

Pre-Requisite for all CALA Certification Courses:
CALA FOUNDATIONS OF VERTICAL WATER
TRAINING - THE CHARLENE KOPANSKY
METHOD COURSE
October/November 2020



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 Private Facebook Group [facebook](#).

Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Trainers, Katherine McKeown

WHEN: Online – view at your leisure – you will be sent a link to the Private Facebook Group

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

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.

Two ways to register:

- 1) Call CALA 416-751-9823; 2) email cala_aqua@mac.com

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 electronically transferred 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	Includes 12 CECs for repeating the VWT Course	\$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: CALA only accepts E-transfer to 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

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: _____