



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

Hosted by Peterborough Sport & Wellness Centre, ON: June 23 – 25, 2017

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 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: • Peterborough Sport & Wellness Centre, 775 Brealay Dr, Peterborough, ON K9J 6X4
For facility info, contact 705-742-7777 x 2201 or J Bell @ 705-742-7777 x 2207; jbelle@peterborough.ca

WHEN: **Vertical Water Training – Compulsory for all CALA Specialty Training and Certification**
[Pool times listed are subject to change](#)

Fri June 23, 2017 4:00pm – 9:30pm (active theory + dry land movement practice)
Sat June 24, 2017 12:00pm – 8:30pm (active theory + pool 6:30pm – 8:30pm)
Sun June 25, 2017 8:00am – 4:00pm (active theory + pool 8:05 – 10am & 1:00pm – 2:00pm)

*** Note: CALA Course registrants will be joining the community class from 8:05am – 8:55am on Sunday)**

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

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE
June 23, 24, 25, 2017 – Peterborough Sports & Wellness Ctr., Peterborough ON

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 June 9
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.

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: _____