



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

Hosted by **Ottawa Athletic Club, Ottawa, Ontario**

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 evidence-based 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 introduces the essential tools necessary to design and lead safe, effective, holistic vertical water training classes
- ✓ 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 Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations.

**WHERE:** Ottawa Athletic Club, 2525 Lancaster Av, Ottawa ON, K1B 4L5  
For directions & facility info contact Andre Bourguignon: [andre@ottawaathleticclub.com](mailto:andre@ottawaathleticclub.com)

**WHO:** CALA Trainer & Assessor: Jill Young

<b>WHEN:</b>	<b>Friday February 23, 2018</b>	<b>5pm – 9pm</b>	<b>Pool 5:30pm – 7pm</b>
	<b>Saturday February 24, 2018</b>	<b>12pm – 8pm</b>	<b>Pool 2:30pm – 4pm &amp; 6:30pm – 8pm</b>
	<b>Sunday February 25, 2018</b>	<b>12pm – 8pm</b>	<b>Pool 2:30pm – 4pm &amp; 6:30pm – 8pm</b>

Note: The pool times are subject to change.

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

**Two ways to register:**

**1) Call CALA 1-888-751-9823; 2) email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES** including but not limited to: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty.

**CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM**  
**Hosted by Ottawa Athletic Club, Ottawa, ON**  
**February 23, 24, 25, 2018**

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ **Joining Now cost is tax included in fees below (\$59+tx)**  
 City: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_  
 Province: \_\_\_\_\_ Fax #: \_\_\_\_\_  
 Postal: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
 Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Course Option	Membership Status	Includes	Fees <i>Add \$35 after February 9</i>
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual, 20hrs Training, Open-book Theory Exam	\$280 + tax
	Non Member- Joining Now	Course Manual, 20hrs Training, Open-book Theory Exam Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 12 CECs.	\$150 + tax

**No refund for withdrawal from the course.**

VISA and MasterCard are accepted; or e-transfer

VISA    MasterCard    E-Transfer

Amount Paid: \$ \_\_\_\_\_ (See above for correct fee option)

Date \_\_\_\_\_ Name on Card \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date: (Month / Year) \_\_\_\_\_  
 Signature \_\_\_\_\_

**To register: Call CALA 1-888-751-9823 or email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**CALA Certification Process: Scheduled for March 24, 2018 from 1pm – 4pm at OAC**

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam  
 Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)  
 Step 3. Complete the certification criterion for the CALA Specialty completed

**PAYMENT PLAN AVAILABLE – 3 payments completed on or before February 22, 2018**

**Office Use Only:**

Date Processed: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ Inv Pd  Email added: \_\_\_\_\_ Confirm Letter e: \_\_\_\_\_  
 New Member e: \_\_\_\_\_ Receipt e: \_\_\_\_\_ Promo e: \_\_\_\_\_ Manual mailed: \_\_\_\_\_ Other: \_\_\_\_\_