



CALA GROUP AQUA FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION COURSE

June 11, 12 & 13, 2018

Hosted by The Canada Games Centre, Whitehorse, Yukon

The Canadian Aquafitness 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 comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic vertical water training group classes; one on one sessions; water running classes; aqua kick box sessions aqua personal training, hydromer, Healing Waters Aquatic Pre & Post Rehab programs
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international (Fitness Wales, Royal Events: Germany, University of Stellenbosch, South Africa, New Zealand), national (canfitpro, YWCA) CFES and provincial (BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

WHERE: Canada Games Centre, 200 Hamilton Blvd, Whitehorse YT, Y1A 6G3
For directions & facility info contact: Canada Games Centre

WHEN:

Friday June 11, 2018	5pm – 9pm
Saturday June 12, 2018	8am – 5pm
Sunday June 13, 2018	8am – 5pm

WHAT: First participate in the pre-requisite **CALA Foundations of Vertical Water Training – The Kopansky Method Course**. Then successfully complete the **open book theory exam for the VWT course**. Then participate in the Group Aqua Fitness Specialty Course. The final steps to become a certified Group Aqua Fitness Leader include successful completion of a Group Aqua Fitness Assignment and a '30 minute' Practical Assessment.

WHO: CALA Trainers: Katherine McKeown & Charlene Kopansky

Register: [Canada Games Centre staff receive a discount. Register through CALA Inc.](#)

1) Call CALA 1-888-751-9823; or 2) scan & email completed form to cala_aqua@mac.com

CALA GROUP AQUA FITNESS SPECIALTY TRAINING & CERTIFICATION COURSE REGISTRATION
June 11, 12 & 13, 2018 – The Canada Games Centre, Whitehorse, Yukon

Name: _____ DATE: _____
 Address: _____ How you heard of the course: _____
 City: _____ Home Tel. #: _____
 Province: _____ Fax #: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Package	Membership Status	Includes	Fees
			Add \$35 After May 25
GROUP AQUA FITNESS (GAF) SPECIALTY COURSE	Current CALA Member	Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment	\$280+ tax
	Current CALA Member Canada Games Centre Staff – City of Whitehorse	Course Manual, 20 hrs Training, Certification: Assignment & Practical Assessment	\$180+ tax
	Expired Member-Renewing Now	As Above plus Membership (\$59)	\$339 + tax
Repeating the GAF Course to earn 12 CECs	Current member	12 CECs awarded, if membership has expired, add \$59 + HST to renew membership	\$150+ tax
		Canada Games Centre Staff – City of Whitehorse – earn 12 CECs	\$135+ tax
		Plus new Group Aqua Fitness Manual ~ 200 pages	\$35 + tax

After you have registered for the Group Aquafitness Specialty Course, pick up the CALA GAF manual from the Aquatic Supervisor at the Canada Games Centre in Whitehorse. If you are from out of town, contact CALA to organize shipment of the manual to you from the Canada Games Centre to your mailing address. No refund for withdrawal from the course. Fees can be applied to future CALA events.

VISA MasterCard Direct Deposit/E-transfer Amount Paid: \$ _____ (See above for correct fee option)
 Date _____ Name on Card _____
 Card # _____ Exp. Date: (Month / Year) _____
 Signature _____

To Register by phone: 416-751-9823 OR Toll-Free: 1-888-751-9823 or by email: cala_aqua@mac.com

CALA Certification Process:

Complete the Vertical Water Training 2.5 hour open-book Theory Exam plus
 Submit a Group Aqua Fitness Assignment and complete a 30-minute Practical Assessment

Office Use Only:

Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____ Confirm Letter e: _____
 New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____