



CALA GROUP AQUAFITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

Online Independent Learning – Listen & watch the recording 2020

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: Online recording – you will be provided with a link to CALA’s private Facebook Group

WHAT: Prerequisite CALA Foundations of Vertical Water Training Course or VWT bypass

WHO: CALA Master Trainer Katherine McKeown

WHEN: Online – view at your leisure

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

Two ways to register: Call CALA 416-751-9823 or 647-323-2252 or email cala_aqua@mac.com

CERTIFICATION CRITERIA:

Part One: Submission of completed GAF Assignment (30-minute class plan) submit 45 days from registration. Submit in MSWord format to katherine@aquaintensity.com and copy cala_aqua@mac.com

Part Two: Upon successful completion of GAF Assignment, you are advised to book a ZOOM practical assessment (demo a 30-minute class) Coordinate your practical assessment ZOOM booking with Katherine McKeown: katherine@aquaintensity.com and copy cala_aqua@mac.com



**CALA GROUP AQUA-FITNESS LEADERSHIP CERTIFICATION COURSE
ONLINE – INDEPENDENT STUDY via Recording
REGISTRATION FORM**

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
Group Aqua-fitness Specialty Training & Certification Course	Current CALA Member	Course Manual -electronically transferred to you 20hrs Training, GAF Assignment & 30-minute practical assessment	\$280 + tax
	Non-Member Joining CALA Now	Course Manual -electronically transferred to you for printing, 20hrs Training, GAF Assignment & 30-minute practical assessment + one year membership	\$339 + tax
Refresher GAF Course	Current member	Includes 12 CECs for repeating the VWT Course & accreditation with other organizations	\$150 + tax

No refund for withdrawal from the course. Option to book a private session with Katherine McKeown on ZOOM. Fees payable directly to the trainer.

e-transfer only to cala_aqua@mac.com

Amount Paid: \$ _____ (See above for correct fee option)

Date _____

Signature _____

To register: Call 416-751-9823 or 647-323-2252 or scan/email form to cala_aqua@mac.com

CALA Certification Process: To be Scheduled via ZOOM platform

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
Exam Date: **online via ZOOM. * VWT exam: 2.5 hours**

Step 2. Complete the Group Aqua Fitness Specialty Training and Certification Course

Step 3. Complete the certification criteria for the GAF Specialty Training and Certification Course

PAYMENT PLAN AVAILABLE – 3 payments timeline to be determined by CALA