



**CALA FOUNDATIONS OF VERTICAL WATER TRAINING**  
***Fast Track* COURSE- THE KOPANSKY METHOD**  
**with CALA Trainer, Jaye Graham**

**Sunday, January 7<sup>th</sup>, 2018 Meadowvale Community Centre, Mississauga, ON**  
**Registration through City of Mississauga – **BAR CODE 762858****

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. **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.

- ✓ 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 professionals as well as aerobic instructors, post-rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders
- ✓ The course is accredited by many international, national (canfitpro, YWCA, CFES) and provincial (BCRPA, AFLCA, SPRA, OFC, NSFA, NB, SportPEI) fitness organizations, and exceeds the Canadian Provincial and Federal Guidelines and Standards

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

**WHEN:** Sun. January 7th, 2018 9:30am – 7pm (includes in water and on deck and in classroom experience)

**FLEXIBLE AGENDA:** 9:30am-7:00pm

**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-**  
**Sun. Jan 21<sup>st</sup>, 2018 1pm-4pm at Malton Community Centre, Mississauga, ON**  
**&**  
**Tues. Feb 27<sup>th</sup>, 2018 6pm-9pm at South Common Community Centre.**  
**Call CALA to book your spot!**

## REGISTRATION INFORMATION

**Bar Code: 762858**

### Course Details for City of Mississauga – January 7th, 2018

**DIRECTIONS:** Meadowvale Community Centre, 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/cheque  
On-line: Visa/MasterCard; Follow the link and search 'CALA' for the course.  
**Bar Code: 762858**

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

### 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**

Breakdown:

VWT-FT Course = \$299.00+ 13% tax

CALA Membership Fees: (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**

Breakdown for Refresher Course: Registering as a refresher? 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) = \$0.00

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](tel:416-751-9823) or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)