



Group Aquafitness Specialty Training & Certification Course

Earn canfitpro credits by attending this training.

Friday June 14, Saturday June 15, Sunday June 16, 2019

Hosted by Town of Canmore at Elevation Place, AB.

The Canadian Aqua-fitness 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**.

- This comprehensive course includes the essential tools necessary to design and lead safe, effective, [holistic](#) group aqua-fitness classes for all ages, fitness and levels of movement competency in both chest deep and 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: Elevation Place, 700 Railway Ave., Canmore, AB. T1W 1Y2

AGENDA: Subject to change

- Fri June 14 5pm – 9pm Studio: active theory
- Sat June 15 9am – 5pm Studio: active theory; pool from 11am-1230pm & 4pm – 5pm
- Sun June 16 9am – 5pm Studio: active theory; pool from 11am-1230pm & 4pm – 5pm

Vertical Water Training Theory exam writing in Room 119, Fri June 14, 1:30pm- 4:30pm (2.5 hour exam)

Practical Assessment (30 min per person – mini class demo. Date & time to be announced at the GAF course.

NOTE: VWT Theory Exam and Practical GAF Assessments are at Elevation Place, 700 Railway Ave., Canmore, AB. T1W 1Y2.

You must submit a completed GAF Assignment (30 minute class plan) to the CALA Trainer three weeks before the actual practical assessment date. You will receive constructive feedback on the class plan (assignment) to help you to be successful during your GAF practical assessment.

You must be a participant, in the pool, for other leaders during the GAF practical assessment day.

YOU MUST REGISTER through the CALA office to book a GAF practical assessment spot and to book your exam writing. Your CALA membership must be current.

ELEVATION PLACE, CANMORE, ALBERTA GAF REGISTRATION INFORMATION

Friday June 14, Saturday June 15, Sunday June 16, 2019

LOCATION: Elevation Place, 700 Railway Ave., Canmore, AB. T1W 1Y2

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

REMINDERS: Remember to 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: Complete this registration form, then scan and email it to cala_aqua@mac.com OR call CALA for express registration at 416-751-9823. Payment by VISA, MasterCard or E-transfer

NOTE: **You will be working on the design of a 30-minute group aqua-fitness 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 wonderful 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 from time to time for available certification dates.**

GAF Specialty Course + Membership Breakdown: GAF Course =\$ 280 + 5% tax CALA Membership = \$59.00 + 5% tax Total = \$355.95 includes tax	GAF Specialty Course Already a Member Breakdown: GAF Course =\$ 280 + 5% tax CALA Membership = Already paid in full Total = \$294.00 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply	
Add \$25 late fee for payments after June 1, 2019	
Earn canfitpro & OFC 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. (\$209.00 + 5% tax for non-CALA Members) 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 *we do not accept debit	<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: _____