



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 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 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 Add \$50 +13%tax after Sept 4
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

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: _____