



EMPOWERING INDIVIDUALS.  
EMBRACING COMMUNITY.

## Super Special Rate – Combined Courses for Certification

# CALA Foundations of Vertical Water Training – The Charlene Kopansky Method and Group Aquafitness Specialty Training & Certification Courses

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. The training 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 training sessions**. Experience **practical application of evidence-based theory** using an **integrative approach to learning**. CALA is a Canadian company with international branches. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in leadership training, CALA provides **solid research based programs in deep and chest deep water**. CALA courses & workshops are accredited by many international, national (canfitpro, YMCA-YWCA, CFES) and provincial (AFLCA, BCRPA, SPRA, OFC, NSFA, SportPEI) 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](mailto: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 – 4:30pm (with a community class: 7:45am – 8:45am & Shallow: 9am – 9:45am)

Sat Nov 11 from 8am – 5pm AND Sun Nov 12 from 8am – 4pm

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

**CHOICES: YOU MUST BE A CALA MEMBER (\$59 + tax) TO REGISTER FOR THE FOLLOWING:**

- |  |               |
|--|---------------|
| 1. Special Rate Combined VWT & GAF                   | \$499 + tax = |
| 2. Vertical Water Training Pre-requisite Course only | \$280 + tax = |
| 3. Group Aquafitness Certification Course only       | \$280 + tax = |
| 4. VWT Refresher Rate: Nov 8, 9, 10 (am)             | \$150 + tax = |
| 5. GAF Refresher Rate: Nov 10 (pm), 11, 12           | \$150 + tax = |

**Add \$25 + tax after October 10 – Late registration fee**

**EARN 12 CECs for repeating the VWT or GAF (Refresher)**

**CERTIFICATION Dates:** To be confirmed at the course. Included in prices above

1. **Open-Book VWT Exam Writing and GAF Practical Assessment dates:** We will choose one date to write the open book VWT exam (2.5 hrs) & another to complete the GAF practical assessment (30 minutes). You must book through the CALA office to secure your exam and assessment.

2. **Group Aquafitness (GAF) Assignment Submission:** Email in word (.doc) format to

[cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) after Nov. 12 & before December 12 (more detail provided at the course)

3. **Group Aquafitness (GAF) Practical Assessment:** 30-minute mini-class demo

**Register: 1-888-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) VISA, MasterCard or e-transfers!**

**CALA VWT PRE-REQUISITE & GAF SPECIALTY Course - REGISTRATION FORM**

TCAP Family Aquatics & Fitness Centre, Montague, PEI – Nov 8, 9, 10, 11, 12, 2017

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ Joining Now:  (\$59 + tax)  
 City: \_\_\_\_\_  
 Province: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_  
 Postal: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
 Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Course Option	Membership	Includes	Fees Add \$25 + tax after Oct 10
Combined VWT Pre-requisite Course & GAF Specialty Course	All participants	Membership, VWT & GAF Course Manuals, 40hrs Training, Certification fees: Open-book Theory Exam, Group Aquafitness Assignment & Practical Assessment fees	\$499 + tax
VWT Refresher Fees for CECs	Current CALA Member	Refresher VWT on Nov 8, 9, 10 (am). Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$150 + tax
GAF Refresher Fees for CECs	Current CALA Member	Refresher GAF on Nov 10 (pm), 11, 12. Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$150 + tax
VWT Course only Nov 8, 9, 10	Current CALA Member	VWT Course Manual, shipping & handling fees, 20 hrs Training & Open book Theory Exam fee	\$280 + tax
VWT Course only Nov 8, 9, 10 (am)	Non Member-Joining Now	VWT Course Manual, handling & shipping fees, 20 hrs Training, & VWT open book Theory Exam, + membership	\$339 + tax
GAF Course only * must have completed VWT Nov 10 (pm), 11, 12	Current CALA Member	GAF Course Manual, handling & shipping fees, 20 hrs Training & Certification fees - Group Aquafitness Assignment & Practical Assessment Fees	\$280 + tax

**No refund for withdrawal from the course. Fees can be applied to future CALA events, \$75 + tax 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 \_\_\_\_\_

**To register: Call CALA at 1-888-751-9823 or email completed registration form to [cala\\_aqua@mac.com](mailto: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  
 Step 3. Complete Group Aqua Fitness Assignment and Practical Assessment  
 CALA • 125 Lilian Dr • Toronto • ON • Canada • M1R 3W6 416-751-9823 • [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) • [www.calainc.org](http://www.calainc.org)

**Office Use Only:** Date: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ Paid: \_\_\_\_\_ Confirmation Letter: \_\_\_\_\_  
 New Member #: \_\_\_\_\_ Receipt: \_\_\_\_\_ Promo: \_\_\_\_\_ VWT Manual mailed: \_\_\_\_\_ GAF Manual mailed: \_\_\_\_\_