



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

Online Independent Learning – Listen & watch the recordings

Description: 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: Online, listen to 20 hours of ZOOM recordings – accessed through a private CALA facebook group

WHO: CALA Master Trainer, Katherine McKeown

WHEN: Online independent study – view recordings at your leisure

CECs: Earn 12 CALA CECs if you are repeating this course. Earn canfitpro CECs by completing this course and earn CECs with other provincial and national organizations.

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax (includes 1 year CALA Membership)

Two ways to register: Add \$45 for shipping the printed copy of the VWT manual

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

Exam Writing Date to be determined by CALA: via ZOOM. * VWT exam takes 2.5 hrs to write

The VWT Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty, Liquid Barre.

ONLINE INDEPENDENT LEARNING CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE REGISTRATION FORM

Name: _____ CALA Member # _____

Address: _____ **Joining Now** cost is tax included in fees below (\$59+tx)

City: _____ Home Tel. #: _____

Province: _____

Postal: _____ Work Tel. #: _____

Email: _____ Cell Phone #: _____

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 12 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 \$45 + tax to the fees listed			

No refund for withdrawal from the course. When you register, you will be emailed an invoice.

Accepting e-transfer only to cala_aqua@mac.com

E-Transfer Amount Paid: \$ _____ (See above for correct fee option)

Date _____

Signature _____

To register: Call CALA 416-751-9823 or email to cala_aqua@mac.com

CALA Certification Process: To be Scheduled via ZOOM platform

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
Exam Date: **To be confirmed with CALA office and the associated trainer**

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

CECs: Earn 12 CALA CECs if you are repeating this course. Earn canfitpro CECs by completing this course and earn CECs with other provincial and national organizations.

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