



COMBINATION CALA FOUNDATIONS OF VERTICAL WATER TRAINING & GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE - THE CHARLENE KOPANSKY METHOD

*Hosted by Stellenbosch University, Department of Sport Science
Stellenbosch, South Africa*

Professionals in one-on-one and group settings... This combination pre-requisite vertical water training & group aqua fitness specialty training and certification course sets the stage for leaders, coaches, rehab 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. CALA utilizes a holistic approach to education that 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 communities worldwide**

WHERE: Stellenbosch University, Sports Sciences Department, Stellenbosch University

INFORMATION: **Course Details:** Annatjie Goedhals at 083-326-5815 or annatji21@gmail.com

Registration Details: Carien Uys at 021-808-4723 or carienjvr@sun.ac.za

WHEN:

Friday	May 05, 2017	18:00 – 21:30
Saturday	May 06, 2017	8:30 – 17:00
Sunday	May 07, 2017	8:30 – 17:00

WHAT: Combination CALA Vertical Water Training Course & CALA SPECIALTY TRAINING & CERTIFICATION COURSE: Group Aqua Fitness

COST: **R2000,00 (registered students) R3500,00 (general public)**

- ✓ This comprehensive combination course includes the essential tools necessary to design and lead safe, effective, [holistic](#) vertical water training group aquafitness classes
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, 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 fitness organizations.

PREQUISITE: Working knowledge of applied anatomy & physiology, & advanced movement skill

REGISTER: Carien Uys at 021-808-4723/ or 083-326-5815 carienjvr@sun.ac.za