



## **CALA FOUNDATIONS OF VERTICAL WATER TRAINING “FAST TRACK INTENSIVE” COURSE** THE KOPANSKY METHOD with CALA Trainer Jane Jones

**Saturday April 7 2018 from 8am – 5pm**  
**Host Facility: Nicola Valley Aquatic Centre, Merritt, BC.**

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**.

Be advised that this course is usually offered over a 20- 24 hour time period. We are offering this course as an intensive VWT, over 10 hours. Pre-reading of the VWT manual will be very important

- 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 kick box 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:** Nicola Valley Aquatic Recreation Centre, 2040 Mamette Ave, Merritt, B.C., V1K 1B8  
For Directions & facility info contact Laura Chivers at 250-378-6662 or [lchivers@merritt.ca](mailto:lchivers@merritt.ca)

**AGENDA:** Saturday April 7, 2018 8am – 5pm - Proposed Agenda (subject to change)

- 8:00am - 10:00am: Civic Centre: Dry land theory & dry land movement, time to change for pool
- 10:15am - 11:45: Chest Deep and Deep Pool session, time to change for lunch
- 12:00pm - 12:45pm: Lunch
- 12:45pm - 2:45pm: Civic Centre: Dry land theory & dry land movement, time to change for pool
- 3:00pm - 4:30pm: Chest Deep and Deep Pool session
- 4:30pm - 5:00pm: Change Time and Complete Feedback

**VWT THEORY EXAM:** Date and time to be confirmed at course for the open-book VWT Theory exam writing opportunity at Nicola Valley Aquatic Centre. You can also write the exam in your community. The CALA team will help you arrange an exam proctor. **YOU MUST REGISTER** through the CALA office to book an exam writing space. CALA membership must be current.

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

# VWT "INTENSIVE" REGISTRATION INFORMATION – MERRITT, BC

*Saturday April 7, 2018 from 8am – 5pm*

**LOCATION:** Nicola Valley Aquatic Recreation Centre, 2040 Mamette Ave, Merritt, B.C., V1K 1B8

**LUNCH/FOOD:** It is recommended to bring food and refreshments to the course.

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

**REGISTER:** Complete this registration form, then scan and email it to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) OR call CALA for express registration at 416-751-9823. Payment by VISA, MasterCard or E-transfer

**NOTE:** **Once you have registered your VWT manual will be mailed to you. It is essential that you read the first five chapters of the VWT manual to familiarize yourself with the manual content. You do not need to know the material, or understand what you have read. You simply need to be familiar with the content. Also recommended, participate in aquafitness classes at your local facility.**

<b>VWT "Intensive" Pre-requisite Course + Membership</b> Breakdown: VWT Course =\$ 250 + 5% tax CALA Membership = \$59.00 + 5% tax Total = \$324.45 includes tax	<b>VWT "Intensive" Pre-requisite Course Already a Member</b> Breakdown: VWT Course =\$ 250 + 5% tax CALA Membership = Already paid in full Total = \$262.50 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply	
<b>Earn canfitpro, BCRPA, CFES CECs by completing this CALA Training</b>	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% tax for non CALA Members) Earn and bank 12 CALA CECs for repeating the VWT Course.	

Full Name	
Street (apt)	
City, Prov., Postal	
Email	
Phone home	
Phone work	
Phone cell	
Payment method *we do not accept debit	<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> E-transfer include Password:
Card # + Expiry	
Signature	

Office Use Only: Date received: _____ Initials: _____	
Date processed: _____ Initials: _____ Invoice # _____ Pd <input type="checkbox"/>	Email added: _____ Confirm Letter e: _____
New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____	Other: _____