

Group Aquafitness Specialty Training & Certification Course

Friday May 25, Saturday May 26, Sunday May 27, 2018

Hosted by Earl Mah Aquatic Centre, City of Prince Rupert, BC

The Canadian Aquafitness 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**.

Note: You must have completed the CALA Foundations of Vertical Water Training (VWT) Pre-requisite Course before registering for this course. There is an option to bypass the VWT, call CALA for details.

- ✓ This comprehensive course includes the essential tools necessary to design and lead safe, effective, **holistic** group aquafitness classes for all ages, fitness and levels of movement competency in both chest deep & 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: Earl Mah Aquatic Centre, City of Prince Rupert, 1000 McBride St., B.C., V8J 3H2
For directions & facility info contact Front desk: 250-627-7946

AGENDA: Prepare for land & water movement, & learning in a classroom setting.

Friday May 25, 2018	9:00am – 1:00pm & 3:00pm – 7:00pm starts in the pool, doors open at 8:45am
Saturday May 26, 2018	9am – 1:00pm & 2:00pm – 6:00pm
Sunday May 27, 2018	9am – 1:00pm & 2:00pm – 6:00pm

Note: City of Prince Rupert Staff, speak to Kendal Shepard regarding registration for this course.

PRACTICAL ASSESSMENT:

Submission of a 30 minute GAF practical assessment video will be organized during the course.

CALA Group Aquafitness REGISTRATION INFORMATION

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LOCATION: Earl Mah Aquatic Centre, City of Prince Rupert, 1000 McBride St., B.C., V8J 3H2

LUNCH/FOOD: Bring food and refreshments to the course.

REMINDERS: Bring more than one swimsuit/towel, locker tokens will be provided to participants, comfortable clothing that allows for movement, layers of clothing, water bottle, pens, pencils, highlighters, and a laptop. Lockers available at the pool.

REGISTER: Complete this registration form, then scan and email it to cala_aqua@mac.com OR call CALA for express registration at 888-751-9823. Payment by VISA, MasterCard or E-transfer

NOTE: You will be working on the design of a 30-minute group aquafitness 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 safe & effective 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 = \$280.00 + 5% tax CALA Membership = \$59.00 + 5% tax Total = \$355.95 includes tax	GAF Specialty Course Already a Member Breakdown: GAF Course = \$280.00 + 5% tax CALA Membership = Already paid in full Total = \$294.00 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 + tax will apply	
Earn canfitpro & BCRPA CECs by completing this CALA Training	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$150 + 5% tax for CALA Members. (\$157.50) * Must be a current member 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 <small>*we do not accept debit</small>	<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: _____