



**INTENSIVE: CALA Combined
Foundations of Vertical Water Training (VWT) &
Group Aquafitness Specialty (GAF) Training & Certification Course
The Charlene Kopansky Method
(City of Hamilton: Intro to WaterFit Course)**

Hosted by City of Hamilton Saturday, Nov 22 & Sunday, Nov 23, 2025

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 Combo VWT & GAF course is intensive. The total VWT & GAF course time is usually 40 hours. The intensive combo course is only 16 hours. You must be prepared for self-study. The training sets the stage for leaders, coaches, post-rehabilitation specialists, athletes and personal trainers to learn how to use water effectively in the design and delivery of safe, productive and innovative water training sessions.

- ✓ Exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ Accredited by canfitpro, OFC & many international, national and provincial fitness organizations.
- ✓ Includes the tools necessary to design & lead safe, effective, holistic group aqua fitness classes.

Where: Bernie Morelli Recreation Centre, 876 Cannon St E, Hamilton, ON L8L 0C6
For more info, contact CALA 416-751-9823 or cala_aqua@mac.com

Facilitator: CALA Trainer: Jill Young

What: 1) Access to the 20-hour recording of a full VWT Course.
2) In-Person: Saturday, Nov 22 & Sunday, Nov 23, 2025 (8:30 am – 5:30 pm both days)

Course Fees: **\$560 + 13% tax for current CALA members**
\$619 + 13% tax for non-CALA members joining now

Opportunity: **\$150 + 13% tax for current CALA members who are refreshing their knowledge after having already completed CALA VWT training. Opportunity to earn 8 CECs**

Includes: Digital copy of the VWT and GAF course manuals
Complimentary 3 months access to the 20-hour recording of the VWT course

Course fee: 16 hours of training (intensive), including dry land active theory & in pool.

Certification fees are included (open book VWT theory exam + GAF Assignment submission + GAF Practical Assessment)

For 3 months access to a 20-hour recording of the GAF Course: Add \$150 + tax payable to CALA Inc.

Registration for the INTENSIVE CALA Combined (The Charlene Kopansky Method)**Foundations of Vertical Water Training (VWT) &
Group Aquafitness Specialty (GAF) Training & Certification Course
(City of Hamilton Intro to WaterFit Course)**

Course Option	Membership Status	Includes	Fees + \$35 after November 14, 2025
Intensive CALA Combined VWT Pre-Requisite Course + GAF Specialty Courses	Current CALA Member	VWT+GAF Course Manuals received on site, 16hrs in-person Training, Certification fees + 3 months access to 20-hour VWT Course online + Open-book VWT Theory, GAF Assignment & Assessment	\$560 + tax
	Non-Member Joining Now	VWT+GAF Course Manuals received on site, 16hrs in-person Training, Certification fees + 3 months access to 20-hour VWT Course online + Open-book VWT Theory, GAF Assignment & Assessment plus Membership for one year	\$619 + tax
Refreshing your knowledge to earn CALA CECs	Current CALA Member	Have already completed the VWT and/or GAF Courses with CALA	\$150 + tax

CALA Certification Process (upon course completion)

- Step 1. Complete the Vertical Water Training Open book theory exam
 Step 2. Submit the GAF Assignment (30-minute mini-class plan)
 Step 3. Submit a video or book an in-person GAF practical assessment or a ZOOM practical assessment (demo)

Please print or type:

Name _____

Address _____ **Join CALA Now** ☐ \$59 + tax

City _____ **Tel. h** _____

Prov _____ **Cell** _____

Postal _____ **Tel. w** _____

Email 1 _____ **Email 2** _____

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.

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

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