



**Fredericton**

## **CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE THE KOPANSKY METHOD**

Fri Feb 2, Sat Feb 3, Sun Feb 4 + Open book VWT Theory Exam Writing Feb 28, 2018

Hosted at the Fredericton Indoor Pool, Fredericton, NB.

The Canadian Aquafitness Leaders Alliance provides **top-notch training** and access to up-to-date information for fitness professionals in one on one and group settings. This foundations of vertical water training course sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn how to use water effectively in the design and the delivery of **safe, productive and innovative water training sessions**. The course is based on **practical application of theory** using an **integrative approach to learning**. CALA is an international, Canadian based company providing excellence in vertical water training. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in vertical water training, CALA provides **solid research based programs in both deep and chest deep water** to meet the **diverse needs of our communities**.

- ✓ This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic vertical water training group classes; one on one sessions; water running classes; aqua yoga, aqua kick box, aqua cycling sessions and other programs in both chest deep and deep classes with bottom contact and in a suspended position.
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Fitness Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations

**WHERE:** Fredericton Indoor Pool, 79 Carrington Lane, Fredericton, NB, E3A 5R5  
For directions & facility info visit [www.fredericton.ca](http://www.fredericton.ca) or phone: (506) 460-2273  
Course Contact for more information: CALA office: 888-751-9823 or email: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHEN:** Fri. Feb. 2 from 5pm – 9pm; Sat. Feb. 3 from 9am- 4pm, and Sun. Feb. 4 from 9am – 4pm, 2018

**AGENDA:** Includes active theory (with dry land movement) & active pool time (in chest deep & deep water)

\* You do not need to be a proficient swimmer to register for this VWT course.

**WHAT:** [The Vertical Water Training Course](#) is the **PREREQUISITE COURSE** to earn CALA certification status: **CALA SPECIALTY COURSES** including: Group Aqua Fitness, Aqua Kick Box, Aqua Yoga, Aqua Running and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty, and Aqua Cycling.

**THEORY EXAM:** **Open Book VWT Theory exam writing: Sun Feb 28: 12pm-3pm (2.5 hour)**

**YOU MUST REGISTER through the [www.fredericton.ca](http://www.fredericton.ca) to book an exam writing space.**

**Your CALA membership must be current.**

If you require special arrangements for the exam writing (extra time, different exam writing date or another exam writing location closer to you), contact Fredericton Indoor pool.

# REGISTRATION INFORMATION

## Course and Location Details for City of Fredericton Feb 2, 3, 4, 2018

**DIRECTIONS:** 'Google' directions to Fredericton Indoor Pool, 79 Carrington Lane, Fredericton, NB, E3A 5R5

**LUNCH/FOOD:** It is recommended to bring food and refreshments to the course. There is access to a kitchen on site.

**REMINDERS:** Bring: More than one swimsuit/towel, a combination lock/key lock for daily use lockers, comfortable clothing that allows for movement, layers of clothing (for warmth), water bottle, pens, pencils, highlighters, laptop and anything else to assist you with your learning process.

**REGISTER:** In-Person: Front desk of Fredericton Indoor Pool. Cash, Visa, MasterCard, American Express or cheque  
On-line: Use credit card: Visa, MasterCard, American Express using the following link search for course #12373.

### REGULAR VWT COURSE REGISTRATION FEES

**VWT Pre-requisite Course (includes manual, 20 hours of training & open book theory exam fee)**

VWT Course = \$280 + 15% plus tax

CALA Membership = \$59 + 15% tax

Total for current members = \$280 + 15% tax

Total for new members = \$339 + 15% tax

**IMPORTANT:** Once registered for the VWT, pick up the manual from the Fredericton Indoor Pool. Alternate arrangements for receiving your manual can be made by calling the Fredericton Indoor pool (506) 460-2273. It is imperative that you read the first five chapters of the VWT manual, if possible, before the start of the course.

**REFRESHER COURSE for those who wish to repeat the VWT Course and earn 12 CALA CECs.**

**REGISTRATION – Register through CALA. 1-888-751-9823 [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**JOINING CALA MEMBERSHIP: compulsory Refresher: VWT Course, Earn 12 CECs**

Breakdown for Refresher Course:

VWT Course (REFRESHER) = \$150.00+ 15% tax

Membership fees:

CALA Membership (if expired) = \$59.00 + 15% tax

CALA membership (if current) = \$00.00

Total with membership added = \$209 + 15% tax

Total if membership is already current = \$150 + 15% tax

**NOTE:** If you have pre-purchased the VWT manual before taking your first VWT Course, you will receive a refund from CALA Inc. After you have attended the VWT course, you MUST email the paid receipt you received from City of Fredericton to CALA, in order to receive your course manual refund from CALA.

If you have any questions, please contact [CALA, 416-751-9823](tel:416-751-9823) or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)