COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING

MOUNFITNESS LEADERS

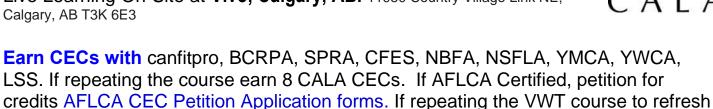
THE CHARLENE KOPANSKY METHOD

Vertical Water Training (Prerequisite)

your knowledge, earn 8 CALA CECs.

September 6th, 7th, 8th 2024

Live Learning On-Site at Vivo, Calgary, AB. 11950 Country Village Link NE, Calgary, AB T3K 6E3



The **Vertical Water Training prerequisite course** lays a solid foundation, teaching participants how to harness water's unique properties for optimal training results in chest deep and deep water. Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. The course also sets the stage for leaders, coaches, post rehabilitation specialists, and personal trainers to learn how to use water effectively in the design and the delivery of safe, and innovative water training sessions. The course is based on practical application of evidence-based theory using an integrative approach to learning. An international, Canadian based company, recognized as the gold standard in vertical water training, encourages the body to move, the mind to discover and the spirit to soar. Experience motivating, research-based programs in deep and chest deep water designed to meet the diverse needs of community members from frail to fit, and old to young.

Master Trainer: Charlene Kopansky, CALA Founder & President.

WHEN: VWT – Fri. Sept 6: 5:30pm – 9:30pm (Pool 8pm-9:30pm) Sat. Sept 7 & Sun. Sept 8: 8:30am - 5:30pm (Pool 10:30am - 12pm & 4pm - 5:30pm)

\$280 + tax Add \$35 on or before August 1st, 2024 **CALA Members:** \$339 + tax Add \$35 after August 1st, 2024 Non-Member Renewing Now:

***Vivo Facility Staff: Add Vivo Staff beside your name on registration form below then email to Noelle Leblanc nleblanc@vivo.ca & to cala agua@mac.com

- You will receive a digital copy of the VWT manual.
- Add \$65 + tax for shipping the printed copy of the VWT manual.

CALA VWT & GAF TRAINING & CERTIFCATION - REGISTRATION FORM

VWT: September 6th, 7th, 8th 2024 LOCATION: Vivo, Calgary, Alberta

ame:				CALA Member #		
ddress:			Joining Now \square	cost is tax incl	uded in fees below (\$59+tx	
mail 1		Email 2				
Course	Membership Status	Incl	udes		Fees + \$35 after Aug 31,202	
Vertical Water Training Course	Current CALA Member		/WT Manual will be electronically transferred for you to print, Ohrs Training, Open book Exam for VWT			
	Non-Member Joining Now	VWT Manual will be electronica	nual will be electronically transferred for you to print, aining, Open book Exam for VWT plus Membership for			
Refresher VWT Course	Current member	Includes 8 CECs for repeating	the VWT Course		\$150 + tax	
Amount Paid: _\$						
WAIVER AGREEMENT	Γ for CALA Vertical \	Water Training				
Inc (CALA), the facilities any and all claims, dem injury or death. I verify that I have be disability, physical ailme	s, and all promoters, s ands and expenses v een involved in a phys ent nor am I taking an have carefully read, f	Ily indemnify and save harmle sponsors and their representa whatsoever on account of dan sical training program and tha y medication that would caus fully understand and agree to	atives and succe nage to or loss t I am physically e me harm or li	essors, and the of property, property, property, property and do not mit my partice.	heir assigns from hysical or mental ot suffer from any ipation.	
You	You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form					
PAYMEN	NT PLAN AVAILABLE –	3 payments date Email CALA to	arrange this cal	la_aqua@mac	.com	
	the Vertical Water Train the Group Aqua Fitness	CALA Certification Processing 1.5 hour open-book Multiple Course		m		

On rare occasions, it is necessary to shift CALA Training dates, times, and topics.

Thank you for your understanding.

Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)