



CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE THE KOPANSKY METHOD

Tues. Jan 23, 30, Feb 6, 13, 20 + Exam Writing Feb 27, 2018

Hosted at the South Common Community Centre, Mississauga, ON.

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 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 includes the essential tools necessary to design and lead safe, effective, holistic vertical water training group classes; one on one sessions; water running classes; aqua kick box sessions and other programs in both chest deep and deep classes with bottom contact and in a suspended position.
- ✓ 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 Fitness Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations

WHERE: South Common Community Centre, 2233 South Millway, Mississauga, ON L5L 3H7
For directions & facility info visit Mississauga.ca/recreation
Course Contact for more information: CALA office: 416-751-9823 or email: cala_aqua@mac.com

WHEN: **Tuesday Evenings:** Jan 23rd, 30th, Feb 6th, 13th, and 20th plus Feb 27th, 2018

AGENDA: 6pm – 10pm includes active theory & active pool time: 7:30pm – 10:00pm

WHAT: [The Vertical Water Training Course](#) is a **PREREQUISITE** for all other **CALA SPECIALTY COURSES** including but not limited to: Group Aqua Fitness, Aqua Kick Box, Aqua Yoga, Aqua Running and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty, HydroRider.

THEORY EXAM: **VWT &/or HW Theory exam writing opportunity**
Tues Feb 27th 6pm-9pm : at the South Common Community Centre.
YOU MUST REGISTER through the CALA office to book an exam writing space.
Your CALA membership must be current.

REGISTRATION INFORMATION

Course and Location Details for City of Mississauga Jan-Feb 2018

DIRECTIONS: 'Google' directions to South Common Community Centre, 2233 South Millway, Mississauga, ON L5L 3H7

LUNCH/FOOD: It is recommended to bring food and refreshments to the course. There is no access to a kitchen on site.

REMINDERS: **Remember** to bring: More than one swimsuit/towel, a combination lock/key lock for our daily use lockers, comfortable clothing that allows for movement, layers of clothing, your water bottle, pens, pencils, highlighters, and anything else to assist you with your learning process.

REGISTER: In-Person: Front desk of any community centre in City of Mississauga Visa, MasterCard or cheque
On-line: Use credit card: Visa or MasterCard using the following link search CALA for your course:

<https://activemississauga.ca/>

Enter the word CALA or Bar Code: 751819

NOTE: On line registration, fee includes CALA membership fee and cost of materials and exams
REGISTRATION PACKAGES: Add \$10 + tax if you are not a resident of City of Mississauga

VWT Pre-requisite Course + CALA Membership <u>Breakdown:</u> VWT Course = \$ 334.89 + 13% tax CALA Membership = \$59.00 + 13% tax Total = \$445.10 includes tax	VWT Pre-requisite Course Already CALA Member Please contact CALA directly The online course fee has the membership fee included in the total registration price.
Note: This course is run in partnership with City of Mississauga.	

REFRESHER COURSE REGISTRATION

JOINING CALA MEMBERSHIP: compulsory Refresher: VWT Course, 12 CECs	
<u>Breakdown for Refresher Course:</u>	
VWT Course (REFRESHER) = \$175.00+ 13% tax	
<u>Membership fees:</u>	
CALA Membership (if expired) = \$59.00 + 13% tax	
CALA membership (if current) = \$00.00	
Total with membership added	= \$264.62 includes tax
Total if membership is already current	= \$197.75 includes tax

NOTE: If you have pre-purchased the VWT manual before taking your first VWT Course, you will receive a refund from CALA Inc. After you have attended the VWT course, you MUST email the paid receipt you received from City of Mississauga to CALA, in order to receive your course manual refund from CALA.

IMPORTANT: Email the paid receipt (that you received from City of Mississauga) for the VWT course to cala_aqua@mac.com

CALA will mail a VWT manual to you! It is imperative that you read the manual to prepare yourself for the training experience.

If you have any questions, please contact CALA, 416-751-9823 or cala_aqua@mac.com