



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

Hosted by Seal Swimming Inc. West Scarborough Aquatic Centres, Toronto ON  
June 25, June 26 & 27, 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:** West Scarborough Aquatic Centre. For more info about the training, contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** Katherine Mckeown

<b>WHEN:</b> Tuesday June 25, 2019	12pm – 8pm	Two pool sessions
Wednesday June 26, 2019	8am – 4pm	Two pool sessions
Thursday June 27, 2019	8am – 4pm	Two pool sessions

**PRICE:** CALA Members: \$280 + tax      Non-Members:      \$339 + tax

**CERTIFICATION:** 2.5 hour open book VWT exam writing (1pm – 4pm) & 30 minute GAF practical assessment (4pm – 8pm) Saturday August 17

**Step One:** Submit GAF Assignment (30-minute mini Class Plan) using the template supplied by CALA to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com). Submit at least 2-3 weeks (mid-July) prior to your GAF Practical assessment

**Step Two:** Book your GAF practical assessment through the CALA office. You will participate in other classes to support your fellow course grads.

**WHAT:** First participate in the pre-requisite **CALA Foundations of Vertical Water Training Course**.

**PRICE:** CALA Members: \$280 + tax.      Non-Members:      \$339 + tax

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

**CALA GROUP AQUA-FITNESS SPECIALTY COURSE - REGISTRATION FORM**  
**Hosted by West Scarborough Community Centre**  
**June 25, 26, 27, 2019**

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 June 15, 2019</i>
Group Aqua-fitness Specialty Training & Certification Course	Current CALA Member	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$339 + tax
Refresher GAF Course	Current member	Review manual, build confidence & earn 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)**

**Exam Writing Date: To be confirmed at OAC**

**GAF Practical Assessment Dates: To be confirmed at OAC**

**CALA Certification Process:**

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam  
 Step 2. Complete the Group Aqua-Fitness Specialty Training and Certification Course  
 Step 3. Complete the certification criterion for the CALA Specialty completed

**PAYMENT PLAN AVAILABLE – 3 payments completed on or before June 25, 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: \_\_\_\_\_