# **Aquatic Fitness Leadership Program:**

Recommended Canadian Aquafitness Leaders Alliance

#### **Basic Instructor Certification**

You must complete the following Part 1: CALA Vertical Water Training Part 2: CALA Group Aquafitness Instructor

#### **Part 1: CALA Vertical Water Training**

Foundation for all Aquafitness Instructor courses Prerequisite: EFA/CPR B 17 years of age

#### CALA: Healing Water Program: Introduction to Post Aquatic Rehabilitation and Aqua Arthritis

Prerequisites: CALA: Vertical Water Training & EFA/CPR B 17 years of age

### CALA: Water Running and Aqua Jogging Instructor

Prerequisites: CALA: Vertical Water Training & EFA/CPR B 17 years of age

# Part 2: CALA Group Aquafitness Instructor Certification

Prerequisite: CALA: Vertical Water Training & EFA/CPR B 17 years of age

## CALA: Pre & Post Natal Aquafitness Instructor

Prerequisite: CALA: Vertical Water Training, Group Aquafitness Instructor & EFA/CPR B 17 years of age

