



# CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE -THE CHARLENE KOPANSKY METHOD

Hosted by City of Hamilton on Sunday May 5, 26 & June 2, 2019

The Canadian Aqua-fitness Leaders Alliance is designed to provide **top-notch training** and access to up-to-date information for 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 specialty certification course includes the essential tools necessary to design and lead safe, effective, holistic group aqua fitness classes.
- ✓ The specialty certification course content meets the needs of aspiring and current leaders, planning to lead excellent group aqua-fitness classes
- ✓ This specialty certification course exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international and provincial fitness organizations.

**WHERE:** Ryerson Recreation Centre & Westmount Recreation Centre

For directions & facility info contact Dan Konior: [Dan.Konior@hamilton.ca](mailto:Dan.Konior@hamilton.ca)

For more information about the training, contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Trainer: Katherine McKeown

**WHEN:** Sun May 5, 26, June 2 from 8am – 5pm includes active theory and two pool sessions per day

**PRICE:** CALA Members: \$280 + tax

Non-Members: \$339 + tax

CALA Member: Repeating GAF Course “Refresher”: \$150+ tax

Expired Member: Repeating GAF Course [Call CALA for fees](#).

\* **REFRESHER Registration includes 12 CALA CECs & canfitpro cecs**

**GAF Assignment Submission Date: \* on or before June 15, 2019**

**GAF Practical Assessment Date: \* 30 min. mini-class demo**

At Ryerson Recreation Centre, Hamilton, ON on Sun July 7 between 8am – 5pm

**Two ways to register: See registration form on the next page**

**1) Call CALA 1-888-751-9823; 2) email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE -  
REGISTRATION FORM**

Hosted by City of Hamilton, ON  
Sundays from 8am – 5pm on May 5, 26, & June 2

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

Course Option	Membership Status	Includes	Fees <i>Add \$35 after April 19, 2019</i>
GAF Specialty Training & Certification Course	Current CALA Member	Course Manual, 20hrs Training, GAF assignment & practical assessment	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, GAF assignment & practical assessment	\$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](mailto:cala_aqua@mac.com)**

**CALA Certification Process: Offered in City of Hamilton**

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam  
 Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)  
 Step 3. Complete the certification criterion for the CALA Specialty completed

**PAYMENT PLAN AVAILABLE – 3 payments completed on or April 19, 2019**

**Office Use Only:**

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