



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

### **ZOOM Online Learning Oct 24, 25, Nov 7, 8 & 21, 2020**

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:** Online, using the ZOOM platform, in your home or home office

**WHO:** CALA Trainer: Katherine McKeown

**WHEN:** Sat Oct 24, 2pm – 6pm, Sun Oct 25, 2pm – 6pm (EDT)  
Sat Nov 7, 2pm – 6pm, Sun Nov 8, 2pm – 6pm (EST)  
Sat Nov 21, 2pm – 6pm, (EST Canada & USA)

**PRICE:** CALA Members: \$280 + tax  
Non-Members: \$339 + tax

**Two ways to register: Add \$45 for shipping the printed copy of the VWT manual**

**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: Wed Dec 2, 2020, 6pm – 9pm online via ZOOM. \* VWT exam takes 2.5 hrs to write**

**CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM**  
**ZOOM Online Learning**  
**Oct 24, 25, Nov 7, 8 & 21, 2020**

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 Add \$35 after Oct 12, 2020
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 on Dec 2, 2020	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam scheduled on Dec 2, 2020 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 accepted only by e-transfer  
 Amount Paid:   S   (See above for correct fee option)  
 Date \_\_\_\_\_ Name on Card \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date: (Month / Year) \_\_\_\_\_  
 Signature \_\_\_\_\_

**To register: Call CALA 416-751-9823 or email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**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: **Wed Dec 2, 2020, 6pm – 9pm online via ZOOM. \* 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 criteria for the CALA Specialty completed

**PAYMENT PLAN AVAILABLE – 3 payments completed on or before Oct. 22, 2020**

Office Use Only:

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