



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

Hosted by City of Hamilton on Sunday April 7, 14 & 28, 2019

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 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 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 professionals - 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 many international, national and provincial fitness organizations.

WHERE: Ryerson Recreation Centre (starts at Ryerson on Sunday April 7) & Westmount Recreation Centre
For directions & facility info contact Dan Konior: Dan.Konior@hamilton.ca
For more information about the training, contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Trainer: Katherine McKeown

WHEN: **Sunday April 7, 14, 28 from 8am – 5pm includes active theory and two pool sessions per day**

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax
CALA Member: Repeating VWT Course “**Refresher**”: \$150+ tax
Expired Member: Repeating VWT Course [Call CALA for fees.](#)

*** REFRESHER Registration includes 12 CALA CECs & canfitpro cecs**

Exam Writing Date: * VWT exam takes 2.5 hours to write

At Ryerson Recreation Centre, Hamilton, ON on Sat June 15 Exam writing between 12pm – 3pm

Proctor: Dan Konior

Two ways to register: See registration form on the next page

1) Call CALA 1-888-751-9823; 2) email cala_aqua@mac.com

The VWT is a
PREREQUISITE for all
CALA SPECIALTY
COURSES including Group
Aqua Fitness, Aqua Yoga,
Water Running, HydroRider
and Healing Waters: Aquatic
Post Rehab - Aqua Arthritis

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM
 Hosted by City of Hamilton, ON

April 7(Ryerson Rec Ctr), 14 (Westmount Rec Ctr), 28 (Ryerson Rec Ctr), 2019

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 March 21, 2019</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: Offered in City of Hamilton

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 March 21, 2019

Office Use Only:

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