



## CALA GROUP AQUA FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

**& GAF Refresher Opportunity & Earn canfitpro credits**

Tuesday June 18, Wednesday June 19, Thursday June 20, 2019

Hosted by The Canada Games Centre, Whitehorse, Yukon

CALA 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 comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic vertical water training group classes; one on one sessions; water running classes; aqua kick box sessions aqua personal training, hydromassage, Healing Waters Aquatic Pre & Post Rehab programs
- ✓ 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 Guidelines and Standards
- ✓ The course is accredited by many international, national (canfitpro, YWCA) and provincial (BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

**WHERE:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse YT, Y1A 6G3  
For directions & facility info contact: Canada Games Centre

**WHEN:** Tuesday June 18, 2019 10am – 6pm (Includes 2 pool sessions)  
Wednesday June 19, 2019 10am – 6pm (Includes 2 pool sessions)  
Thursday June 20, 2019 10am – 2pm (Includes 1 pool session)

**WHAT:** First participate in the pre-requisite **CALA VWT Course**. Then participate in the Group Aqua Fitness Specialty Course. The final steps to become a certified Group Aqua Fitness Leader include successful completion of a Group Aqua Fitness Assignment (30 minute class plan and a '30 minute' Practical Assessment).

**CALA Trainer: Katherine McKeown**

**NOTE:** If you have already completed the GAF Course and would like to take a **Refresher GAF Course**, you must register through CALA. The cost is \$150 + tax. Add \$59 + tax if your CALA membership is expired. You will earn 12 CALA CECs, and BCRPA and canfitpro credits

**CALA GROUP AQUA FITNESS SPECIALTY TRAINING & CERTIFICATION COURSE REGISTRATION**  
**June 18, 19 & 20, 2019 – The Canada Games Centre, Whitehorse, Yukon**

**LOCATION:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse, YT, Y1A 6G3

**LUNCH/FOOD:** It is recommended to bring food and refreshments to the course.

**REMINDERS:** **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 THROUGH City of Whitehorse if you have never taken the GAF course.**  
 Registration starts March 5 at 4:30pm. On line [Whitehorse.ca/alo](http://Whitehorse.ca/alo) or by calling 867-668-8360

**NOTE:** Once you have registered your GAF manual will be mailed to you, **or**, if you live in Whitehorse you will pick up the CALA manual at the Canada Games Centre from Becky Tomlin or Karen Zaiden

<b>REGISTER THROUGH City of Whitehorse if you have never taken the GAF course.</b> <b>Registration starts March 5 at 4:30pm</b> <b>On line <a href="http://Whitehorse.ca/alo">Whitehorse.ca/alo</a> or by calling 867-668-8360</b>	
<b>GAF Specialty Course + Membership</b> Breakdown: GAF Course           \$280 + 5% tax CALA Membership   \$59 + 5% tax Total                   = \$355.95 includes tax	<b>GAF Specialty Course Already a Member</b> Breakdown: VWT Course           \$280 + 5% tax CALA Membership   Paid in full Total                   = \$294.00 includes tax
<b>ADD \$35 + 5% tax for registrations after June 1st, 2019</b>	
<b>Earn canfitpro CECs upon completion of the CALA GAF Course Training</b>	
<b>REGISTER THROUGH CALA if you are repeating the GAF Course to refresh your knowledge.</b> Complete this registration form, then scan and email it to <a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a> OR call CALA for express registration at 1-888-751-9823. Payment by VISA, MasterCard or E-transfer <b>Earn 12 CECs</b> <b>Refresher Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% tax for non CALA Members)</b> <b>ADD \$35 + 5% tax for GAF Refresher registrations after June 1st, 2019</b>	

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	

<b>CALA Office Use Only:</b> 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: _____	