



## CALA Group Aqua Fitness Leadership Specialty Training Course

Hosted by Malton Community Centre, Mississauga, Ontario  
 Registration through City of Mississauga - **BAR CODE # 548478**

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 aqua fitness classes and programs
- ✓ The course content meets the needs of experienced aquafitness leaders as well as lifeguards, aerobic instructors, rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders; and exceeds the Provincial and Federal Guidelines and Standards.
- ✓ The course is accredited by many international, national and provincial fitness organizations

**WHERE:** Malton Community Centre, 3540 Morningstar Dr, Mississauga ON, L4T 1Y2  
 For directions & facility info, Leslie Aziz: 905 615 4640 X 2527; [leslie.aziz@mississauga.ca](mailto:leslie.aziz@mississauga.ca)

**WHEN:** Sat March 10, 2012 9:00am – 6:00pm  
 Sun March 11, 2012 9:00am – 6:00pm

**CALA Educational Events are eligible for:  
 Credits towards LSS (Lifesaving Society)  
 Instructor Recertification-Professional  
 Development!**

**WHAT:** You must complete the **CALA Foundations of Vertical Water Training Course** before taking the Group Aqua Fitness Course **or you may be able to apply to by pass the VWT course. Contact CALA** to find out more about this option to bypass the VWT course. (1-888-751-9823 or 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com))

**TO REGISTER:** **Registration begins October 21, 2011** Go online: [www.mississauga.ca/CONNECT2Rec](http://www.mississauga.ca/CONNECT2Rec) to set up account or go to any City of Mississauga Recreation Ctr. and request a registration form or contact Leslie Aziz (see details above)

Course	Includes	Fees	
		Regular Rates	City of Mississauga Staff
<b>CALA Group Aqua Fitness Leadership Specialty Training and Certification Course</b>	Course Manual, 16 hrs Training, Group Aqua Theory Assignment & 30 min. Group Aqua Practical Assessment	Members \$261.57 plus applicable taxes	See you supervisor for staff rates.

**Special Note Regarding Fees:** You must be a current member of CALA to register for this CALA Group Aqua Fitness Leadership Specialty Training and Certification course, please contact CALA if your membership requires renewal. Class lists will be verified with the CALA office prior to the start of the program. CALA office contact details: 1-888-751-9823 or 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)