



CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION Course

Tuesdays March 27 to April 24, 2018

Hosted at the South Common Community Centre, Mississauga, ON.

The Canadian Aquafitness Leaders Alliance is designed to provide **top-notch training** and access to up-to-date information for the 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 group aquafitness classes for all ages, fitness and levels of movement competency in both chest deep and deep classes with bottom contact and in a suspended position.
- ✓ 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 Fitness Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations

WHERE: South Common Community Centre, 2233 South Millway, Mississauga, ON L5L 3H7
Contact CALA office for more info: 416-751-9823 or cala_aqua@mac.com

AGENDA: **This agenda is flexible. Once registered you will receive a confirmation letter with a detailed agenda**
Tuesdays: March 27 to April 24th, 2018 from 6pm to 10pm: includes active theory on dry land and in the pool

CERTIFICATION OPPORTUNITIES: Theory exam writing: Tuesday, May 1, 6pm -9pm at South Common

GAF PRACTICAL ASSIGNMENT: Each candidate will submit a completed 30 minute mini- class plan using the CALA GAF assignment template. The assignment is to be submitted to the CALA Course trainer a **minimum of two weeks before the GAF practical assessment date**.

GAF PRACTICAL ASSESSMENT: Note: Each candidate will lead a 30 minute mini- class. Choose from the 3 dates listed below. Book your assessment date through CALA: 1-888-751-9823 or 416-751-9823 or e: cala_aqua@mac.com.
Tues, May 1 8pm – 10pm or Sun May 27, 2018 3pm – 6pm or June 24, 2018 3:30pm – 7pm for GAF &/or HW Practical Assessment. You will lead a 30-minute assessment time within this time block. You are obliged to support your fellow CALA members by remaining for the full three-hour block of time, to be a participant in other assessments.

REGISTRATION INFORMATION **Bar Code: 751820**

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DIRECTIONS: Google' directions to South Common Community Centre, 2233 South Millway, Mississauga, ON L5L 3H7

LUNCH/FOOD: It is recommended to bring food and refreshments to the course. There is no access to a kitchen on site. There are fast food restaurants within a 5 minute drive.

REMINDERS: Remember to bring: More than one swimsuit/towel, a combination lock/key lock for our daily use lockers, comfortable clothing that allows for movement, layers of clothing, your water bottle, pens, pencils, highlighters, and anything else to assist you with your learning process.

REGISTER: In-Person: Front desk of any community centre in City of Mississauga Visa, MasterCard or cheque
On-line: Use credit card: Visa or MasterCard using the link below and search CALA for your course.

Bar Code: 751820

<https://www1.city.mississauga.on.ca/connect2rec/Start/Start.asp>

NOTE: **On line registration fee is for current CALA members. Non-Members must accept the extra membership fee of \$59 +tax. Membership status is reviewed prior to the course start date.**

REGISTRATION PACKAGES: Add \$10 if you are not a resident of City of Mississauga

GAF Specialty Training Course, Manual, Certification Fees + CALA Membership <u>Breakdown:</u> GAF Course = \$334.89 + 13% tax CALA Membership = \$59.00 + 13% tax Total = \$445.10 includes tax	CALA MEMBERS: GAF Specialty Training Course, Manual, Certification Fees <u>Breakdown:</u> GAF Course = \$334.89 + 13% tax CALA Membership = NA Total = \$378.43 includes tax
Note: This course is run in partnership with City of Mississauga.	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$175 + tax for CALA Members. (\$234.00 + tax for non CALA Members)	
Contact CALA to register as a refresher: 416-751-9823 or cala_aqua@mac.com	
Earn 12 CECs for repeating the GAF Course.	

IMPORTANT: Email the paid receipt (that you received from City of Mississauga) for the GAF course to cala_aqua@mac.com

CALA will mail a GAF manual to you! It is imperative that you read the manual to prepare yourself for the training experience.

If you have any questions, please contact CALA, 416-751-9823 or cala_aqua@mac.com