

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION THE CHARLENE KOPANSKY METHOD



August 11, 12, 13 2023

Dovercourt Recreation Centre, Ottawa, ON

Live Learning On-Site



Earn CECs with canfitpro, BCRPA, SPRA, CFES, NBFA. If repeating the course earn 8 CALA CECs. If AFLCA Certified, petition for credits [AFLCA CEC Petition Application forms](#)

This Specialty course provides the tools necessary to facilitate safe, innovative group aqua fitness classes. Experience top-notch training and access to up-to-date information. Based on practical application of the theory, CALA focuses on an integrative approach to learning encouraging 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 from old to young, fit to frail and experienced to inexperienced.

WHERE: Dovercourt Recreation Centre, 411 Dovercourt Ave.
Ottawa, ON., K2A 0S9 Ph: 613-798-8950

WHO: CALA Trainer: Kristin Murphy

WHEN: **Fri Aug 11 6pm – 9pm (EST Can & USA)**
Sat Aug 12 10:30am – 7:30pm (EST Can & USA)
Sun Aug 13 10am – 6:30pm (EST Can & USA)

CALA Members: \$280 + tax **Add \$35 on or before August 1, 2023**
Non-Member Renewing Now: \$339 + tax **Add \$35 after August 1, 2023**

You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template.
Add \$45 + tax for shipping the printed copy of the GAF manual.

To register, Email the completed registration form to: cala_aqua@mac.com

GAF Assignment Submission Date: November 8, 2023

GAF Practical Assessment booked on ZOOM or live at the facility or video.

**CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE -
REGISTRATION FORM**

August 11, 12, 13 2023 – Ottawa, Dovercourt Recreation Centre

Please TYPE or PRINT in black ink

Name: _____ CALA Member # _____

Address: _____ Joining 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 + \$35 after August 1
Group Aquafitness Specialty Training & Certification Course	Current CALA Member	Course GAF Manual will be electronically transferred for you to print, 20hrs Training, GAF Assignment & GAF Assessment	\$280 + tax
	Non-Member Joining Now	Course GAF Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year	\$339 + tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the GAF Course	\$150 + tax
Note: if you want CALA to mail a printed copy of the GAF manual to you, then add \$45 + tax to the fees listed			

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

To register: Email completed registration form to cala_aqua@mac.com

WAIVER AGREEMENT: Please check that you agree to the following WAIVER.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

EXPRESS registration 416-751-9823 OR Complete, & 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 Email CALA to arrange this cala_aqua@mac.com

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 2.5-3 hour open-book Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)
- Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding