% tax CALA Membership = Already paid in full Total = \$316.40 includes tax
LATE PAYMENT FEE AFTER MAY 1, 2018 ADD \$25 + 13% tax = \$28.25	
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 + tax 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: _____