



CALA FOUNDATIONS OF VERTICAL WATER TRAINING *Fast Track* COURSE- THE KOPANSKY METHOD

Saturday, September 9th, 2017 Meadowvale Community Centre, Mississauga, ON
Registration through City of Mississauga – **BAR CODE 753239**

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 course is designed for healthcare and fitness professionals with a comprehensive understanding of fitness theory and leadership experience. This Fast Track 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.

- ✓ 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
- ✓ 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, AFLCA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

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**

WHERE: Meadowvale Community Centre, 6655 Glen Erin Dr, Mississauga, ON L5N 3L4
For directions & facility info visit www.mississauga.ca/portal/residents/meadowvale

WHEN: Sat. September 9th, 2017

FLEXIBLE AGENDA: **9AM-6PM**

WHAT: **The Vertical Water Training Course** is a PRE-REQUISITE for all CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Kick Box, Aqua Yoga, Aqua Natal, Aqua Running and Healing Waters: Aquatic Post Rehabilitation (Aqua Arthritis), HydroRider.

THEORY EXAM: 2.5 hr open book theory exam- October 14th, 2017 11:30AM-1:30PM at Meadowvale Community Centre

REGISTRATION INFORMATION

Bar Code: 753239

Course Details for City of Mississauga – Sept 9th, 2017

DIRECTIONS: 'Google' directions to Meadowvale Community Ctr, 6655 Glen Erin Dr, Mississauga, ON L5N 3L4

LUNCH/FOOD: Bring food and refreshments to the course. There is no access to a kitchen on site. There are fast food restaurants within a 5-minute drive.

REMINDERS: Bring: More than one swimsuit/towel, a combination lock/key lock for daily use lockers, comfortable clothing that allows for movement, water bottle, pens, pencils, highlighters, and anything else to assist you with your learning process.

REGISTER: In-Person: Front desk of any community centre in Mississauga Visa, MasterCard or cheque
On-line: Use credit card: Visa or MasterCard Follow link and search CALA for the course.
Bar Code: 753239

NOTE: **On line registration fee includes membership fee of \$59 +tax. Membership status is reviewed prior to the course start date.**

REGISTRATION PACKAGE: Add \$10+ tax if you are not a resident of City of Mississauga

JOINING CALA MEMBERSHIP: Compulsory	
VWT Pre-requisite Fast Track Training Course, Manual, Certification Fees + CALA Membership	
<u>Breakdown:</u>	
VWT-FT Course = \$299.00+ 13% tax	
Membership Fees: CALA Membership (if you are a new member or expired member) = \$59.00 + 13% tax	
Total with membership added	= \$404.54 (includes tax)

JOINING CALA MEMBERSHIP: compulsory	
Refresher: VWT Pre-requisite Fast Track Training Course, 8 CECs	
<u>Breakdown for Refresher Course:</u> For registering as a refresher- Please contact CALA at 1-888-751-9823	
VWT-FT Course (REFRESHER) = \$175.00+ 13% tax	
Membership fees:	
CALA Membership (if expired) = \$59.00 + 13% tax	
CALA membership (if current) = \$00.00	
Total with membership added	= \$264.42 includes tax
Total if membership is already current	= \$197.75 includes tax

NOTE: If you have pre-purchased the VWT manual before taking your first VWT Course, you will receive a refund from CALA Inc. After you have attended the VWT Fast Track, you MUST email the paid receipt you received from City of Mississauga to CALA.

If you have any questions, please contact CALA, 416-751-9823 or cala_aqua@mac.com