

# CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION THE CHARLENE KOPANSKY METHOD



**February 24, 25, 26, 2023**

**Tansley Woods Community Centre, Burlington, ON**

Live Learning On-Site 

**Earn CECs:** 8 CALA CECs canfitpro, BCRPA, SPRA, CFES, NBFA. If repeating the course earn 8 CALA CECs. Petition for credits [AFLCA CEC Petition Application forms](#)

This Specialty course provides the tools necessary to facilitate safe, innovative group aqua fitness classes. Experience top-notch training and access to up-to-date information. Based on practical application of the theory, CALA focuses on an integrative approach to learning encouraging 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.

**WHERE:** Tansley Woods Community Centre, 1996 Itabashi Way, Burlington, ON L7M 4J8.  
Host: Meagan Laking: Ph: 905-332-1996 ext 6256; meagan.laking@burlington.ca

**WHO:** CALA Trainer: Jaye Graham

**WHEN (EST):** Fri Feb 24, 2023 4pm – 9pm  
Sat Feb 25, 2023 1pm – 9pm  
Sun Feb 26, 2023 1pm – 9pm

CALA Members: \$280 + tax **Add \$35 on or before Feb 14, 2023**  
CALA Members: \*Refresher course: \$150 + tax  
Non-Member Renewing Now: \$339 + tax **Add \$35 after Feb 14, 2023**

You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template.  
Add \$35 + tax for shipping the printed copy of the GAF manual.

**Two ways to register for non-City of Burlington Staff**

- 1) **Call CALA 416-751-9823**
- 2) **email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**City of Burlington Staff**

- 1) **Add City of Burlington Staff beside your name on registration form below the email the form to Meagan.Laking@burlington.ca & to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**GAF Assignment (30-minute mini class plan) Submission Date: on or before May 26, 2023**

**GAF Practical Assessment booked on ZOOM or live at the facility or video submission after achieving a passing grade on the GAF Assignment.**

**CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE -  
REGISTRATION FORM**

**February 24, 25, 26 2023 – Burlington, ON**

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ **Joining Now cost is tax included in fees below (\$59+tx)**  
 City: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_  
 Province: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
 Postal: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_  
 Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

Course Option	Membership Status	Includes	Fees + \$35 after Feb 14
Group Aquafitness Specialty Training & Certification Course	Current CALA Member	Course GAF Manual will be <b>electronically transferred</b> for you to print, 20hrs Training, GAF Assignment & GAF Assessment	\$280 + tax
	Non-Member Joining Now	Course GAF Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year	\$339 + tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the GAF Course	\$150 + tax

**Note: if you want CALA to mail a printed copy of the GAF manual to you, then add \$35 + tax to the fees listed**

**No refund for withdrawal from the course.**

**To register: Call CALA 416-751-9823 or email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**PAYMENT: CALA accepts EFT and e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Amount Paid: \$ \_\_\_\_\_

**WAIVER AGREEMENT for CALA Group Aquafitness Specialty Training & Certification**

**Please check ✓ that you agree to the following WAIVER. (Required to register for this training)**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

**PAYMENT PLAN AVAILABLE – 3 payments date Email CALA to arrange this [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

CALA Certification Process:
Step 1. Complete the Vertical Water Training 2.5-3 hour open-book Theory Exam
Step 2. Complete the Group Aqua Fitness Course
Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)
Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*