

COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING

THE CHARLENE KOPANSKY METHOD

Vertical Water Training (Prerequisite)

September 6th, 7th, 8th 2024

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



Earn CECs with canfitpro, BCRPA, SPRA, CFES, NBFA, NSFLA, YMCA, YWCA, LSS. If repeating the course earn 8 CALA CECs. If AFLCA Certified, petition for credits [AFLCA CEC Petition Application forms](#). If repeating the VWT course to refresh your knowledge, earn 8 CALA CECs.

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)

CALA Members: \$280 + tax Add \$35 on or before August 1st, 2024

Non-Member Renewing Now: \$339 + tax Add \$35 after August 1st, 2024

*****Vivo Facility Staff:** Add Vivo Staff beside your name on registration form below then email to Noelle Leblanc nleblanc@vivo.ca & to cala_aqua@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 & CERTIFICATION - REGISTRATION FORM

VWT: September 6th, 7th, 8th 2024

LOCATION: Vivo, Calgary, Alberta

Name: _____ CALA Member # _____

Address: _____ **Joining Now** cost is tax included in fees below (\$59+tx)

City: _____ Home Tel. #: _____

Province: _____ Work Tel. #: _____

Postal: _____ Cell Phone #: _____

Email 1 _____ Email 2 _____

Course	Membership Status	Includes	Fees + \$35 after Aug 31,2024
Vertical Water Training Course	Current CALA Member	VWT Manual will be electronically transferred for you to print, 20hrs Training, Open book Exam for VWT	\$280 + tax
	Non-Member Joining Now	VWT Manual will be electronically transferred for you to print, 20hrs Training, Open book Exam for VWT plus Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 8 CECs for repeating the VWT Course	\$150 + tax

Note: To receive a printed copy of the VWT manual, add \$65 + tax to the fees listed above

No refund for withdrawal from course. Fees can be applied to future CALA events.

To register: Email completed registration form to cala_aqua@mac.com

PAYMENT: e-transfer to cala_aqua@mac.com or cheques to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6

Amount Paid: \$ _____

WAIVER AGREEMENT for CALA Vertical Water Training

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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

PAYMENT PLAN AVAILABLE – 3 payments date Email CALA to arrange this cala_aqua@mac.com

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 1.5 hour open-book Multiple Choice Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)
- Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics.
Thank you for your understanding.*