

# Welcome

CALA is recognized as the Gold Standard in Water Fitness Specialty Programs, Aqua fitness and Healing Waters: Aqua Rehabilitation Training and Certification

[www.calainc.org](http://www.calainc.org)



## The CALA "Top 10" Frequently Asked Questions:

**1. Who is CALA?** The Canadian Aquafitness Leaders Alliance Inc. (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. Our courses are research based and provide a strong 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.

### **2. What are the benefits of getting certified as a CALA Leader?**

- Open up employment opportunities: Facilities are in need of qualified & motivated CALA leaders
- Teach SAFE and EFFECTIVE classes, certifications are fast becoming a requirement
- Earn Continuing Education Credits with a variety of organizations
- Receive accreditation for 'Instructor Recertification Credits' with LSS (Lifesaving Society) by attending CALA events
- Increase your hourly wage and learn more about the latest aquafitness trends
- Become unique! Choose to teach an Aquatic Specialty (i.e Aqua Running, Aqua Natal, Aqua Post-Rehab, Aqua for Kids, etc...)
- Maintain or regain a healthy and fit lifestyle with an enjoyable part time job teaching water fitness
- Utilize the skills you learn now to start your own business by organizing classes in your community

### **3. What are the steps to become CALA Certified to teach Group Aqua fitness?**

- A. Attend a CALA Foundations of Vertical Water Training – The Kopansky Method Course followed by the CALA Group Aqua Fitness Leadership Training Specialty Course
- B. Successfully complete an OPEN BOOK Theory Exam after completion of the Foundations Course
- C. Successfully complete a 30 minute practical assessment (receive 1:1 personalized feedback) and a Group Aqua Fitness Assignment
- D. Maintain CALA Membership in good standing

### **4. What are the other specialties (Certifications) and programs that CALA offers?**

- CALA Healing Waters Program: Intro to Aquatic Post Rehabilitation Prep Course and Aqua Arthritis & Joint Disorders Specialty Course ((other modules under development include: Back Care, MS, Cardiac Rehab, Motor Vehicle Accident)
- CALA Aqua for Healthy Older Adults Specialty Course
- CALA Aqua Infused Martial Arts (Kick Box) Specialty Course
- CALA Aqua Personal Training Specialty Course
- CALA Aqua Natal Specialty Course
- CALA Aqua Running Specialty Course
- CALA Liquid Barre Specialty
- CALA Aqua Ti Chi
- Workshops: Over 100 topics including: Liquid Aqua Muscle, Aqua Deep Choreography, Aqua Cycle, Beyond Abs and more.

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- CALA TeleClasses –Gain knowledge and network with other leaders from the comfort of your own home!

### 5. Do you offer CEC's?

CALA Events are eligible for Continuing Education Credits (CEC's) / Professional Development Credits (PDC's) / Renewal Credits with a variety of organizations including LSS, CanFitPro, OFC, AFLCA, NSFA, SPRA, BCRPA, YM/YWCA.. See the website [www.calainc.org](http://www.calainc.org) for full list.

### 6. Where can I find out about upcoming courses in my area?

Easy! Call or Email CALA with your name, phone number and email address: We will ensure you receive monthly updates and PRIORITY notification of courses, conference, continuing education workshops and master classes. Call 416-751-9823 or toll free 1-888-751-9823. Email [cala@interlog.com](mailto:cala@interlog.com)

### 7. Is it easy for my facility to HOST A CALA course for instructors or a MASTER CLASS for participants?

Absolutely! It is convenient, easy to organize and facilities have the opportunity to earn \$revenue\$ and subsidize staff registrations by hosting a CALA event. To receive a full information package, email CALA or call us today.

### 8. Should I consider a CALA Membership and how much are the courses?

There are many benefits of having a CALA Individual or Corporate Membership. Discounted rates on CALA events, merchandise, educational materials, early registrations, newsletters, job postings, access to members-only section (coming soon!) on the CALA website. Course fees are competitive for the # of training hours and high quality of the programs; plus you have the option to pay in installment plans - ask us for details!

### 9. What type of equipment, music and videos do you sell?

Instructor non-slip Safety Mats, Aqua Flotation Belts, "Tidal Wave" Aqua Fitness CD's, Ryka Aqua Shoes, AQX Aqua Training Shoes, Shirts, Vests, Jackets, Backpacks, Water Bottles, Manuals and much more. Videos and DVD's on the way! For details, [www.calainc.org](http://www.calainc.org)

### 10. When can I get started?

NOW!!!