



## **CALA FOUNDATIONS OF VERTICAL WATER TRAINING PRE-REQUISITE COURSE THE KOPANSKY METHOD**

**Hosted by Holland Bloorview Kids Rehabilitation Hospital, Toronto, ON  
April 8, 15, 22, 29 & May 6, 2018 8am – 12pm**

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. The 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:** Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Rd, Toronto, ON M4G 1R8  
For facility info, contact 416-425-6220 ext 3359 or Christina Neumann [cneumann@hollandbloorview.ca](mailto:cneumann@hollandbloorview.ca)

**WHEN:** **Vertical Water Training – Compulsory for all CALA Specialty Training and Certification**

April 8, 15, 22, 29 and May 6, 2018

Time: 8am – 12pm. Pool times from 8am – 10:15am

Classroom times from 10:15am – 12pm

Note: 9:15am – 10:15am (Community Class will be integrated into the training.)

**WHO:** CALA Trainer: Katherine McKeown

**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.

**Open book theory exam scheduled for Sunday June 10 or July 8, from 2pm – 5pm**

**CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE**  
**April 8, 15, 22, 29 & May 6, 2018 – Holland Bloorview Kids Rehabilitation Hospital**

Name: \_\_\_\_\_ DATE: \_\_\_\_\_  
 Address: \_\_\_\_\_ How you heard of the course: \_\_\_\_\_  
 City: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_  
 Province: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
 Postal: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_  
 Email: \_\_\_\_\_

Combined Course Package	Membership Status	What you get	Fees (late fees apply)
			Add \$25 if payment is after March 20
Vertical Water Training Pre-Requisite Course (VWT)	CALA Member	VWT Course Manual, 20 hrs Training, Open book Theory exam	\$280 + HST
		***Add \$59 if you do not have a CALA Membership	\$339 + HST
Repeating the VWT Course Earn 12 CECs	CALA member	12 CECs awarded	\$150 + HST
		***Add \$59 if you do not have a CALA Membership	\$209 + HST

*No refund for withdrawal from the course. Fees can be applied to future CALA events.*

VISA and MasterCard are accepted, as well as E-Transfers made payable to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com).

VISA    MasterCard    Direct Deposit or E-Transfer   Amount Paid: \$ \_\_\_\_\_ (See above for correct fee option)  
 Date \_\_\_\_\_ Name on Card \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date: (Month / Year) \_\_\_\_\_  
 Signature \_\_\_\_\_

Scan and email this form to CALA, or register over the phone! **416-751-9823** OR Toll-Free: 1-888-751-9823

**First Step for CALA Certification Process:**  
 Complete the Vertical Water Training 2.5 hour open-book Theory Exam

SPECIAL PRICE!!! REFRESHER: YOU COMPLETED A CALA COURSE and you need to:

Review the material in order to have the confidence to:

- Complete CALA certification.
- Earn CECs. Contact CALA for details.

The fee to **repeat** each 20 hrs of training (if you have already completed the course previously) is \$150 + applicable taxes per course. 12 CECs are awarded. Membership must be current.

**Payment Plan available!**

**Office Use Only:**  
 Date Processed: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ Paid: \_\_\_\_\_ Confirmation Letter: \_\_\_\_\_  
 New Member #: \_\_\_\_\_ Receipt: \_\_\_\_\_ Promo: \_\_\_\_\_ Manual mailed: \_\_\_\_\_