



CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE CHARLENE KOPANSKY METHOD

Hosted by Terrace Lodge, Aylmer ON
Oct 19, Oct 20 and Oct 21, 2018

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 evidence-based theory** using an **integrative approach to learning**. CALA is an international, Canadian company. The holistic philosophy that CALA embraces 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 introduces the essential tools necessary to design and lead safe, effective, holistic vertical water training 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 international, national and provincial fitness organizations.
- ✓ Leaders who are certified with other organizations will receive continuing education credits by completing CALA Training (ie. canfitpro, OFC, YMCA, YWCA, BCRPA etc.)

WHERE: Terrace Lodge, 475 Talbot St. East, Aylmer, ON. N5H 3A5

For facility info, contact Michelle Denniss 519-773-9205 x 230 or mdenniss@elgin.ca

WHO: CALA Trainer Katherine McKeown, with Julia Ito Assisting

WHEN:

Fri Oct 19 from 6pm-10pm Studio: active theory; pool from 7:30pm-9pm

Sat Oct 20 from 12pm-8pm Studio: active theory; pool is available anytime from 12pm – 8pm

Sun Oct 21 from 8am-5pm Studio: active theory; pool is available anytime from 8am – 5pm

Note: The pool times are subject to change.

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax

The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider, Aqua Kick Box, Aqua Pre & Post Natal and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty.

Exam Writing will be confirmed at the course, with the course participants

Registration opens from now! Register Early and we will mail your comprehensive VWT manual to you.

This will enable you to start studying the manual to prepare for the course.

1) Call CALA 1-888-751-9823; 2) email completed form (below) to cala_aqua@mac.com

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM
 Hosted by Terrace Lodge, Aylmer, ON
 Oct 19, Oct 20, Oct 21, 2018

Name: _____ CALA Member # _____
 Address: _____ **Joining Now cost is tax included in fees below (\$59+tx)**
 City: _____ Home Tel. #: _____
 Province: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Option	Membership Status	Includes	Fees <i>Add \$35 after Oct 1st, 2018</i>
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual, 20hrs Training, Open-book Theory Exam	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, Open-book Theory Exam Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 12 CECs.	\$150 + tax

No refund for withdrawal from the course.

VISA and MasterCard are accepted; or e-transfer

VISA MasterCard E-Transfer Amount Paid: \$ _____ (See above for correct fee option)
 Date _____ Name on Card _____
 Card # _____ Exp. Date: (Month / Year) _____
 Signature _____

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

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 or another CALA Specialty Course (for example: Aqua Yoga)
 Step 3. Complete the certification criterion for the CALA Specialty completed

PAYMENT PLAN AVAILABLE – 3 payments completed on or before October 2, 2018

Office Use Only:

Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____ Confirm Letter e: _____
 New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____