



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

**Hosted by** Centre sportif de Notre-Dame-de-Grâce, 6445 Monkland Ave, Montreal, QC H4B 1H2 on  
**November 15, 16, 17 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:** Centre sportif de Notre-Dame-de-Grâce, 6445 Monkland Ave, Montreal, QC H4B 1H2

**WHO:** Master Trainer: Katherine McKeown  
Apprentice Trainers: Jason Gardiner & Zeineb Erradi

<b>WHEN:</b>	<b>Friday November 15, 2019</b>	<b>4pm – 9pm</b>	<b>Pool 4pm – 5pm &amp; 8pm – 9pm</b>
	<b>Saturday November 16, 2019</b>	<b>9am – 5pm</b>	<b>Pool 11am – 1pm &amp; 4pm- 5pm</b>
	<b>Sunday November 17, 2019</b>	<b>9am – 5pm</b>	<b>Pool 9am – 10am &amp; 4pm- 5pm</b>

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

**Two ways to register: 1) Call CALA 416-751-9823; 2) email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**CALA GROUP AQUA-FITNESS SPECIALTY COURSE - REGISTRATION FORM**  
**Hosted by the Centre sportif de Notre-Dame-de-Grâce, 6445**  
**Monkland Ave, Montreal, QC H4B 1H2**

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 Nov 1, 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](mailto: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 November 14, 2019**

<b>Office Use Only:</b>					
Date Processed: _____	Initials: _____	Invoice # _____	Inv Pd <input type="checkbox"/>	Email added: _____	Confirm Letter e: _____
New Member e: _____	Receipt e: _____	Promo e: _____	Manual mailed: _____	Other: _____	