



## CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE - THE KOPANSKY METHOD & VWT Refresher Opportunity & Earn canfitpro credits

**Saturday June 15, Sunday June 16, Monday June 17, 2019**

*Thank you to the host - Canada Games Centre, Whitehorse, Yukon.*

The Canadian Aqua-fitness 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 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 exceeds the Canadian Provincial and Federal Fitness Guidelines and Standards
- ✓ The course is accredited by many international, national (canfitpro) and provincial fitness organizations

**WHERE:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse, YT, Y1A 6G3 For more info: (867) 667-4386  
[www.whitehorse.ca/departments/canada-games-centre](http://www.whitehorse.ca/departments/canada-games-centre)

**Parking:** Onsite parking available

**AGENDA:** **Includes active theory and active pool time: Subject to change**

Saturday, June 15th:	10am – 6pm	Includes two pool sessions (1.5 hours each)
Sunday, June 16th:	10am – 6pm	Includes two pool sessions (1.5 hours each)
Monday, June 17th:	10am – 2pm	Includes two pool sessions (1.5 hours each)

**THEORY EXAM:** YOU MUST REGISTER through the CALA office to book an exam writing space. Your CALA membership must be current and you must have completed the VWT Training or a Letter of Acceptance to Bypass the VWT Training in order to write the exam

**WHO:** CALA Training Team: Katherine McKeown

**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.

**NOTE:** If you have already completed the VWT Course and would like to take a **Refresher VWT Course**, you must register through CALA. The cost is \$150 + tax. Add \$59 + tax if your CALA membership is expired. You will earn 12 CALA CECs, and BCRPA and canfitpro credits

# VWT REGISTRATION INFORMATION

Sat. June 15, Sun. June 16, & Mon. June 17, 2019

**LOCATION:** Canada Games Centre, 200 Hamilton Blvd, Whitehorse, YT, Y1A 6G3

**LUNCH/FOOD:** It is recommended to bring food and refreshments to the course.

**REMINDERS:** **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 THROUGH City of Whitehorse if you have never taken the VWT course.**

Registration starts March 5 at 4:30pm. On line Whitehorse.ca/alo or by calling 867-668-8360

**NOTE:** Once you have registered your VWT manual will be mailed to you, or, if you live in Whitehorse you will pick up the CALA manual at the Canada Games Centre from Becky Tomlin or Karen Zaiden. 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: participate in aquafitness classes with CALA Certified leaders.

<b>REGISTER THROUGH City of Whitehorse if you have never taken the VWT course.</b>			
<b>Registration starts March 5 at 4:30pm</b>			
<b>On line Whitehorse.ca/alo or by calling 867-668-8360</b>			
<b>VWT Pre-requisite Course + Membership</b>		<b>VWT Pre-requisite Course Already a Member</b>	
<u>Breakdown:</u>		<u>Breakdown:</u>	
VWT Course	\$280 + 5% tax	VWT Course	\$280 + 5% tax
CALA Membership	\$59 + 5% tax	CALA Membership	Paid in full
<b>Total</b>	<b>= \$355.95 includes tax</b>	<b>Total</b>	<b>= \$294.00 includes tax</b>

**ADD \$35 + 5% tax for registrations after June 1st, 2019**

**Earn canfitpro CECs upon completion of the CALA VWT Course Training**

**REGISTER THROUGH CALA If you are repeating the Course to refresh your knowledge.**

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 1-888-751-9823. Payment by VISA, MasterCard or E-transfer

**Earn 12 CECs**

**Refresher Fee = \$150 + 5% tax for CALA Members. (\$209.00 + 5% tax for non CALA Members)**

**ADD \$35 + 5% tax for VWT Refresher registrations after June 1st, 2019**

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	

<b>CALA Office Use Only:</b>		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: _____