

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



**June 6, 7, 8, 2025**

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

Live Learning On-Site



**Earn CECs:** 4 canfitpro, 4 CCAA, 8 BCRPA, 8 SPRA, 8 CFES, 8 NBFA, 8 NSFA, 8 OFC, 8 YMCA. If repeating the course earn 8 CALA CECs.

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 June 6, 2025 5:00pm – 9:30pm  
Sat June 7, 2025 8:30am – 5:30pm  
Sun June 8, 2025 8:30am – 5:30pm

CALA Members: \$280 + 13% tax **Add \$35 on or before May 26, 2025**

CALA Members: \*Refresher course: \$150 + 13% tax & earn CECs

Non-Member Renew Now: \$339 + 13% tax **Add \$35 after May 26, 2025**

You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template.  
Add \$45 + 13% tax for shipping the printed copy of the GAF manual.

**Registration for non-City of Burlington Staff**

Email completed registration form below to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**City of Burlington Staff**

Email completed registration form below to [Meagan.Laking@burlington.ca](mailto:Meagan.Laking@burlington.ca)

**GAF Assignment (30-minute mini class plan) Submission Date: on or before June 23, 2025**

**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**

**June 6, 7, 8 2025 – Tansley Woods CC, Burlington, ON**

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

Course Option	Membership Status	Includes	Fees + \$35 after May 26
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 + 13% 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 + 13% tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the GAF Course	\$150 + 13% tax
<b>Note: if you want CALA to mail a printed copy of the GAF manual to you, then add \$45 + 13% tax to the fees listed</b>			

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

**To register: Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**PAYMENT: E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Amount Paid:   \$  \_\_\_\_\_

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

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.

**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)**

<b>CALA Certification Process:</b>
Step 1. Complete the Vertical Water Training 1.5 hour open-book Multiple Choice Theory Exam
Step 2. Complete the Group Aqua Fitness Course (20 hours)
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*