



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 Amanda DeGrace adegrace@ottawaathleticclub.com

WHO: CALA Trainer & Assessor: Jill Young

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|------------------------------------|-----------------|----------------------------------|
| WHEN: Friday April 21, 2017 | 5:30pm – 9:30pm | Pool 8pm – 9:30pm |
| Saturday April 22, 2017 | 12pm – 8pm | Pool 2pm – 3:30pm & 6:30pm – 8pm |
| Sunday April 23, 2017 | 12pm – 8pm | Pool 2pm – 3:30pm & 6:30pm – 8pm |

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

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
April 21, 22, 23, 2017

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 April 6</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 |

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

CALA Certification Process:
 Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
Exam writing date will be confirmed at the course.

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 April 20, 2017

Office Use Only:
 Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____ Confirm Letter e: _____
 New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____