



CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

Hosted by the Ray Friel Recreation Complex, Orléans, ON October 18, 19, 20, 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: [Ray Friel Recreation Complex](#), 1585 Tenth Line Rd, Orléans, ON K1E 3E8

For directions & facility info contact Breana Mason: breana.mason@ottawa.ca or call (613) 580-2424 ext. 20731. For more information about the training, contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: TBC

WHEN:	Friday October 18, 2019	5pm – 9pm	Pool 8pm – 9pm
	Saturday October 19, 2019	12pm – 9pm	Pool 4pm – 5:30pm
	Sunday October 20, 2019	12pm – 9pm	Pool 3pm – 6pm

PRICE:	CALA Members: \$280 + tax	Non-Members: \$339 + tax
	City of Ottawa Staff: \$252 + tax	Non- Member City of Ottawa Staff: \$311 + tax

CERTIFICATION:

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

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

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

PRICE:	CALA Members: \$280 + tax	Non-Members: \$339 + tax
	City of Ottawa Staff: \$252 + tax	Non- Member City of Ottawa Staff: \$311 + tax

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 the Ray Friel Recreation Complex, Orléans, ON
October 18, 19, 20, 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 October 7, 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-CALA Member	Course Manual, 20hrs Training, GAF Assignment & 30 minute practical assessment	\$339 + tax
City of Ottawa Staff	Current CALA Member	Course Manual, 20hrs Training, Open-book Theory Exam	\$252 + tax
	Non Member-Joining Now	ADD Membership for one year (compulsory)	\$311 + 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

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 October 18, 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: _____