

Pre-Requisite for all CALA Certification Courses: **FOUNDATIONS OF VERTICAL WATER TRAINING** **CHARLENE KOPANSKY METHOD**

You will receive 3 months access to the recordings



Facebook recording [facebook](#) Online Independent Learning

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 Foundations of Vertical Water Training course 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**. The course is based on **practical application of evidence-based theory** using an **integrative approach to learning**. CALA is an international, Canadian based company providing excellence in vertical water training. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in vertical water training, CALA provides **solid research-based programs in both deep and chest deep water** to meet the **diverse needs of our communities**.

- ✓ This comprehensive course introduces the essential tools necessary to design and lead safe, effective, holistic vertical water training classes; **this is our full, 20 hour course, now offered online**
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations.

WHERE: Independent Study – online through Private Facebook [facebook](#) Group
Need more info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Master Trainer, Katherine McKeown

WHEN: **At your leisure** - You will receive a link to the [facebook](#) recordings after you register. You will have 3 months access to the recordings. An extension of 3 months is available for a fee.

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax (includes 1 year CALA Membership)
Add \$65 for shipping a printed copy of the VWT manual

Two ways to register:

- 1) **Call CALA 416-751-9823**
- 2) **email cala_aqua@mac.com**

The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Yoga, Liquid Barré, CALA Kids, Aqua Kickbox, Pre/Post Natal, Ai Chi, Water Running, HydroRider and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis

Exam Writing scheduled by CALA on ZOOM or in person. Check the upcoming schedule for dates & times.

**ONLINE INDEPENDENT LEARNING -PRE-REQUISITE
CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE
REGISTRATION FORM (YOU WILL BE RECEIVE 3 MONTHS ACCESS)**

Name: _____ CALA Member # _____

Address: _____ Joining CALA Now cost is tax 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
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam scheduled through CALA	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print 20hrs Training, Open-book Theory Exam scheduled CALA 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			

No refund for withdrawal from the course.

PAYMENT ONLY BY: E-transfer to cala_aqua@mac.com

PAYMENT PLAN AVAILABLE – 3 payments – timeframe to be determined by CALA

Paid: \$_____ (see price information above) subject to change

WAIVER AGREEMENT ✓ that you agree **for CALA Vertical Water Training (VWT) pre-requisite**

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.

Email form to cala_aqua@mac.com

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

CALA Certification Process: To be **Scheduled via ZOOM platform**

- Step 1. Complete the Vertical Water Training open-book Theory Exam
Exam Date: **on-line via ZOOM – or in-person (check www.calainc.org for scheduled events)**
- Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)
- Step 3. Complete the certification criterion for the CALA Specialty completed