



CALA Application to Bypass the Vertical Water Training Pre-Requisite Course

In preparation for all CALA Specialty Training and Certification Programs including: **Group Aquafitness, Healing Waters: Aquatic Post Rehabilitation, Water Running, Aqua Yoga, Aqua Kick Box, Aqua Pre and Postnatal and HydroRider**, The CALA Foundations of Vertical Water Training Course (VWT) is the prerequisite. We are providing you with an opportunity to meet this prerequisite by reading the VWT manual and writing the open book theory exam. The following list includes candidates that are most suitable to bypass the VWT Course.

- Kinesiologist...Licensed Health Care Provider...Exercise Physiologists...Physical Education/Recreation Professionals... Aqua Fitness and/or Aquatic Rehabilitation Specialists...Aerobic Fitness and/or Personal Trainer Specialists...

The CALA Specialty Training and Certification Courses offer outstanding opportunities to interact with industry colleagues and associates in an enriching learning environment. These programs provide a powerful means of increasing your exposure in the Canadian and international health and fitness industry. They provide aquatic training specific to a variety of special populations. From years of experience as educators in this field, we know it is extremely important that all participants understand the CALA movement language and have a working knowledge of the effects of water immersion on the body before participating in CALA specialty courses.

Candidates challenging the CALA prerequisite **must** complete required reading from the VWT manual and complete the written exam.

Note: email a complete application – see page two

How Do I Apply? If you are interested in attending a CALA Specialty Course, and have not taken the CALA Foundations of Vertical Water Training: The Charlene Kopansky Method Course (VWT). Please submit the following: *Complete “Application for Acceptance for CALA Specialty Programs”*

- Provide documentation of credentials (photocopies of degrees / certifications)
- Purchase and read the CALA Foundations of Vertical Water Training Manual
- Total fees payable for manual: \$65 + tax (CALA will digitally transfer the 465 VWT manual. You have permission to print one copy for yourself.) Or add \$25 + tax and CALA will mail the VWT manual to you (Fees subject to change)**
- Open book VWT theory exam = \$50 + tax (fees subject to change)**
- CALA Membership = \$59+ tax**

