



EMPOWERING INDIVIDUALS.
EMBRACING COMMUNITY.

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

November 8, 9 and 10, 2017

Thank you to the host, TCAP Family Aquatics and Fitness Centre

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. Learn how to use water effectively in the design and 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 recognized as the **gold standard** in vertical water training. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. 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, 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 professionals 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

HOST: TCAP Family Aquatics & Fitness Centre, 55 Wood Island Hill, Montague, Prince Edward Island
Contact the host William Calhoun at 902-838-3429 or tcapmanagers@gmail.com

AGENDA: Expect to be in the water twice per day, moving on dry land & sitting at a desk taking notes

Wed Nov 8 8am – 5pm (with a community class: Shallow: 9am – 9:45am)

Thurs Nov 9 8am – 5pm (with a community class: Shallow: 9am – 9:45am & Shallow + Deep 1pm – 1:45pm)

Fri Nov 10 7:30am – 12pm (with a community class: 7:45am – 8:45am & Shallow: 9am – 9:45am)

Note: Current TCAP classes will be integrated into this CALA Vertical Water Training Course

VERTICAL WATER TRAINING OPEN BOOK THEORY EXAM: Your CALA membership must be current. The date to write the exam will be discussed at the course. **YOU MUST REGISTER** through the CALA office to book an exam writing space, once the date and time are confirmed. Note, if you are traveling to the course, we can arrange a proctor in your community.

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

VWT REGISTRATION INFORMATION

Wednesday Nov 8, Thurs November 9, Fri November 10, 2017

LOCATION: TCAP Family Aquatics & Fitness Centre, 55 Wood Island Hill, Montague, Prince Edward Island.

LUNCH/FOOD: It is recommended to bring food and refreshments to the course.

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

REGISTER: Complete this registration form, then scan and email it to cala_aqua@mac.com OR call CALA for express registration at 416-751-9823. Payment by VISA, MasterCard or E-transfer

NOTE: Once you have registered your VWT manual will be mailed to you. It is essential that you read the first five chapters of the VWT manual to familiarize yourself with the manual content. You do not need to know the material, or understand what you have read. You simply need to be familiar with the content. Also recommended, if possible, participate in aquafitness classes with CALA Certified leaders.

VWT Pre-requisite Course + Membership Breakdown: VWT Course =\$ 280 + 15% tax CALA Membership = \$59.00 + 15% tax Total = \$389.85 includes tax	VWT Pre-requisite Course Already a Member Breakdown: VWT Course =\$ 280 + 15% tax CALA Membership = Already paid in full Total = \$322 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 + 15% will apply	
LATE PAYMENT FEE AFTER October 10 ADD \$25 + 15% tax	
Earn canfitpro CECs by completing this CALA Training	
If you are repeating the Course to refresh your knowledge & earn CECs - CALA, canfitpro and other organizations Course Fee = \$150 + 15% tax for CALA Members. (\$209.00 + 15% tax for non CALA Members)	
Earn and bank 12 CALA CECs for repeating the VWT Course.	

Full Name	
Street (apt)	
City, Prov., Postal	
Email	
Phone home	
Phone work	
Phone cell	
Payment method *we do not accept debit	<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> E-transfer include Password:
Card # + Expiry	
Signature	

Office Use Only: Date received: _____ Initials: _____
Date processed: _____ Initials: _____ Invoice # _____ Pd <input type="checkbox"/> Email added: _____ Confirm Letter e: _____
New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____