

CALA Certification Course

CALA AQUA PRE and POSTNATAL SPECIALTY TRAINING AND CERTIFICATION COURSE



FACEBOOK RECORDING [facebook](#) - Independent Learning delivered through private Facebook page

Earn 8 CALA CECs if this is a refresher Pre and Postnatal Course for you OR if you have already completed a CALA Specialty Course. 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 specialty Aqua Pre and Postnatal Classes and to integrate safe instruction for pre and postnatal clients who are participating in your 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 geared to pre and postnatal clients
- ✓ The specialty certification course content meets the needs of aspiring and current leaders, planning to lead excellent group aqua-fitness classes for pre and postnatal clients.
- ✓ 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 [facebook](#) FACEBOOK platform, in your home or home office

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

WHO: CALA Trainer: Jennie Queen

WHEN: At your Leisure

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

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

CERTIFICATION CRITERIA:

Part One: Submission of completed Aqua Pre and Postnatal Assignment (30-minute class plan). Submit in MSWord format to cala_aqua@mac.com

Part Two: Upon successful completion of APPN 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 cala_aqua@mac.com

AQUA PRE AND POST NATAL SPECIALTY TRAINING AND CERTIFICATION REGISTRATION FORM AND WAIVER AGREEMENT

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
Aqua Pre and Postnatal Specialty Training & Certification Course	Current CALA Member	Course Manual -electronically transferred to you 20hrs Training, APPN Assignment & 30-minute APPN practical assessment	\$280 + tax
	Non-member or Expired member Joining Now	Course Manual - electronically transferred to you for printing, 20hrs Training, APPN Assignment & 30-minute practical assessment + one year membership	\$339 + tax
Refresher APPN Course	Current member	Includes 8 CECs for repeating the APPN Course & accreditation with other organizations	\$150 + tax

No refund for withdrawal from the course

To register: Call CALA 416-751-9823 or email to cala_aqua@mac.com

PAYMENT: E-transfer to cala_aqua@mac.com

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

WAIVER AGREEMENT ✓ for **CALA AQUA PRE AND POST NATAL SPECIALTY TRAINING AND CERTIFICATION**

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.

CALA Certification Process: To be **Scheduled via ZOOM platform**

- Step 1. If you have not already done so... Complete the Vertical Water Training Theory Exam
- Step 2. Complete the AQUA PPN Specialty Training and Certification Course
- Step 3. Complete the certification criteria for the APPN Specialty Training and Certification Course (APPN assignment and APPN practical assessment)

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 PAYMENT DATES. Call CALA to arrange this 416 751-9823

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