

CALA Certification Courses

CALA GROUP AQUAFITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE



Hosted on ZOOM  zoom

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: Online, using the ZOOM platform, in your home or home office

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

WHO: CALA Trainer: Katherine McKeown

WHEN: Sat Dec 5, 1pm – 6pm, Sun Dec 6, 1pm – 6pm (EST Canada & USA)

Sat Dec 19, 1pm – 6pm, Sun Dec 20, 1pm – 6pm (EST Canada & USA)

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

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

No refund for withdrawal from the course.

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

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

Signature _____

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<p>CALA Certification Process: To be Scheduled via ZOOM platform</p> <p>Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam Exam Date: To be determined by CALA * VWT exam: 2.5 hours</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

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