



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

Friday August 4th, Saturday August 5th, Sunday August 6th & Monday August 7th, 2017

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

Parking: Onsite parking available

AGENDA: **Includes active theory and active pool time:** Subject to change

Friday, August 4, 2017:	4pm – 8pm
Saturday, August 5, 2017:	8am – 5pm
Sunday, August 6, 2017:	8am – 5pm
Monday, August 7, 2017:	11am-4pm

THEORY EXAM: **To be confirmed.** YOU MUST REGISTER through the CALA office to book an exam writing space. Your 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 REGISTRATION INFORMATION

Fri. Aug. 4th, Sat. Aug. 5th, Sun. Aug. 6th & Mon. Aug. 7th

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: 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 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.

<p>VWT Pre-requisite Course + Membership Breakdown: VWT Course =\$ 280 + 5% tax CALA Membership = \$59.00 + 5% tax Subsidized staff fee: \$180 + 5% tax Total = \$355.95 includes tax</p>	<p>VWT Pre-requisite Course Already a Member Breakdown: VWT Course =\$ 280 + 5% tax CALA Membership = Already paid in full Subsidized staff fee: \$180 + 5% tax Total = \$294.00 includes tax</p>
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ADD \$35 + TAX for registrations after July 15th

PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply

Earn canfitpro CECs by completing this CALA Training

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)
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	

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: _____