



CALA GROUP AQUAFITNESS SPECIALTY TRAINING AND CERTIFICATION COURSE

Hosted by **Holland-Bloorview Kids Rehabilitation Hospital, Toronto, ON**
Sunday November 11th, 18th, 25th, & Dec 9th, 2018

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 & Assessor Katherine McKeown & Julia Ito

WHEN:

Nov 11th - 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Nov 18th - 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Nov 25th - 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Dec 9th - 8am-1pm Studio: active theory; pool from 8am-10:15am * Be dressed ready for the pool

Note: The pool times are subject to change.

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

GAF Practical Assessment: Time and Date TBC

Two ways to register: 1) Call CALA 1-888-751-9823; 2) email cala_aqua@mac.com

CALA GROUP AQUAFITNESS SPECIALTY TRAINING COURSE - REGISTRATION FORM
 Hosted by Holland Bloorview Kids Rehabilitation Hospital, Toronto, ON
 Nov 11th, 18th, 25th, & Dec 9th, 2018

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

Course Option	Membership Status	Includes	Fees <i>Add \$35 after Nov 4</i>
Group Aquafitness Specialty Training & Certification Course	Current CALA Member	Course Manual, 20hrs Training, GAF Assignment, GAF Practical Assessment	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, GAF Assignment, GAF Practical Assessment, Membership for one year	\$339 + tax
Refresher GAF Course	Current member	Includes 12 CECs.	\$150 + 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: GAF Practical Assessment Date and Time TBC

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
 Step 2. Complete the GAF Assignment and Submit for marking
 Step 3. Complete GAF Practical Assessment

PAYMENT PLAN AVAILABLE – 3 payments completed on or before Dec 9th, 2018

Office Use Only:

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