

Independent Study: CALA Certification Courses

CALA GROUP AQUAFITNESS LEADERSHIP (GAF) SPECIALTY TRAINING AND CERTIFICATION COURSE



Facebook recording of original ZOOM session - Online Independent Learning [facebook](#)

Earn 8 CALA CECs.

Also accredited by [canfitpro](#), [OFC](#), [AFLCA](#), [BCRPA](#), [SPRA](#), [YMCA](#). If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

The Canadian Aqua-fitness Leaders Alliance is designed to provide **top-notch training** and access to up-to-date information for fitness leaders. This course provides the leader with the tools necessary to facilitate **safe, productive and innovative group aqua fitness classes**. The course is based on **practical application of the theory** using an **integrative approach to learning**. Surpassing the national guidelines, CALA, a Canadian based company focuses on training which encourages **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**.

- ✓ This specialty certification course includes the essential tools necessary to design and lead safe, effective, holistic group aqua fitness classes.
- ✓ The specialty certification course content meets the needs of aspiring and current leaders, planning to lead excellent group aqua-fitness classes
- ✓ This specialty certification course exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international and provincial fitness organizations.

WHERE: Independent Study – online through Private Facebook Group [facebook](#).

Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHAT: Prerequisite CALA Foundations of Vertical Water Training Course or VWT-bypass

WHO: CALA Master Trainer, Katherine McKeown

WHEN: **At your leisure** - You will receive a link to the [facebook](#) recordings after you register (you will have 3 months access to recordings from the date CALA sends you the link) Access can be extended by 3 months by contacting CALA.

PRICE: CALA Members: \$280 + tax Expired and Non-Members: \$339 + tax

Add \$45 for shipping a printed copy of the VWT manual

Two ways to register: Call CALA 416-751-9823 or email cala_aqua@mac.com

CERTIFICATION CRITERIA:

Part One:

Submission of completed GAF Assignment (30-minute class plan). CALA provided templated in MSWord format is the only format CALA will accept. Submit the template in MSWord format to katherine@aquaintensity.com and copy cala_aqua@mac.com

Part Two:

Upon successful completion of GAF Assignment, you are advised to book a ZOOM practical assessment (demo a 30-minute class) Coordinate your practical assessment ZOOM booking with Katherine McKeown: katherine@aquaintensity.com and copy cala_aqua@mac.com

CALA GROUP AQUA-FITNESS LEADERSHIP SPECIALTY TRAINING AND CERTIFICATION - REGISTRATION FORM **Facebook Independent Learning**

Name _____ CALA Member # _____

Address _____ **Joining CALA 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
Group Aqua-fitness Specialty Training & Certification Course	Current CALA Member	Course Manual -electronically transferred to you 20hrs Training, GAF Assignment & 30-minute practical assessment	\$280 + tax
	Non-Member Joining Now	Course Manual -electronically transferred to you for printing, 20hrs Training, GAF Assignment & 30-minute practical assessment + one year membership	\$339 + tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the VWT Course & accreditation with other organizations	\$150 + tax
Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$45 + tax to the fees listed			

No refund for withdrawal from the course.

PAYMENT: E-transfer to cala_aqua@mac.com

AMOUNT PAID (refer to table above): \$ _____

WAIVER AGREEMENT Please ✓ for CALA Group Aqua Fitness Training and 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.

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

You can also 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

PAYMENT PLAN AVAILABLE – 3 payments date completed to be determined by CALA

CALA Certification Process: To be Scheduled via ZOOM platform

- Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
Exam Date: **To be determined by CALA * VWT exam: 2.5 hours**
- Step 2. Complete the Group Aqua Fitness Specialty Training and Certification Course
- Step 3. Complete the certification criteria for the GAF Specialty Training and Certification Course