



CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

Hosted by Waterville Aquatic Centre, NS June 14, 15, 16, 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: Waterville Youth Facility (1442 County Home Rd), Nova Scotia
For directions or for additional information contact Shawn Fevens: sfevens@countyofkings.ca or call (902) 690-6101. For more information about the training and to register, contact CALA 416-751-9823 or cala_aqua@mac.com.

WHO: CALA Trainer – Charlene Kopansky

WHEN: **Fri June 14:** 5:30pm – 8pm at Waterville Fire Dept. then 8pm – 9:30pm at Waterville Youth Facility Pool
Sat June 15: 8:30am – 1pm at Waterville Fire Dept then Pool 1pm – 4:30pm
Sun June 15: 12pm – 1pm at Waterville Fire Dept, then Pool 1pm – 4:30pm, then 4:30pm – 6:30pm at Waterville Fire Dept, then Pool 5:30pm – 7:30pm, Wrap and feedback until 8pm

PRICE: CALA Members: \$259.99 + tax ***Add \$59 + tax to renew or become a member

CERTIFICATION: 2.5 hour open book VWT exam writing (1pm – 8pm) & 30 minute GAF practical assessment (2:30pm – 8pm) Sun. July 21, 2019

Step One: Submit GAF Assignment (30-minute mini Class Plan) using the template supplied by CALA to cala_aqua@mac.com. Submit at least 2-3 weeks prior to your GAF Practical assessment (prior to July 21)
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: \$259.99 + tax Non-Members: \$318.99 + tax

Two ways to register: 1) Call CALA 1-888-751-9823; 2) email cala_aqua@mac.com

CALA GROUP AQUA-FITNESS SPECIALTY COURSE - REGISTRATION FORM
Hosted by Waterville Aquatic Centre, County of Kings, Nova Scotia
June 14, 15, 16, 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 7, 2019</i>
Group Aqua-fitness Specialty Training & Certification Course	Current CALA Member	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$259.99 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$318.99 + tax
Refresher GAF Course	Current member	Review course material, 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

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 7, 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: _____