

# COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING and GROUP AQUAFITNESS SPECIALTY CERTIFICATION

THE CHARLENE KOPANSKY METHOD



## Vertical Water Training (Prerequisite)

September 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> 2024

and

## Group Aquafitness (Specialty)

September 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> 2024

Live Learning On-Site at the **Kenn Borek Aquatic Facility, Dawson Creek, B.C.**

Earn CECs with canfitpro, BCRPA, SPRA, CFES, NBFA. If AFLCA Certified, petition for credits  
[AFLCA CEC Petition Application forms](#)

If repeating the Combo VWT-GAF course to refresh your knowledge you will earn 16 CALA CECs.

Dive into excellence with the **Canadian Aquafitness Leaders Alliance's** comprehensive training.

- Recognized as the gold standard in vertical water training, these courses employ a holistic approach that engages body, mind, and spirit.
- Graduates emerge prepared to meet diverse community needs with research-based programs in both deep and chest-deep water.

The **Vertical Water Training prerequisite course** lays a solid foundation, teaching participants how to harness water's unique properties for optimal training results in chest deep and deep water.

The **Group Aquafitness Specialty course** hones leadership skills specific to aquatic group fitness settings in chest deep and deep water.

**Master Trainer:** Charlene Kopansky, CALA Founder & President.

**WHEN: VWT** – Fri. Sept 20<sup>th</sup>: 5pm – 9:30pm; Sat. Sept 21<sup>st</sup>: & Sun. Sept 22<sup>nd</sup> 8am – 4:30pm

**GAF** – Fri. Sept 27<sup>th</sup>: 5pm – 9:30pm; Sat Sept 28<sup>th</sup> & Sun. Sept 29<sup>th</sup>: 8am – 4:30pm

CALA Members: \$560 + tax Add \$35 on or before Sept 7<sup>th</sup>, 2024

Non-Member Renewing Now: \$678 + tax Add \$35 after Sept 7<sup>th</sup>, 2024

\*\*\***Ken Borek Facility Staff:** Add Kenn Borek Staff beside your name on registration form below then email to Veronica Murphy [vmurphy@dawsoncreek.ca](mailto:vmurphy@dawsoncreek.ca) & to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

- You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template.
- Add \$65 + tax for shipping the printed copy of the VWT manual.
- Add \$45 + tax for shipping the printed copy of the GAF manual.

## TO BE A CALA CERTIFIED GROUP AQUAFITNESS SPECIALTY INSTRUCTOR:

- [Pass VWT Exam \(Online Open book, Multiple choice-based questions\)](#)
- [GAF Assignment Submission \(30-minute mini-class plan\)](#)
- [GAF Practical Assessment \(30-minute demo of your mini-class\)](#)

# CALA VWT & GAF TRAINING & CERTIFICATION - REGISTRATION FORM

VWT: September 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> 2024

GAF: September 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> 2024

LOCATION: Kenn Borek Aquatic Facility, Dawson Creek, British Columbia

Name: _____	CALA Member # _____
Address: _____	Joining Now <input type="checkbox"/> cost is tax included in fees below (\$59+tx)
City: _____	Home Tel. #: _____
Province: _____	Work Tel. #: _____
Postal: _____	Cell Phone #: _____
Email 1 _____	Email 2 _____

Course	Membership Status	Includes	Fees <span style="color: red;">+ \$35 after Sept 07, 2024</span>
Vertical Water Training and Group Aquafitness Specialty Certification Course	Current CALA Member	VWT & GAF Manual will be <b>electronically transferred</b> for you to print, 20hrs Training each, Open book Exam for VWT, GAF Assignment & GAF Assessment.	\$560 + tax
	Non-Member Joining Now	VWT & GAF Manual will be electronically transferred for you to print, 20hrs Training each, VWT Open-book Theory Exam to be scheduled plus Membership for one year	\$678 + tax
Refresher VWT Course	Current member	<b>Includes 8 CECs for repeating the VWT Course</b>	\$150 + tax
Refresher GAF Course	Current member	<b>Includes 8 CECs for repeating the GAF Course</b>	\$150 + tax
<span style="color: red;">Note: To receive a printed copy of the VWT manual, add \$65 + tax to the fees listed above</span> <span style="color: red;">To receive a printed copy of the GAF manual to you, then add \$45 + tax to the fees listed</span>			

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

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

**PAYMENT: e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or cheques to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6**

Amount Paid: \$ \_\_\_\_\_

**WAIVER AGREEMENT for CALA Vertical Water Training & 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](mailto: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
- 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 understanding.*