

# CALA Intro to WaterFit

Valley Park Community Centre, Hamilton ON.

Sat, Sept. 23: 8:45am – 6pm & Sun, Sept. 24: 8:45am – 1:15pm

With Katherine McKeown, CALA Master Trainer

Earn 8 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.



**Opportunity:** Uncertain if you want to become a certified aquafitness leader?

Register for this Intro Clinic & you will receive two comprehensive resources: The CALA Foundations of Vertical Water Training (VWT) & CALA Group Aquafitness Specialty Training & Certification (GAF) manuals. You can then choose to bypass the CALA VWT Course and register to write the open book VWT theory exam. Then you are eligible to register for a 20-hour CALA Group Aquafitness Specialty Training and Certification Course.

**Description:** This course provides the essential skills and concepts required to lead a basic Aqua Fitness class for clients in good health. Based on CALA's philosophy of integrating Mind Body and Spirit, this is an excellent opportunity for land-based fitness leaders to diversify their skillset as well as any aqua enthusiast interested in learning how to become a CALA Certified aquafitness Instructor.

## Learning Objectives:

- ▶ Understand how the 5 properties of water uniquely impact exercise design
- ▶ Learn how to construct a safe and smoothly linked aquafitness class from start to finish
- ▶ Experience and 'practice teach' movement sequences from the CALA Movement Bank
- ▶ Communicate cues with clarity and intention both verbally and non-verbally
- ▶ Identify teaching strategies which promote inclusion for all levels of fitness within one class

**COST:** For people considering CALA Certification: \$280 + tax (13%)  
For people who are CALA Certified & want to earn CECs: \$150 + tax (13%)  
Add \$25+ tax for registrations after September 13, 2023

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

*No refund for withdrawal from workshop. Fees can be applied to future CALA events.*

**Note:** City of Hamilton Staff register through City of Hamilton

Please print in black ink or type

Name	_____		
Address	_____	Join CALA Now	<input type="checkbox"/> \$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

**WAIVER AGREEMENT:** Please check  that you agree to the following **WAIVER**.

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.

**Email completed form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Use the Adobe Acrobat "Fill and Sign" feature to complete the form**

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