

CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite **Intensive Fast Track VWT** Course The Charlene Kopansky Method



April 5, 2025 from 12pm – 9pm
Tansley Woods Community Centre,
Burlington, ON.

www.calainc.org

Live Learning On-Site 

Earn CECs with 4 canfitpro, 4 CCAA, 8 BCRPA, 8 SPRA, 8 CFES, 8 NBFA. If repeating the course earn 8 CALA CECs.

DESCRIPTION: Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. **This intensive fast track course is appropriate for people who are motivated to complete a significant amount of independent learning** and 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. This 8-hour intensive course (usually a 20 hour 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.

WHERE: Tansley Woods Community Centre, 1996 Itabashi Way, Burlington, ON L7M 4J8
Host: Meagan Laking: Ph: 905-332-1996 ext 6256; meagan.laking@burlington.ca

WHEN (EST): Saturday, April 5 2025 from 12pm – 9pm

PRICE: CALA Member: \$280 + tax Non-Member: \$339 + tax (includes membership fees)

Add \$35 for registrations received after March 21, 2025
Add \$65 + tax for shipping the printed copy of the VWT manual.

Register for non-City of Burlington Staff

1) **Email completed form to cala_aqua@mac.com**

City of Burlington Staff

1) **Email the registration form to meagan.laking@burlington.ca**

WWT Exam Writing (1.5 hrs) Two options: on ZOOM offered one per month, check www.calainc.org for updates or register by emailing cala_aqua@mac.com to write in person in City of Burlington, Saturday April 26, 2025; Tansley Woods Community Centre; 4-5:30pm

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 Bo, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

**CALA VERTICAL WATER TRAINING INTENSIVE FAST TRACK COURSE –
REGISTRATION FORM ON April 5, 2025**
Tansley Woods Community Centre, Burlington, ON.

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 March 21, 2025
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 \$65 + 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. – Intensive Fast Track One Day VWT

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_aqua@mac.com to make arrangements

CALA Certification Process: To be Scheduled via ZOOM platform & in person at a host facility

Step 1. Complete the Vertical Water Training 1.5 hour open-book Theory Exam

Exam Date: **Online via ZOOM, or in person, in Burlington April 26**

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