



CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

Host Centennial Aquatic Centre, Collingwood, ON July 12, 13, 14, 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 that 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**.

- ✓ includes the essential tools necessary to design and lead safe, effective, holistic group aqua fitness classes for all levels of fitness and abilities.
- ✓ meets the needs of aspiring and current leaders, planning to lead excellent group aqua fitness classes
- ✓ exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ is accredited by many international and provincial fitness organizations.

WHERE: Centennial Aquatic Centre, 451 Third Street, Collingwood, ON, L9Y 1L9

For directions & facility info contact Michelle Findlay: mfindlay@collingwood.ca or call (705) 444-2500 ext. 3286. For more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Trainer: Katherine McKeown

WHEN: Friday July 12, 2019	5:30 pm – 9:30 pm	Pool 6:00 pm -7:30 pm
Saturday July 13, 2019	8:30am – 5:30pm	Pool 10am - 11:30am & 4:00pm - 5:30pm
Sunday July 14, 2019	8:30am – 5:30pm	Pool 9:30am 11am & 1:00 pm -2:30pm

Note: The pool times are subject to change.

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

CERTIFICATION: **Date TBC. Check www.calainc.org list of upcoming events frequently.**

Step One: Complete 2.5 hour VWT theory exam (open book).

Step Two: Submit GAF Assignment (30-minute mini Class Plan using the template supplied) at least 2-3 weeks prior to your GAF Practical assessment date. Submit the assignment in .doc or .docx to cala_aqua@mac.com at least 2-3 weeks prior to the GAF Practical assessment

Step Three: Book your GAF practical assessment through the CALA office.

WHAT: First participate in the pre-requisite **CALA Foundations of Vertical Water Training Course** or **complete the Letter of Acceptance to Bypass the VWT Course.**

Two ways to register: 1) Call CALA 416-751-9823; 2) email cala_aqua@mac.com

CALA GROUP AQUA-FITNESS SPECIALTY COURSE - REGISTRATION FORM
Hosted by Centennial Aquatic Centre, Collingwood, ON.
July 12, 13, 14, 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 30, 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 416-751-9823 or email to cala_aqua@mac.com

VWT exam writing and/or GAF Practical Assessment Dates: To be confirmed with CALA Trainer Collingwood Aquatic Centre, ON

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 July 10, 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: _____