INTENSIVE: CALA Combined
Foundations of Vertical Water Training (VWT) &
Group Aquafitness Specialty (GAF) Training & Certification Course
The Charlene Kopansky Method

Hosted by City of Hamilton Saturday June 1 & Sunday June 2, 2024

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 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 the 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: Norman Pinky Lewis Recreation Centre, 192 Wentworth St N, Hamilton, ON L8L 5V7
For more info contact CALA 416-751-9823 or cala_aqua@mac.com

Facilitator: CALA Trainer: Jaye Graham

When: 1) Minimum 12 hours of self-directed e-learning, to be completed by May 26, 2024
2) In-Person: Saturday June 1 & Sunday June 2, 2024 (9:00 am – 5:30 pm both days)

Course Fees:
Fee **$212.50 + HST**, subsidized fee **payable to City of Hamilton** at time of registration
PLUS: CALA Membership (one year); VWT/GAF Certification; VWT/GAF manual (printed); VWT/GAF Certification + 3 months access to the 20-hour recording of the VWT Course on-line: **$164 + HST** includes CALA membership etc. **payable to CALA Inc. (You will receive an invoice from cala_aqua@mac.com)**

Includes: Printed 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

For 3 months access to a 20-hour recording of GAF Course: Add $75 + tax payable to CALA inc.

Funded in partnership with the Ministry for Seniors and Accessibility **Ontario**

Hosted by City of Hamilton on Saturday June 1 & Sunday June 2, 2024

To Register for the course and pay the City of Hamilton Registration fee, here is the link: http://www.hamilton.ca/RecLeaders

- Follow links for "CALA Introduction to Water Fitness Instruction" to create an account and register for the course
- Upon registration, candidates will be contacted with additional course details and VWT/GAF certification options.
- This subsidized opportunity is made possible in partnership with the City of Hamilton and the Ministry for Seniors and Accessibility.

Registration questions? Contact recreation@hamilton.ca or 905-546-3747

Non-City of Hamilton Staff and Non-City of Hamilton Residents email this registration form to cala_aqua@mac.com to pay the CALA fees.

Course Option	Membership Status	Includes	Fees + $35 after May 22, 2024
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	$105+ 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	$164 + 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)