

# CALA Certification Courses

## CALA GROUP AQUAFITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE



### Facebook recording [facebook](#) - Online Independent Learning

**Earn 12 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA.** If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#).

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: Independent Study – online through Private Facebook Group [facebook](#)**  
Need more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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

**WHO:** CALA Trainers, Charlene Kopansky, Katherine McKeown

**WHEN:** **At your leisure** - You will receive a link to the [facebook](#) recordings after you register

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

**Add \$45 for shipping a printed copy of the VWT manual**

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

#### CERTIFICATION CRITERIA:

**Part One: Submission of completed GAF Assignment (30-minute class plan) by Wed Aug 5.**  
Submit in MSWord format to [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) and copy [cala\\_aqua@mac.com](mailto: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](mailto:katherine@aquaintensity.com) and copy [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION -  
REGISTRATION FORM **Facebook Independent Learning****

Name \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address \_\_\_\_\_ **Joining CALA Now** cost is tax included in fees below (\$59+tx)  
 City \_\_\_\_\_ Home Tel. \_\_\_\_\_  
 Province \_\_\_\_\_ Work Tel.: \_\_\_\_\_  
 Postal \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

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 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	<b>Includes 12 CECs for repeating the VWT Course &amp; accreditation with other organizations</b>	\$150 + tax
<b>Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$45 + tax to the fees listed</b>			

**No refund** for withdrawal from the course.

**PAYMENT:** CALA only accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or direct deposit

Amount Paid: \_\$ \_\_\_\_\_

(See above for correct fee option)

Signature \_\_\_\_\_

**To register: Call CALA 416-751-9823 or email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

<p><b>CALA Certification Process: To be <b>Scheduled via ZOOM platform</b></b></p> <p>Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam Exam Date: <b>To be determined by CALA * VWT exam: 2.5 hours</b></p> <p>Step 2. Complete the Group Aqua Fitness Specialty Training and Certification Course</p> <p>Step 3. Complete the certification criteria for the GAF Specialty Training and Certification Course</p>
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**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

**PAYMENT PLAN AVAILABLE – 3 payments date completed to be determined by CALA**