



**CALA COMBINED FOUNDATIONS OF VERTICAL
WATER TRAINING & GROUP AQUAFITNESS SPECIALTY
TRAINING & CERTIFICATION COURSE
-THE CHARLENE KOPANSKY METHOD**
Hosted by Comox Valley Sports Centre, Comox, BC

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 combined 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 includes an introduction to the essential tools necessary to design and lead safe, effective, holistic vertical water training group 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 (canfitpro, YWCA) CFES and provincial (BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

WHERE: Comox Valley Sports Centre, 3001 Vanier Dr. Courtenay, BC. V9N 5Y2
For directions & facility info contact: 250-334-9622

WHO: CALA Trainer: Regan Jamieson

WHEN: Wed Aug 28th – Sun Sept 1st, 2017

Times: 8:30am – 4:30pm

Regular Rate (CALA Member):	\$560 + tax =	\$588.00
Regular Rate (CALA Non-Member):	\$619 + tax =	\$640.50
Comox Staff Discounted Rate:	\$399 + tax =	\$418.95
Refresher Rate (Earns 8 CALA CECs per day):	\$100 + tax =	\$105.00 per day
Vertical Water Training Pre-requisite Course only	\$280 + tax =	\$294.00
Group Aquafitness Certification Course only	\$280 + tax =	\$294.00

CALA Open-Book Vertical Water Training Exam Date: **TBD**

CALA Group Aquafitness Assignment Submission & 30 minute practical assessment to be scheduled with CALA Trainer/Assessor: Regan Jamieson

To register: Call Comox Valley Regional District at 250-334-9622.

Combined CALA VWT and GAF TRAINING & Certification COURSE - REGISTRATION FORM

Hosted By: Comox Valley Sports Centre, Comox, BC

August 28, 29, 30, 31 & Sept 1, 2017

Name: _____ CALA Member # _____

Address: _____ Joining Now: (\$59 + tx included in fees below)

City: _____

Province: _____ Home Tel. #: _____

Postal: _____ Work Tel. #: _____

Email: _____ Cell Phone #: _____

Course Option	Membership Status	Includes	Fees Add \$25 + 5% tax after Aug 15
Combined VWT and GAF	Current CALA Member	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees & taxes included	\$560 + 5% tax
Combined VWT and GAF	Non-Member-Joining Now	Membership, Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees & taxes included	\$619 + 5% tax
Combined VWT and GAF (Staff)	Current CALA Member	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees & taxes included	Comox Staff Rate: \$340 + 5% tax
Combined VWT and GAF (Staff)	Non Member – Joining Now	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees included + membership	Comox Staff Rate: \$399 + 5% tax
Refresher Fees for CECs	Current CALA Member	8 CECs per day	\$100 + 5% + tax per day
VWT Course (Separate)	Current CALA Member	Course Manual, shipping fees, 20 Hrs Training & Certification fees; Open book Theory Exam & taxes included	\$280 + tax
VWT Course (Separate)	Non Member-Joining Now	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, + membership & taxes included	\$339 + tax
GAF Course (Separate)	Current CALA Member	Course Manual, shipping fees, 20 Hrs Training & Certification fees; Group Aqua-fitness Assignment and Practical Assessment Fees & taxes included	\$280 + tax

No refund for withdrawal from the course. Fees can be applied to future CALA events, change fee will be charged.

VISA and MasterCard are accepted; or direct deposit or e-transfer

VISA MCard Direct Deposit E-Transfer Amount Paid: \$ _____ (See above for correct fee option)

Date _____ Name on Card _____

Card # _____ Exp. Date: (Month / Year) _____

Signature _____

To register: Call Comox Valley Regional District 250-334-9622

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Submit a Group Aqua Fitness Assignment and complete a 30-minute Practical Assessment