


CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION

THE CHARLENE KOPANSKY METHOD



September 5, 6, 7, 2025

Burnhamthorpe CC, Mississauga, 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.

CALA is recognized as the gold standard in aqua fitness leadership training, providing solid research-based programs spreading the joy of movement in both deep and chest deep water meeting the diverse needs of our communities. 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.

The GAF Specialty course provides the tools necessary to facilitate safe, professionally designed, total body, innovative group aqua fitness classes that include the 4 phases of a class: warmup, cardio, muscle conditioning and stretch/cool down. Learn how to utilize the properties of water to modify and adapt each movement to provide essential options for all participants. Build patterns of movements that flow one to another while integrating meaningful cues that inspire participants to do their best.

WHERE: Burnhamthorpe CC, Mississauga, ON.

WHO: CALA Apprentice Trainer: Maria Medina & a CALA Master Trainer

WHEN (EST):

Fri Sept. 5: 5:00pm – 9:30pm One pool session

Sat Sept. 6: 9:30am – 5:30pm Two pool sessions

Sun Sept. 7: 9:30am – 5:30pm Two pool sessions

PRICE:

CALA Members: \$280 + 13% tax **Add \$35 on or before Aug. 20, 2025**

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

Non-Member Renew Now: \$339 + 13% tax **Add \$35 after Aug. 20, 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 Mississauga Staff

Email completed registration form below to cala_aqua@mac.com

City of Mississauga Staff: Email completed registration form below to Maria Medina

MariaJose.MedinaDiaz2@mississauga.ca

GAF Assignment (30-minute mini class plan) Submission Date: on or before November 7, 2025

GAF Practical Assessment booked on ZOOM or live at the Burnhamthorpe Community Centre or video submission after achieving a passing grade on the GAF Assignment, to be completed before December 20, 2025. Register through cala_aqua@mac.com

CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE - REGISTRATION FORM
Sept. 5, 6, 7 2025 – Burnhamthorpe CC, Mississauga, 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 Aug 26
Group Aquafitness Specialty Training & Certification Course	Current CALA Member	Course GAF Manual will be electronically transferred 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
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			

No refund for withdrawal from the course.

To register: Email completed registration form to cala_aqua@mac.com

PAYMENT: E-transfer to 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

CALA Certification Process:

- 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