

CALA Certification Course

CALA GROUP AQUAFITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

**Saturday: April 10, 17, 24 & May 1 & 8, 2021 from
1pm – 5pm EST**



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: Saturdays: April 10, 17, 24 & May 1 & 8, 2021 from 1pm – 5pm

PRICE: CALA Members: \$280 + tax Expired and Non-Members: \$339 + tax. Add \$15 + tax for registrations after April 3, 2021

Add \$45 + tax for shipping the printed copy of the GAF 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 May 29, 2021.

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) OR email a video recording of your practical assessment. 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

Name _____ CALA Member # _____

Address _____ Joining CALA now, Add \$59 + tax

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 GAF Course & accreditation with other organizations	\$150 + tax
Note: if you want CALA to mail a printed copy of the GAF manual to you, 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 _____

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

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: * **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 (GAF assignment and GAF practical assessment)

GAF Assignment submission date: May 29, 2021. After successful completion of Assignment, book practical assessment on ZOOM or submit a video to cala_aqua@mac.com and cc katherine@aquaintensity.com

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