

COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING (VWT) Pre-Requisite COURSE & CALA GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE (GAF) - The Charlene Kopansky Method



This intensive course is suitable for people who are motivated to learn the course materials by engaging in self study & pre-course learning. Register early to receive a digital copy of the VWT and the GAF manuals.

June 24, 25, 26 2022

**Peterborough Sport & Wellness Centre,
775 Brealey Street, Peterborough, ON. K9J 6X4**

www.calainc.org

Earn CECs with canfitpro, BCRPA, SPRA, CFES. If repeating the course earn 8 CALA CECs. If AFLCA Certified, petition for credits [AFLCA CEC Petition Application forms](#)

Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. This course 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 group aquafitness classes. This combination 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 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.

WHEN: Fri June 24 5pm – 9pm (EST Can & USA) Includes one pool session
Sat June 25 7:30am – 4pm (EST Can & USA) Includes two pool sessions
Sun June 26 7:30am – 4pm (EST Can & USA) Includes two pool sessions

PRICE: CALA Members: \$380 + tax Joining Now: \$439 + tax

Add \$35 after June 10, 2022

Add \$100 + tax to receive a printed copy of the VWT and the GAF manuals

To register: Complete the registration for on the next page & email cala_aqua@mac.com

VWT Open book Exam: (2.5-3 hrs) TO BE CONFIRMED with CALA Office. Offered online via ZOOM.

GAF Assignment: Submit a 30-minute mini-class plan using the template by CALA Inc.

GAF Practical Assessment: Upon approval of the GAF Assignment, book a 30-minute practical assessment via ZOOM or submit a video.

CALA COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING PRE-REQUISITE COURSE & GROUP AQUAFITNESS SPECIALTY TRAINING & CERTIFICATION COURSE - REGISTRATION FORM

June 24, 25, 26 2022 – Peterborough Sport & Wellness Centre

Name: _____ CALA Member # _____
 Address: _____ **Joining 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 + \$35 after June 10 2022 |
|--|------------------------|--|--------------------------------|
| Vertical Water Training Pre-Requisite Course & Group Aquafitness Specialty Training & Certification Course | Current CALA Member | Course Manual will be electronically transferred for you to print, 20shrs Training, Open-book Theory Exam, GAFA Assignment & GAF practical assessment | \$380 + tax |
| | Non-Member Joining Now | As above plus Membership for one year | \$439 + tax |
| Refresher VWT Course | Current member | Includes 8 CECs for repeating the Course | \$150 + tax |
| Note: For printed copies of the VWT & GAF manuals, add \$100 + tax to the fees listed | | | |

No refund for withdrawal. Register: Complete this form, then email to cala_aqua@mac.com

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for CALA VERTICAL WATER & GROUP AQUAFITNESS TRAINING

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

PAYMENT PLAN AVAILABLE – 3 payments May 15, May 30, June 10, 2022

CALA Certification Process: To be Scheduled via ZOOM platform

Step 1. Complete the Vertical Water Training 2.5-3 hour open-book Theory Exam

Exam Date: **To be scheduled, online via ZOOM. * VWT exam takes 2.5 hours to write**

Step 2. Complete the Group Aqua Fitness Course

Step 3. Complete the specific certification criteria for the CALA GAF Specialty

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