



SPECIAL RATE WITH CITY OF OTTAWA PARTNERSHIP

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

Hosted by Pinecrest Recreation Complex, Ottawa, ON

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, YMCA-YWCA) CFES and provincial (BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

WHERE: Pinecrest Recreation Complex, 2250 Torquay Ave. Ottawa, ON K2C 1J3
For directions & facility info contact: 613-828-3118

WHO: CALA Trainer: Jennie Queen & CALA Apprentice Trainer: Narelle Hamill

WHEN: July 8th, 9th, 15th and 16th, 2017 Times: 9am – 6pm

Special Rate Combined VWT & GAF	\$399 + tax =	\$450.87
Vertical Water Training Pre-requisite Course only	\$280 + tax =	\$316.40
Group Aquafitness Certification Course only	\$280 + tax =	\$316.40
VWT Refresher Rate: July 8 th , 9 th (earn 12 CECs)	\$175 + tax =	\$197.75
GAF Refresher Rate: July 15 th , 16 th (earn 12 CECs)	\$175 + tax =	\$197.75

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

GAF Assignment Submission & 30 minute Practical Assessment: **TBD**

To register: Call CALA at 1-888-751-9823 or email us at cala_aqua@mac.com.

CALA accepts VISA, MasterCard or e-transfers!

**Combined CALA VWT and GAF SPECIALTY
TRAINING & Certification COURSE - REGISTRATION FORM**
Host Facility: Pinecrest Recreation Complex, Ottawa, ON
July 8, 9, 15,16, 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 \$35 +13% tax after June 23rd
Combined VWT and GAF	All participants	Membership, Course Manuals, 32hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees	\$399 + 13% tax
VWT Refresher Fees for CECs	Current CALA Member	Refresher VWT July 8 & 9 (Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA)	\$175 + 13% tax
GAF Refresher Fees for CECs	Current CALA Member	Refresher GAF July 15 & 16 (Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA)	\$175 + 13% tax
VWT Course only (July 8 & 9)	Current CALA Member	Course Manual, shipping & handling fees, 16 hrs Training & Certification fees; Open book Theory Exam	\$280 + 13% tax
VWT Course only (July 8 & 9)	Non Member-Joining Now	Course Manuals, 16 hrs Training, & Certification fees: VWT open book Theory Exam, + membership	\$339 + 13% tax
GAF Course only * must have completed VWT (July 15 & 16)	Current CALA Member	Course Manual, shipping fees, 16 Hrs Training & Certification fees; Group Aqua-fitness Assignment and Practical Assessment Fees	\$280 + 13% tax

No refund for withdrawal from the course. Fees can be applied to future CALA events, change fee will be charged. If you are qualified in aqua-fitness or a related fitness field, you may be able to bypass the VWT! Call CALA for more info.

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: _____

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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. Complete Group Aqua Fitness Assignment and Practical Assessment

Office Use Only:

Date Processed: _____ Initials: _____ Invoice # _____ Paid: _____ Confirmation Letter: _____

New Member #: _____ Receipt: _____ Promo: _____ VWT Manual mailed: _____ GAF Manual mailed: _____