

CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE

The Charlene Kopansky Method



January 7, 8, 9 2022

Caledon Centre for Recreation & Wellness, Bolton, ON

Live Learning On-Site 

[Proof of full vaccination may be required to attend in person](#)

Earn CECs with canfitpro, BCRPA, SPRA, CFES. If repeating the course earn 8 CALA CECs. If AFLCA Certified, petition for credits [AFLCA CEC Petition Application forms](#)

Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. This course sets the stage for leaders, coaches, post rehabilitation specialists, and personal trainers to learn how to use water effectively in the design and the delivery of safe, and innovative water training sessions. The course is based on practical application of evidence-based theory using an integrative approach to learning. An international, Canadian based company, recognized as the gold standard in vertical water training encourages the body to move, the mind to discover and the spirit to soar. Experience motivating, research-based programs in deep and chest deep water designed to meet the diverse needs of community members from frail to fit, old to young, experienced to inexperienced.

WHERE: On-Site: Caledon Centre for Recreation & Wellness, Bolton, ON

WHO: CALA Master Trainer: Katherine McKeown

WHEN: Fri Jan 7 5pm – 9pm (EST Can & USA)
Sat Jan 8 9am – 5pm (EST Can & USA)
Sun Jan 9 9am – 5pm (EST Can & USA)

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

Add \$35 after Dec 14, 2021

Add \$45 + tax for shipping the printed copy of the VWT manual.

Two ways to register:

- 1) Call CALA 416-751-9823
- 2) email cala_aqua@mac.com

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.

VWT Exam Writing (2.5-3 hrs) Date: TO BE CONFIRMED with CALA Office. Offered online via ZOOM.

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM

January 7, 8, 9 2022

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 Dec 14 2021
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam date to be scheduled	\$280 + 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 + tax
Refresher VWT Course	Current member	Includes 8 CECs for repeating the VWT Course	\$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.

To register: Complete this form, then email to cala_aqua@mac.com

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for **CALA VERTICAL WATER TRAINING**

☐ 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

PAYMENT PLAN AVAILABLE – 3 payments date Email cala_aqua@mac.com to make arrangements

CALA Certification Process: To be **Scheduled via ZOOM platform**

Step 1. Complete the Vertical Water Training 2.5-3 hour open-book Theory Exam

Exam Date: **To be scheduled, online via ZOOM. * VWT exam takes 2.5 hours to write**

Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)

Step 3. Complete the specific certification criteria for the CALA Specialty

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