



## CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE CHARLENE KOPANSKY METHOD

Hosted by Terrace Lodge, Aylmer ON  
Nov 23, Nov 24 and Nov 25, 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](mailto:mdenniss@elgin.ca)

**WHO:** CALA Trainer Katherine McKeown, with Julia Ito Assisting

### WHEN:

Fri Nov 23 from 6pm-10pm Studio: active theory; pool from 7:30pm-9pm

Sat Nov 24 from 12pm-8pm Studio: active theory; pool is available anytime from 12pm – 8pm

Sun Nov 25 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](mailto:cala_aqua@mac.com)**

**CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM**  
 Hosted by Terrace Lodge, Aylmer, ON  
 Nov 23, Nov 24, Nov 25, 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 Nov 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](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 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 November 1, 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: \_\_\_\_\_