


# CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE

## The Charlene Kopansky Method



**May 30, 31, June 01, 2025**  
at 14 Wing Greenwood, NS

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

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.

**WHO:** CALA Trainer: Dianne Levy

**WHEN:** Friday, May 30: 5:30 pm – 9:30 pm  
Saturday, May 31: 9:00 am – 6:30 pm  
Sunday June 1: 11:00 am – 7:00 pm

**PRICE:** CALA Members: \$280 + 14% tax Non-Members: \$339 + 14% tax

**Add \$35 for registrations received after May 20, 2025**  
**Add \$45 + tax for shipping a printed copy of GAF manual.**

**Register:**

- 1) Email the completed registration form (see next page) to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**Certification:**

- 1) Open Book VWT Exam Writing (1.5 hours) In-person writing or online
- 2) Submit GAF Assignment (20-30 min mini-class plan)
- 3) Complete GAF Practical Assessment (demo a 20-30-minute mini-class)

The Vertical Water Training Course is a Pre-requisite for all CALA Specialty Training and Certification Courses including Group Aqua Fitness, Aqua Yoga, Aqua Kick Box, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

# May 30, 31, June 1, 2025 – GAF Course

## 14 Wing Fitness & Sports Centre, Greenwood, NS

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 05/20/25
Group Aquafitness Specialty Course	Current CALA Member	Course Manual will be <b>electronically transferred</b> for you to print, 20hrs Training, Open-book Theory Exam date to be scheduled	\$280 + 14% tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year	\$339 + 14% tax
Refresher GAF Course	Current member	<b>Includes 8 CECs for repeating the GAF Course</b>	\$150 + 14% tax

**Note: if you want CALA to mail a printed copy of the GAF manual to you, then add \$45 + tax to the fees**

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

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

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

**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.

**EXPRESS registration 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\\_aqua@mac.com](mailto:cala_aqua@mac.com) to make arrangements**

### CALA Certification Process

- Step 1. Complete the Vertical Water Training 1.5 hour open-book Theory Exam TBC, can be written online
- Step 2. Complete the Group Aquafitness Course (in person on May 30, 31 and June 1, or via independent learning
- Step 3. Complete the Group Aquafitness Assignment and Assessment (Design & demo a 20-30-minute mini class)

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