



CALA Inspirational Workshops

Choose one or more of the Monday evenings listed below

Earn CALA & canfitpro CECs!

The Monday evening workshops are a reflection of the contents of a Vertical Water Training and Group Aquafitness Course. If you are unable to attend the full VWT or GAF Course and would like a sampler of what CALA offers, then choose one or more evenings and earn CECs. Alternately, if you have already completed a VWT or GAF Course and you are looking for a refresher to prepare for the VWT theory exam or to help you with your GAF Assignment or GAF Practical Assessment, then choose one or more evenings and also earn CALA and canfitpro CECs.

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

WHO: CALA Trainer: Jill Young

WHEN: **Group Aquafitness Workshops:** Mondays: Nov 6 (5pm – 9:30pm)
*Includes active dry land theory & from 7:30pm – 9:30pm: pool sessions (subject to change)

FEES: CALA Member: \$125 + tax per evening Non-Member: \$145 + tax per evening

To Register: Select your date(s): _____

Call 1-888-751-9823 or cala_aqua@mac.com CALA accepts VISA, MasterCard or e-transfers!

CALA Workshops - REGISTRATION FORM

Walter Baker Community Centre, Ottawa, ON - Nov 6, 2017

Name: _____	CALA Member # _____
Address: _____	Joining Now: <input type="checkbox"/> (\$59 + tax)
City: _____	_____
Province: _____	Home Tel. #: _____
Postal: _____	Work Tel. #: _____
Email: _____	Cell Phone #: _____

Be sure to select and list the dates that you want to attend!

Office Use Only:

Date Processed: _____ Initials: _____ Invoice # _____ Paid: _____ Confirmation Letter: _____

New Member #: _____ Receipt: _____ Promo: _____