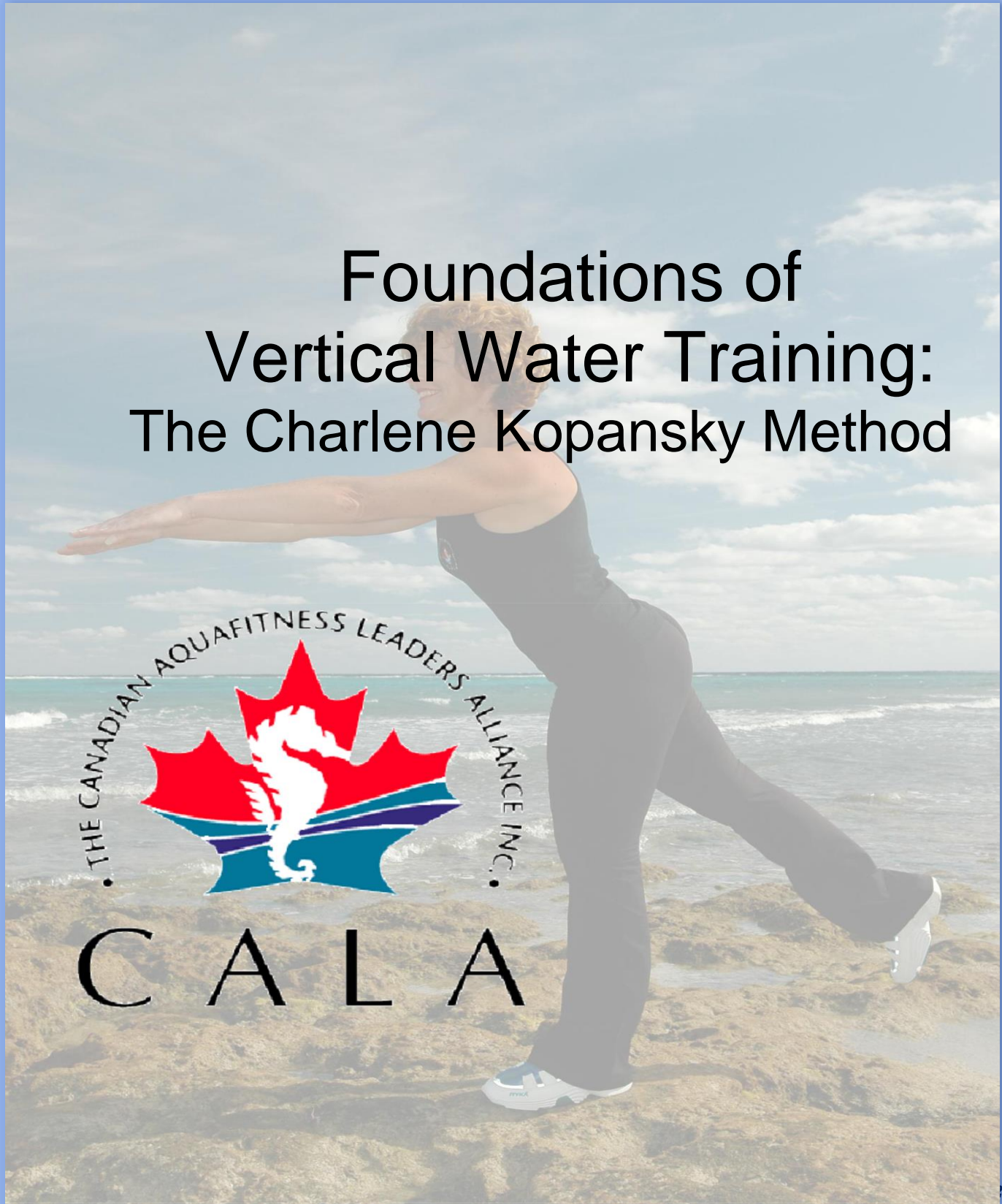


VWT -Prerequisite for all Certifications

CALA Foundations of Vertical Water Training – “The Charlene Kopansky Method”



Foundations of Vertical Water Training: The Charlene Kopansky Method



Catch the CALA Wave Email cala_aqua@mac.com www.calainc.org January 24, 2024

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Message from Charlene Kopansky



Founder and President of the Canadian Aquafitness Leaders Alliance Inc. (CALA, 1993) The resurgence of vertical water training as a viable means of enhancing quality of life is exciting and encouraging. People are filling classes and personal training sessions and enjoying the challenges and rewards of the water training experience. The Canadian Aquafitness Leaders Alliance Inc. was founded in 1993 to meet the increasing demand for the establishment of standards and high-quality leadership in aqua fitness. Since its inception, the CALA organization has continued to be proactive and professional in its approach to exercising, cross-training, relaxing and rehabilitating in water. Our educational offerings are updated as research provides the insight for new permutations on the basic theme of ‘moving and healing while in water’.

This resource manual provides scientific principles related to vertical water training. By understanding the physics of aquatic movement, the physiology of immersion, and the dynamics

of a holistic approach to participant interaction, CALA trained and certified leaders, coaches and health care providers develop the essential knowledge needed to branch into various areas of specialty.

CALA offers a diverse educational curriculum enabling a leader to become trained and / or certified in a number of specialized areas including but not limited to: aqua fitness, water running, aqua infused martial arts (centre of power: aqua kick box), aqua natal, aqua for healthy older adults, aqua personal training, aqua for kids, aqua sport specific training, aquatic post rehabilitation: aqua for arthritis and other joint disorders, aqua for back care, aqua for cancer, aqua for multiple sclerosis and many more.

Specialty certification courses prepare leaders who want to help others understand and appreciate the joy and the benefits of movement in water. At CALA we recognize that not everyone wants to be a ‘group aqua fitness’ leader nor is everyone comfortable instructing clients with a medical condition. For this reason, we have separated the Foundations of Vertical Water Training: “The Charlene Kopansky Method” from the Specialties that stem from this pre-requisite training. This shift began gradually in 2006 in Canada. In South Africa, at the University of Stellenbosch, Sports Science Dept., this method of training the Bio-Kinetics and Sports Science students was initiated in 2000.

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The CALA organization seeks to enhance leadership in vertical water training through our comprehensive manuals, intensive training courses, convenient tele-classes, informative workshops, energetic conventions and high-quality certification processes. This manual recognizes the diversity of CALA course participants seeking training and certification. You may be a coach, aspiring group aqua fitness leader, specialist in aquatic post rehab, water running instructor, personal trainer, teacher and/or aqua participant. Throughout this manual, a variety of terminology and examples from an array of disciplines will be used to illustrate key concepts.

CALA course design and materials are interactive, requiring course participants to take responsibility for their own learning. You are expected to be actively involved in the learning process. The CALA training team will provide opportunities for theoretical concepts to be experienced and applied to real life situations. Our trainers and this resource will help you to develop and fine tune your existing proficiencies as well as introduce you to new concepts and skills. You will be expected to practice and apply what you have learned in this course in order to prepare for theoretical and practical certification exams.

In the spirit of celebrating the growth of every individual and the collective group, I wish you a most successful and enlightening experience.

*“Feel the joy of movement, allow your mind to discover,
your body to move and your spirit to soar.”*

“Tell me.... I will forget. Show me... I may remember. Involve me... and I understand!”

Charlene Kopansky

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Steps to Achieving CALA Certification(s)

Step 1: Pre-requisite: Vertical Water (VWT)

Step 2: Complete Group Aquafit Training (GAF) Certification

Step 3: CALA Specialty Training and Certification

Select 1 or more CALA Specialty Certification

- CALA Ai Chi
- CALA Liquid Barré
- CALA Aqua Cardio Kick Box
- CALA Aqua Matt
- CALA Aqua Pre/Post Natal
- CALA Aqua Running/Jogging
- CALA Aqua Infused Yoga
- CALA Water Running
- CALA Aqua Healing Waters
- CALA HydroRider
- CALA Aqua Cardio Kickbox
- CALA Hydro Rider

Description

It is highly recommended that course participants complete both Vertical Water Training and Group Aqua Fitness of the Foundation Course: Combined Basic Fitness Theory and Aquafitness Leadership Training and Certification Course.

If you elect to take Vertical Water Training only, of the Pre-Requisite Courses, then you must be a highly experienced and/or certified fitness leader with an excellent working knowledge of applied anatomy, applied physiology, components of fitness, principles of training, use of music as well as exercise and class design.

Vertical Water Training usually extends over one full weekend or may be organized in a variety of ways (one evening per week over a period of several weeks) according to the availability of the facility.

Vertical Water Training participants who feel they need a more in-depth knowledge and practice are welcome to register for the second half of the Foundation Course (Vertical Water Training).

To fully benefit from this learning experience, arrive with lots of enthusiasm, a desire to learn and an open mind.

Course Content

Upon successful completion of an open book theory exam, you will be eligible to pursue your area of interest in vertical water training. This document opens the door for you to become certified in a Specialty of your choice. Successful completion of the theory exam confirms that you have knowledge about the following:



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- 1. Introducing CALA**
 - History and philosophy
 - Certification process for the specialties Recertification guidelines
- 2. Charting the Voyage to Effective Leadership**
 - Professional code of conduct Holistic philosophy of leadership
- 3. Body Alignment and Core Stabilization Aqua Physics**
 - Power posture cues
 - Relationship between properties of water and ability to align and stabilize the body
- 4. Aqua Physics**
 - Unique qualities of water as a training medium
 - Adaptation of exercise intensity by manipulating the moving body
- 5. Training Principles, Components of Fitness and Class Design**
 - Promotion of healthy active living Components of fitness
 - Principles of training design
- 6. The CALA Movement Bank**
 - CALA movement compendium
 - Exercise design appropriate to varying water depths
 - Case studies and Session design tasks
- 7. Risk Management and Client Communications**
 - Risk management: facility, leader and participant safety and screening
- 8. Applied Anatomy for Vertical Water**
 - Anatomical terminology Joint and muscle actions
 - Prime movers and stabilizers for CALA moves
 - Aquatic exercise analysis and design and Movement safety issues
- 9. Physiology For Vertical Water Training**
 - Cardiovascular, respiratory and metabolic systems
 - Effects of training and immersion on the body systems
 - Basic nutrition
- 10. Setting Sail**
 - Enjoy the CALA Journey



Target Audience

- Fitness participant with a desire to learn more to enhance personal exercise results
- Lifeguard and/or swimming instructor

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- Rehabilitation and post-rehabilitation specialist
- Group fitness instructor
- Personal trainer
- Water-lover; enjoys working with people
- Job seeker; part time job or career change
- Retiree who has the time and commitment to get fit and possibly lead others

Duration

- Vertical Water Training is a total of 20 hours
- A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- Vertical Water Training may be offered in various configurations. It might be on one full weekend if the training is on-site with combination of practical (pool) and theory (classroom). If delivered on ZOOM it might be 5-4-hour sessions (with no practical in the pool)
- Some facilities choose to schedule the course differently depending on availability of the pool and classroom (some courses might be Hybrid (part on ZOOM and part on-site))

Registering for the Vertical Water Training

You have 3 ways to take the VWT course:

1. Independent Learning – recordings of a ZOOM VWT course. Do it at your own pace on your own time. You will receive a link to a private Facebook group for the learning you registered for. You will have 3 months access to the recordings. An extension of 3 months is available for a fee. You will be required to write the Open book VWT theory exam either at a location or through ZOOM (depending what is scheduled)
2. Live – check the [CALA Scheduled Events webpage](#) for an on-site or hybrid VWT course. Download the [registration form](#) (link for Independent Learning). Complete the Registration Form and return it to the CALA office. You will be required to write the Open book VWT theory exam either at a location or through ZOOM (depending what is scheduled)
3. By receiving a [Letter of Acceptance to Bypass VWT](#). You must complete the CALA Bypass document and submit it to CALA for approval. You will be required to write the Open book VWT theory exam either at a location or through ZOOM (depending what is scheduled)



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CALA Foundations of Vertical Water Training – “The Charlene Kopansky Method”



Accommodations

If you require accommodations, please advise CALA at time of course registration and/or assessment registration.

Waiver

You will be asked to sign a CALA Waiver confirming that you have read and agree to the CALA waiver for the VWT.

Fees

- The Registration Form is available on the [CALA Scheduled Events webpage](#) or for Independent Learning [download Registration Form](#) with prices
- PRICE: CALA Members: \$280 + tax Non-Members: \$339 + tax (includes 1 year CALA Membership)
- Prices are subject to change without notice. Current prices supersede the above prices.
- Add \$65 for shipping a printed copy of the VWT manual – subject to change without notice.
- 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

Manual

- The comprehensive CALA Manual used in this "Foundation course" is available for purchase without attending the course.
- If you purchase the manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee.
- The Manual will be We-Transfer to you upon registration. You will have 1 week to download the manual before the link expires.
- You may also request a hard copy be sent to you for an additional cost of \$65+tax for shipping a printed copy of the VWT manual – subject to change without notice.



Assessment Process

- You will write a 2.5-hour open book theory exam (on-site if available or through ZOOM on-line – no electronics may be used during the exam – only the materials provide by CALA or your study notes)
- You are encouraged to write the exam while the information is fresh in your mind. It must be written within 12 months of taking the training.
- If you took the training in person and need to review the material, you may contact CALA to register for the Independent Learning

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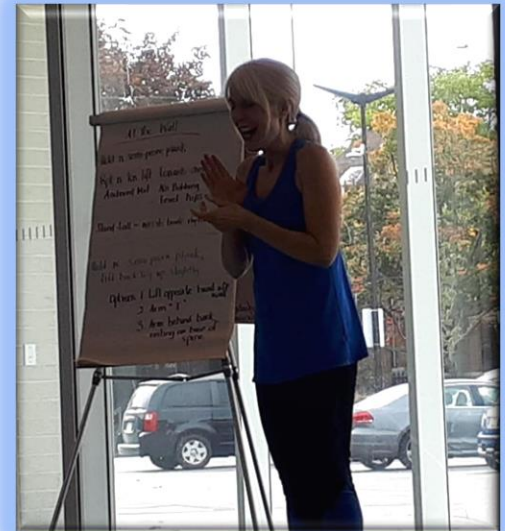
- If you take the VWT training through Independent Learning, you will have access to the recordings for 3 months from the date of registration.
- Accommodations will be made if CALA is advised of your requirements at time of registration.
- Pass is 80% in all sections of the exam
- You will be provided with a mock exam to help you understand the types of questions that will be on the exam.

Re-write or Re-assessment

- Full fee must be paid for Practical re-assessment or Theory exam re-write
- You will only need to redo the sections of the Theory exam that you did not pass.
- You will need to rebook a Practical assessment with CALA and present your 30-minute class again. If you submitted a recording, you will be asked to re-record your 30-minute class.

Certification

- If you are taking the VWT training as a refresher you will be granted 8 CECs. No CECs are granted the first time you take the course.



Recertification

- You are required to recertify annually. 8 CECs are required to recertify and you must renew your membership.
- Attending CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course, will entitle you to earn Continuing Education Credits (CECs). One hour of education (theory and/or practical) earns one CALA CEC. For example: Attend a three-hour Aqua Choreography workshop, earn three CALA CECs.
- To maintain certification status as an aquafitness leader you must meet the following criteria:
- Current CALA member, in good standing
- Gather a minimum of eight CALA CECs before re-certification date
- Pay an annual re-certification fee.

Petitioning for CECs

You may petition to have CECs granted for non-CALA training. Maximum 2 petitioned CECs each year.

Note: In the event that the necessary number of credits are not collected before the certification expiry date, the candidate can petition for credits. This means, CALA will review documentation submitted by the candidate that proves attendance at educational events that enhance fitness knowledge and leadership skills. There is a petition fee applicable. Refer to the fee schedule

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Maintaining Certification Status: Made Easy!

Note: At CALA, we make it easy to maintain certification status as an aquafitness leader. Leaders can "bank" or accumulate CALA CECs before attending the Foundation Course, or completing certification. If more than eight credits are collected, CALA will bump the extra credits into the next re-certification period.

Testimonial

Hi Charlene,
Just wanted to tell you how much I am enjoying the VWT course, Katherine is a magical force of nature, and thank you for your patience and encouragement.

Hi Katherine,
I just wanted to let you know that I really enjoyed the course and was really inspired by you and your wealth of knowledge. CALA truly is an alliance of lifelong learners which I am so proud to be a part of. I too love inspirational quotes and the one dearest to my heart comes from a man who was my teaching partner for many years. He used to say, "People don't care how much you know until they know how much you care".

Hi Katherine
The VWT and GAF Certification training was to the point, was delivered using layered learning which reinforced learning. Trainer made sure we knew exactly what would have successful assessments. Learned how important it will be to use non-verbal cues



CALA Apprentice Mentor Program

- CALA offers an Apprentice Mentor Program (CAMP) to assist new leaders in achieving certification upon completion of the course.
- The 'CAMP' program is not mandatory in order to achieve certification. However, CALA encourages leaders to take advantage of this excellent opportunity to further develop leadership skills and knowledge prior to engaging in the certification process.
- Contact CALA to discuss arranging a mentor cala_aqua@mac.com

Connect with other CALA Members

You are encouraged to join the [CALA Aquafit Instructors | Private Facebook Group](#). This group is a valuable resource for instructors. You will be able to share with fellow members, have your questions answered, read CALA messages and announcements, view or post recordings and stay in touch with what's happening at CALA.

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Scheduled Events

CALA offers training through 3 options. Virtual (ZOOM), In-person on-site, Hybrid (ZOOM and in-person combination) and Independent Learning (ZOOM recordings delivered through private Facebook Group).

CALA regularly updates the [Scheduled Events webpage](#) and document. You will be able to download a new copy of the [Scheduled Events \(pdf\)](#) whenever you need one. Both the [Scheduled Events webpage](#) and [Scheduled Events \(pdf\)](#) will have a link to the registration form for each course. If you do not see the training you are interested in, please contact CALA to be placed on a waitlist or inquire when the next scheduled VWT course will be offered.

Hosting a CALA Event

If the training you are looking for is not currently available, consider contacting CALA to discuss your facility [Hosting](#) the training. You could have an in-house private session or invite the public to register to help offset the cost.

If you did not find a current offering for the course, specialty or workshop that you are interested in, on www.calainc.org, why not consider hosting the event at your facility. The new CALA Host Affiliate Model provides all the information and assistance you need to make your event successful.



What To Bring to Training

Attendees taking the course with the goal to lead classes will need the following:

All attendees taking the course will need the following:

- Wear proper Aquafitness shoes (The "RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts or yoga type pants to wear over a swimsuit (no short shorts- thighs should be covered), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice
- On-site bring a couple of swimsuits and towels
- On-site bring a water bottle along with lunch and snack breaks (there may not be vending machines or food facilities close to the facility nor will there be time to go out of the facility)
- On-site bring shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- ZOOM and on-site bring writing materials to take notes
- On-site bring a lock to secure valuables (some sights may require coins to lock the lockers)
- On-site bring details about any medical information that may be required in case of a medical emergency (keep with your personal belongings and make sure someone knows where your belongings are located should there be an emergency)

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Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.

Code of Conduct

You be asked to read and agree to the CALA Code of Conduct. You are expected to be professional at all times while acting as a CALA Certified Instructor.

Contact CALA – Social Media and E-mail

-  Facebook Business Page is where to go to find upcoming courses, workshops, tools and resources for organizing and hosting events and so much more... <http://ow.ly/J3R750uHXaI>
-  Facebook Groups are closed groups especially designed for CALA trained and certified instructors.
-  Instagram will give you some really fun behind the scenes photos and videos, live video chats and the video WaveLink Editions too. You may even find some great giveaways here. Follow us <https://www.instagram.com/calaincorg/?hl=en>
-  Twitter is all about staying current with CALA news. Short little insights and fun facts will ripple through this feed. Follow us here: https://twitter.com/CALA_Waves
-  LinkedIn Business Page is a great place to go to find some free resources and up to date information on courses, workshops and what is in production. Stay connected here: <https://www.linkedin.com/company/39785213>
-  Blog <https://calaincorg.blogspot.com/>
-  Utube https://www.youtube.com/@CALA_Aquafit_Charlene_Kopansky

Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky
CALA President and Founder
CanFit Pro Lifetime Achievement Award
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www.calainc.org

Internationally recognized Aquafit Specialty Certifications
Through virtual (zoom), live (on-site) and Independent Study
Water Running, Kick Box, Aquafitness, Ai Chi, Pre-Post Natal,
Liquid Barré, Fluid Floor: Aqua Matt, HydroRider and Healing Waters:
Aquatic Post Rehabilitation Training and Certification