



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 or phone: (506) 460-2273
Course Contact for more information: CALA office: 888-751-9823 or email: 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: Wed Feb 28: 12pm-3pm (2.5 hour)**
YOU MUST REGISTER through the 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

JOINING CALA MEMBERSHIP: compulsory Refresher: VWT Course, Earn 12 CECs	
<u>Breakdown for Refresher Course:</u>	
VWT Course (REFRESHER) =	\$150.00+ 15% tax
<u>Membership fees:</u>	
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