



## CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - THE KOPANSKY METHOD

Dates May 10, May 11, May 12, 2019

*Hosted by Town of Canmore at Elevation Place, AB*

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 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 in both chest deep and deep classes with bottom contact and in a suspended position.
- 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 Fitness Guidelines and Standards
- The course is accredited by many international, national and provincial fitness organizations

**WHERE:** Elevation Place, 700 Railway Ave., Canmore, AB. T1W 1Y2

### AGENDA:

- Fri May 10 5pm – 9pm Studio: active theory; pool from 7:30pm – 9pm
- Sat May 11 9am – 5pm Studio: active theory; pool from 11am – 12pm & 4pm – 5pm
- Sun May 12 9am – 5pm Studio: active theory; pool from 11am – 12pm & 4pm – 5pm

**THEORY EXAM:** Room 119 at Elevation Place. Fri June 14, 2019: 1:30pm – 4:30pm open-book VWT Theory exam writing opportunity at Elevation Place, Canmore: [YOU MUST REGISTER through the CALA office to book an exam writing space](#). Your CALA membership must be current.

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

# VWT REGISTRATION INFORMATION – CANMORE, AB

Friday May 10, Saturday May 11, & Sunday May 12, 2019

**LOCATION:** Elevation Place, 700 Railway Ave., Canmore, AB. T1W 1Y2

**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](mailto: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.**

<b>VWT Pre-requisite Course + Membership</b> Breakdown: VWT Course =\$ 280 + 5% tax CALA Membership = \$59.00 + 5% tax Total = \$355.95 includes tax	<b>VWT Pre-requisite Course Already a Member</b> Breakdown: VWT Course =\$ 280 + 5% tax CALA Membership = Already paid in full Total = \$294.00 includes tax
PAYMENT PLAN AVAILABLE – CALL CALA FOR DETAILS, extra \$35 will apply Add \$25 + tax for payment after April 24, 2019	
<b>Earn canfitpro CECs by completing this CALA Training</b>	
If you are repeating the Course to refresh your knowledge and earn CECs... Course Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% 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: _____