



Recognized as the Gold Standard in Water Fitness Specialty Programs, Aqua Fitness; Water Running, Aqua Kick Box, Aqua Natal, Aqua for Older Adults, Aqua Personal Training and Healing Waters: Post Aquatic Rehabilitation Training & Certification

The Canadian Aquafitness Leaders Alliance Inc. (CALA) is dedicated to providing a high quality training, certification and communication network for aqua fitness leaders, aquatic post rehabilitation specialists, personal trainers and coaches. CALA promotes professionalism and excellence through thoughtful integration of the mind, body and spirit. CALA is an international, educational organization with a mandate to provide high quality training, certification and access to current information for its members and others in the active living community.

CALA Educational Opportunities:

The following list showcases a sampling of the courses that CALA offers on an ongoing basis. Due to our innovative and trend-setting style, new courses are constantly being developed and added. Attending courses enables aspiring leaders, current leaders, personal trainers, coaches, health care professionals and participants to learn new information and to earn CALA CECs (Continuing Education Credits) and credits with many organizations.

*** CALA Foundations of Vertical Water Training: The Kopansky Method Course.** This is the 20 hour pre-requisite course for all CALA certification programs listed below:

Healing Waters: Aquatic Post-Rehabilitation Program: This program consists of one compulsory course: Introduction to Aquatic Therapy Prep Course.

Other Rehab oriented Specialty courses offering certification:

- Aqua Arthritis and Joint Disorders; Back Care; Cardiac Rehab, Joint Replacement, Motor Vehicle Accident, Multiple Sclerosis, Aqua for Cancer

CALA Specialty Courses leading to certification:

- Group Aqua Fitness Specialty Training and Certification Course (20 hrs)
- Water Running and Aqua Jogging Specialty Training and Certification Course (16 hrs)
- Centre of Power: Aqua Kick Box Specialty Training and Certification Course (16 hrs)

CALA Workshops offering CEC's:

- Workshops (2-4hrs) Over 100 Topics available. Current workshops happening now: Aqua Muscle, Aqua Choreography, Aqua Cycle, Aqua Africana, Not Just for Seniors, Beyond Abs, Aqua Natal, Aqua for Older Adults and many more! Check out the CALA Website for more details www.calainc.org

Benefits of Vertical Water Training!

- **Enhance** your leadership skills and knowledge level of aquatics
- **Earn Continuing Education Credits** with a variety of organizations
- CALA Events are accredited for '**Instructor Recert Credits**' with **LSS (Lifesaving Society)**
- **Opportunity** to increase your **hourly wage \$\$**
- Learn more about the **latest & exciting water fitness trends**
- Choose to teach a **Vertical Water Training Specialty Area**
- Take care of yourself with a **healthy, fit and enjoyable part time job**
- This is a skill you can use **now and in the future**: Organize classes in your community!
Facilities are in need of qualified & motivated CALA leaders!

CALA Introduction to Aqua Fitness Course

This one day course includes a general introduction to aquafitness and aquafitness leadership. Certification in Aquafitness leadership is not included in this one day course. However, participants will receive eight continuing education credits (CECs) upon completion of the course. These CECs will be kept on record and can be applied to re-certification once certification has been achieved. To become certified, candidates must participate in a CALA Foundation Course. See the next column for information about certification.

Content:

- Charting The Voyage To Effective Leadership
- Magical Properties Of Water
- Use Of Music
- The Aquatic Physiological Perspective
- Communication For Excellence in Leadership
- Setting Sail for Certification

Target Audience

- Fitness participant with a desire to learn more to enhance personal exercise results
- Lifeguard and/or swimming instructor
- Rehabilitation and post-rehabilitation specialist
- Group fitness instructor
- Personal trainer
- Student considering adding aquafitness leadership to their repertoire of skills
- Water-lover; enjoys working with people
- Job seeker; part time job or career change
- Retirees who have the time and commitment to get fit and possibly lead others

Duration

- Total of eight hours of training
- A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- This introductory course is usually offered on one full weekend day
- Some facilities choose to schedule the course differently depending on availability of the pool and classroom

Learn more!

www.calainc.org

For details on upcoming training events in your area or to learn about hosting a CALA Course at your facility
CALA Head Office – 416-751-9823 or 1-888-751-9823
Email: cala_aqua@mac.com

GET CERTIFIED! Become a CALA Certified Professional

Enroll in the CALA Foundation of Vertical Water Training- The Kopansky Method

- ✓ Includes the essential tools necessary to design and lead safe, effective and holistic aquafitness classes and programs.
- ✓ Meets the needs of experienced aquafitness leaders as well as lifeguards, aerobic instructors, rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders
- ✓ Exceeds Provincial and Federal Guidelines and Standards
- ✓ Accredited by many other international, national and provincial fitness organizations

Course Format:

Vertical Water Training (20hrs) Compulsory: This comprehensive course is the pre-requisite for certification in a Specialty area of your choice. The compulsory course includes an introduction to group classes; one on one sessions; water running classes; aqua kick box sessions; aquatic post rehab and other programs. The course content includes application of aqua physics, applied anatomy, the physiology of immersion, risk management, the CALA base moves and communication skill development. The course content designed for experienced fitness professionals as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders exceeds the Canadian Provincial and Federal Guidelines and Standards. This course is accredited by many international, national and provincial fitness organizations.

Group Aqua Fitness Leadership Specialty Training and Certification Course (20 hrs): This certification course includes the essential tools necessary to design and lead safe, effective holistic group aqua fitness classes. This course meets the needs of aspiring and current leaders, planning to lead excellent group aqua fitness classes. This course exceeds the Canadian Provincial and Federal Guidelines and Standards and is accredited by many international, national and provincial fitness organizations.

The CALA Certification Process:

- **Beginning:** Complete the CALA Foundations of Vertical Water Training and the open book Theory exam.
- **Next Step:** Complete the CALA Group Aqua Fitness Leadership Specialty Training & Certification Course and the written assignment and practical assessment
- **Continuing:** Attend workshops in Aquafitness or related topics to expand your knowledge and collect CEC's