



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

For directions & facility info contact Dan Konior: Dan.Konior@hamilton.ca

For more information about the training, contact CALA 416-751-9823 or 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

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE - REGISTRATION FORM

Hosted by City of Hamilton, ON at the Ryerson Recreation Centre
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 Add \$35 after April 19, 2019
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

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: _____