



## Super Special Rate – in Partnership with City of Ottawa!

# CALA Foundations of Vertical Water Training and Group Aquafitness Specialty Training & Certification Courses

The Canadian Aquafitness Leaders Alliance provides **top-notch training** and access to up-to-date information for fitness professionals in one on one and group settings. The training sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn **how to use water effectively** in the design and the delivery of **safe, productive and innovative training sessions**. Experience **practical application of evidence-based theory** using an **integrative approach to learning**. CALA is a Canadian company with international branches. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in leadership training, CALA provides **solid research based programs in deep and chest deep water**. CALA courses & workshops are accredited by many international, national (canfitpro, YMCA-YWCA, CFES) and provincial (AFLCA, BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

**WHERE:** Walter Baker Community Centre, 100 Malvern Dr, Nepean, ON K2J 2G5. Phone (613) 580-2788

**WHO:** CALA Trainer: Jill Young

**WHEN:** **Vertical Water Pre-Requisite Training:** Mondays: Sept 18, 25, Oct 2, 16 (5pm – 9:30pm)  
**Group Aquafitness Specialty Training:** Mondays: Oct 23, 30, Nov 6, & 13 (5pm – 9:30pm)  
\*Includes active dry land theory & from **7:30pm – 9:30pm: pool sessions (subject to change)**

### CHOICES:

1. Special Rate Combined VWT & GAF	\$399 + tax =	\$450.87
2. Vertical Water Training Pre-requisite Course only	\$280 + tax =	\$316.40
3. Group Aquafitness Certification Course only	\$280 + tax =	\$316.40
4. VWT Refresher Rate: Sept 18, 25, Oct 2, & 16	\$175 + tax =	\$197.75
5. GAF Refresher Rate: Oct 23, 30, Nov 6 & 13	\$175 + tax =	\$197.75

**Add \$50 +13%tax after Sept 4 – Late registration fee**

**EARN 12 CECs for repeating the VWT or GAF (Refresher)**

**CERTIFICATION Dates:** Mon Dec. 4 & 11 Exam: 6pm – 9:30pm & Practical assessments 7pm – 9:30pm)

1. **Open-Book VWT Exam Writing and GAF Practical Assessment dates:** Choose one date to write your exam (2.5 hrs) & the other to complete you GAF practical assessment (30 minutes). You much book through the CALA office to secure your exam and assessment.

2. **Group Aquafitness (GAF) Assignment Submission:** Email in word (.doc) format to

[cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) after Nov. 13 & before November 20 (more detail provided at the course)

3. **Group Aquafitness (GAF) Practical Assessment:** 30-minute mini-class demo

**To Register:**

**Call 1-888-751-9823 or Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) CALA accepts VISA, MasterCard or e-transfers!**

# CALA VWT PRE-REQUISITE & GAF SPECIALTY Course - REGISTRATION FORM

Walter Baker Community Centre, Ottawa, ON - Sept 18, 25, Oct 2, 16, 23, 30, Nov 6, & 13, 2017

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_

Address: \_\_\_\_\_ Joining Now:  (\$59 + tax)

City: \_\_\_\_\_

Province: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_

Postal: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Course Option	Membership	Includes	Fees <b>Add \$50 +13%tax after Sept 4</b>
Combined VWT Pre-requisite Course & GAF Specialty Course	All participants	Membership, VWT & GAF Course Manuals, 32hrs Training, Certification fees: Open-book Theory Exam, Group Aquafitness Assignment & Practical Assessment fees	\$399 + 13% tax
VWT Refresher Fees for CECs	Current CALA Member	Refresher VWT on Sept 18, 25; Oct 2 & 16. Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$175 + 13% tax
GAF Refresher Fees for CECs	Current CALA Member	Refresher GAF on Oct 23,30; Nov 6, & 13. Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$175 + 13% tax
VWT Course only Sept 18, 25; Oct 2 & 16	Current CALA Member	VWT Course Manual, shipping & handling fees, 16 hrs Training & Open book Theory Exam fee	\$280 + 13% tax
VWT Course only Sept 18, 25; Oct 2 & 16	Non Member-Joining Now	VWT Course Manual, handling & shipping fees, 16 hrs Training, & VWT open book Theory Exam, + membership	\$339 + 13% tax
GAF Course only * must have completed VWT Oct 23,30; Nov 6, & 13	Current CALA Member	GAF Course Manual, handling & shipping fees, 16 hrs Training & Certification fees - Group Aquafitness Assignment & Practical Assessment Fees	\$280 + 13% tax

**No refund** for withdrawal from the course. Fees can be applied to future CALA events, \$75 + tax fee will be charged. If you are qualified in aqua-fitness or a related fitness field, you may be able to bypass the VWT! Call CALA for more info.

VISA and MasterCard are accepted; or direct deposit or e-transfer

VISA    MCard    Direct Deposit    E-Transfer   Amount Paid: \$ \_\_\_\_\_ (See above for correct fee option)

Date \_\_\_\_\_ Name on Card \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date: (Month / Year) \_\_\_\_\_

Signature \_\_\_\_\_

**To register: Call CALA at 1-888-751-9823 or email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

### CALA Certification Process:

- Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete Group Aqua Fitness Assignment and Practical Assessment

### Office Use Only:

Date Processed: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ Paid: \_\_\_\_\_ Confirmation Letter: \_\_\_\_\_

New Member #: \_\_\_\_\_ Receipt: \_\_\_\_\_ Promo: \_\_\_\_\_ VWT Manual mailed: \_\_\_\_\_ GAF Manual mailed: \_\_\_\_\_