

# Pre-Requisite for all CALA Certification Courses: **CALA FOUNDATIONS OF VERTICAL WATER TRAINING - THE CHARLENE KOPANSKY METHOD COURSE**



## Facebook recording [facebook](#) - Online Independent Learning

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; **this is our full, 20 hour course, now offered online**
- ✓ 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 many international, national and provincial fitness organizations.

**WHERE: Independent Study – online through Facebook [facebook](#).**

Need more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Trainers, Katherine McKeown, Charlene Kopansky

**WHEN:** **At your leisure** - You will receive a link to the [facebook](#) recordings after you register

**PRICE:** CALA Members: \$280 + tax

Non-Members: \$339 + tax (includes 1 year CALA Membership)

**Add \$45 for shipping a printed copy of the VWT manual**

**Two ways to register:**

- 1) Call CALA 416-751-9823; 2) email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**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 and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty.

**Exam Writing Date to be determined by CALA: via ZOOM. \* VWT exam takes 2.5 hrs to write**

## ONLINE INDEPENT LEARNING CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE REGISTRATION FORM

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ **Joining CALA Now** cost is tax included in fees below (\$59+tx)  
 City: \_\_\_\_\_ Home Tel. \_\_\_\_\_  
 Province \_\_\_\_\_ Work Tel. \_\_\_\_\_  
 Postal \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

Course Option	Membership Status	Includes	Fees
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual will be <b>electronically transferred</b> for you to print, 20hrs Training, Open-book Theory Exam scheduled through CALA	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print 20hrs Training, Open-book Theory Exam scheduled CALA plus Membership for one year	\$339 + tax
Refresher VWT Course	Current member	<b>Includes 12 CECs for repeating the VWT Course</b>	\$150 + tax

**Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$45 + tax to the fees listed**

**No refund** for withdrawal from the course.

**PAYMENT ONLY BY: E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or Direct deposit**

**Paid: \$\_\_\_\_\_ (see price information above)**

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

### CALA Certification Process: To be **Scheduled via ZOOM platform**

- Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam  
Exam Date: **on-line via ZOOM – Date and time be determined with CALA when you are ready to write the exam. \* VWT exam takes 2.5 hrs to write**
- 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 – timeframe to be determined by CALA**

#### Office Use Only:

Date Processed: \_\_\_\_\_ Initials: \_\_\_\_\_ Invoice # \_\_\_\_\_ Inv Pd \_\_\_\_\_ Email added: \_\_\_\_\_ Confirm Letter e: \_\_\_\_\_

New Member e: \_\_\_\_\_ Receipt e: \_\_\_\_\_ Promo e: \_\_\_\_\_ Manual mailed: \_\_\_\_\_ Other: \_\_\_\_\_