



GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE THE CHARLENKOPANSKY METHOD

November 10, 11, & 12, 2017

Thank you to the host, TCAP Family Aquatics and Fitness Centre

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 professionals 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

HOST: TCAP Family Aquatics & Fitness Centre, 55 Wood Island Hill, Montague, Prince Edward Island
Contact the host William Calhoun at 902-838-3429 or tcapmanagers@gmail.com

AGENDA: Expect to be in the water twice per day, moving on dry land & sitting taking notes

Fri Nov 10 from 12:30pm – 4:30pm

Sat Nov 11 from 8am – 5pm

Sun Nov 12 from 8am – 4pm

**We will select the GAF practical assignment deadline & practical assessment date during the course
You can choose to do your theory exam & practical assessment on the same day or on different days.**

Practical Assessment (30 minutes per person), you will need to recruit two people to participate in your class. Often people within the course will do their practical assessments together and be one another's participants. Keep in mind the Open book VWT theory exam usually takes 2.5-hours

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

Once the assessment date is confirmed 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.

GAF REGISTRATION INFORMATION

Friday November 10, Saturday November 11 and Sunday November 12, 2017

LOCATION: TCAP Family Aquatics & Fitness Centre, 55 Wood Island Hill, Montague, Prince Edward Island.

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. Check the CALA website for certification dates.

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GAF Specialty Course + Membership Breakdown: GAF Course =\$ 280 + 15% tax CALA Membership = \$59.00 + 15% tax Total = \$389.85 includes tax | GAF Specialty Course Already a Member Breakdown: GAF Course =\$ 280 + 15% tax CALA Membership = Already paid in full Total = \$322 includes tax |
| LATE PAYMENT FEE AFTER October 10 ADD \$25 + 15% tax | |
| PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 + 15% 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 + 15% tax for CALA Members. (\$209.00 + 15% 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: _____ |