



## CALA HEALING WATERS AQUATIC POST REHABILITATION AQUA ARTHRITIS SPECIALTY TRAINING & CERTIFICATION COURSE March 31, April 1 & 2, 2023

**Live on-site only!** (No ZOOM or Independent Study option available)

The Healing Waters Program is designed to provide high quality, current, research-based training and certification in aquatic post rehabilitation designed for persons with Arthritis.

- Introduction to Aquatic Post-Rehabilitation
- Study of Osteoarthritis, Rheumatoid Arthritis, Ankylosing Spondylitis and Fibromyalgia Syndrome
- Aquatic Exercise Recommendations to improve, physical, intellectual and emotional wellbeing of participants with Arthritis and hip and knee replacements associated with Arthritis.

**PRE-REQUISITE:** [CALA Foundations of Vertical Water Training Course](#) (live or Independent Study) or [Completion of a Letter of Acceptance to Bypass the VWT Course](#)

**WHERE:** Comox Valley Sports Centre, 3001 Vanier Drive, Courtenay, BC., V9N 5Y2

**WHO:** Charlene Kopansky, CALA Founder & President and Katherine McKeown, CALA Master Trainer

**WHEN: PST time** Fri Mar 31 4pm – 8pm (includes 1 pool session)  
Sat Apr 1 **and** Sun Apr 2 9am - 5pm (includes 2 pool sessions)

**PRICE:** CALA Members: \$550 + provincial tax **Add \$35 + tax after March 14, 2023**  
If repeating the CALA Healing Waters Course, earn 8 CALA CECs: \$150 + tax

You will receive a digital copy of the HW Resources & HW Assignment & Practical Assessment templates.  
Add \$150 + shipping + tax to receive the printed copy of the HW Resources

**No refund** for withdrawal from the course.

**To register, Email the completed registration form (see next page) to:** [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

### Completing Certification in the Healing Waters Specialty

1. HW Open book theory exam writing: Available in person or ZOOM
2. HW Assignment Submission on or before June 30, 2023
3. HW Practical Assessment: on ZOOM or live at the facility or video submission.

**Accreditation:** Earn 8 CALA CECs. Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

# CALA HEALING WATERS AQUA ARTHRITIS SPECIALTY COURSE - REGISTRATION FORM

**Live only - Fri March 31, Sat April 1 & Sun April 2, 2023, Courtenay, BC**

(No ZOOM or Independent Study option available)

**Note:** All City of Comox Staff registrants. Please add Comox Staff beside your name on this form and email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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 <b>+ \$35 after Mar 7, 2023</b>
HEALING WATERS Aqua Arthritis Specialty Training & Certification Course	Current CALA Member	Course HW RESOURCES will be <b>electronically transferred</b> for you to print, 20hrs Training, HW multiple choice open book exam, Assignment & Assessment	\$550 + tax
Refresher HW Course	Current member	Includes 8 CECs for repeating the HW Course	\$150 + tax

**Note: if you want CALA to mail a printed copy of the HW manual & resources mailed to you, add \$150 + Shipping + tax to the fees listed**

**No refund** for withdrawal from the course. Complete this form & email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_ **PAYMENT: CALA accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**WAIVER AGREEMENT** Please check  that you agree to the following **WAIVER** for the **HEALING WATERS Aqua Arthritis Specialty Training & Certification Course**

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.

**PAYMENT PLAN AVAILABLE – 3 payments date Email CALA to arrange payment plan.**

## CALA Certification Process

- Step 1. Complete the Healing Waters 1 hour open-book multiple choice theory exam)
- Step 2. Complete the HW Course
- Step 3. Complete and submit the HW Assignment & case study (30-minute mini-class plan)
- Step 4. Book a HW Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

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

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