



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

Friday June 8, Saturday June 9, Sunday June 10, 2018

*Thank you to the host - Canada Games Centre, Whitehorse, Yukon.*

The Canadian Aqua-fitness 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 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:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse, YT, Y1A 6G3 (867) 667-4386  
[www.whitehorse.ca/departments/canada-games-centre](http://www.whitehorse.ca/departments/canada-games-centre)

**Parking:** Onsite parking available

**AGENDA:** **Includes active theory and active pool time:** Subject to change  
Friday, June 8th, 2018: 5pm – 9pm  
Saturday, June 9th, 2018: 8am – 5pm  
Sunday, June 10th, 2017: 8am – 5pm

**THEORY EXAM:** YOU MUST REGISTER through the CALA office to book an exam writing space. Your CALA membership must be current. If you are on staff at the CGC, Whitehorse, register to write the theory exam with the Aquatic Supervisor &/or onsite CALA Approved assessor

**WHO:** CALA Training Team: Katherine McKeown & Charlene Kopansky

**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 REGISTRATION INFORMATION

Fri. June 8th, Sat. June 9th, Sun. June 10th, 2018

**LOCATION:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse, YT, Y1A 6G3

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

**REMINDERS:** **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 1-888-751-9823. Payment by VISA, MasterCard or E-transfer

**NOTE:** Once you have registered your VWT manual will be mailed to you, or you will pick up the CALA manual at the Canada Games Centre. 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, if possible, participate in aquafitness classes with CALA Certified leaders.

<b>VWT Pre-requisite Course + Membership</b> Breakdown: VWT Course           \$280 + 5% tax CALA Membership   \$59 + 5% tax Total                   = \$355.95 includes tax	<b>VWT Pre-requisite Course Already a Member</b> Breakdown: VWT Course           \$280 + 5% tax CALA Membership   Paid in full Total                   = \$294.00 includes tax
<b>Subsidized staff fee: \$180 + \$59 membership + 5% tax</b>	<b>Subsidized staff fee for current members: \$180 + 5% tax</b>
<b>ADD \$35 + + 5% tax for registrations after May 5th, 2018</b>	
<b>Earn canfitpro CECs by completing this CALA Training</b>	
If you are repeating the Course to refresh your knowledge and earn 12 CECs Course Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% tax for non CALA Members) Subsidized staff fee for repeating the course (VWT Refresher): \$135 + 5% tax 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	

<b>Office Use Only:</b> 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: _____