

# BCRPA Approved Fitness Theory Course CALA FOUNDATIONS OF VERTICAL WATER TRAINING Prerequisite COURSE The Charlene Kopansky Method



**Fri. Sept 21, Sat. Sept 22, Sun. Sept 23, 2024**  
**Dawson Creek, British Columbia**

[www.calainc.org](http://www.calainc.org)

**EARN CECs:** canfitpro, AFLCA, BCRPA, SPRA, CFES, NBFA, NSFA  
+ 8 CALA CECs if repeating the VWT course

Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. **Attending the VWT Course will prepare leaders who wish to register with BCRPA to write the Fitness Theory exam.** 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, old to young, and experienced to inexperienced.

**The Vertical Water Training Course is a Pre-requisite for all CALA Specialty Training and Certification Courses** including Group Aqua Fitness, Aqua Yoga, Aqua Kick Box, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

**WHERE:** Kenn Borek Aquatic Centre, Dawson Creek, BC.

**WHEN: MT** Fri Sept 20 5pm – 9:30pm One pool session  
Sat Sept 21 & Sun Sept 22 8am – 4:30pm Two pool sessions each day

\*Be prepared for active theory on dry land (fitness wear with shoes!)

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

**Add \$35 after 2024-09-07**

**Add \$65 + tax for shipping the printed copy of the VWT manual.**

**Two ways to register for non-Ken Borak Aquatic Facility Staff**

- 1) Call CALA 416-751-9823
- 2) Email completed form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**Ken Borak Facility Staff**

- 1) Add Ken Borak Staff beside your name on registration form below then email the form to Veronica Murphy [vmurphy@dawsoncreek.ca](mailto:vmurphy@dawsoncreek.ca) & to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WWT & /or BCRPA Exam Writing: Offered online via ZOOM or in person at the Ken Borak Aquatic Facility**

**BCRPA Approved Fitness Theory Course  
PLUS CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM**

**Sept. 20, Sept. 21, Sept. 22, 2024**

**Kenn Borek Aquatic Centre, Dawson Creek, BC.**

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ Joining Now  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 add \$35 after 2024-09-07
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 date to be scheduled	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 8 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 \$65 + tax to the fees listed**

**CECS:** CALA members: Refresh training - Complementary CEC certificate will be issued upon submission of course evaluation.

**PAYMENT:** CALA accepts EFT and e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Amount Paid: \$ \_\_\_\_\_

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

**To register: Email completed registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**Ken Borak Facility Staff**

Add Ken Borak Staff beside your name on registration form below then email the form to Veronica Murphy [vmurphy@dawsoncreek.ca](mailto:vmurphy@dawsoncreek.ca) & to CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WAIVER AGREEMENT:** Please check  that you agree to the following **WAIVER**.

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.

**Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

<p><b>CALA Certification Process: To be Scheduled via ZOOM platform or in person</b></p> <p>Step 1. Complete the Vertical Water Training open-book Theory Exam Exam Date: <b>online via ZOOM.</b></p> <p>Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)</p> <p>Step 3. Complete the specific certification criteria for the CALA Specialty</p>
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*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*