

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

ZOOM Online Learning

February 20, 21 & March 6, 7 & 20, 2021



Hosted on ZOOM  zoom

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, using the ZOOM platform, in your home or home office

WHO: CALA Trainer: Katherine McKeown

WHEN: Sat Feb 20, 1pm – 5pm, Sun Feb 21, 1pm – 5pm (EST Canada & USA)
Sat Mar 6, 1pm – 5pm, Sun Mar 7, 1pm – 5pm (EST Canada & USA)
Sat Mar 20, 1pm – 5pm, (EST Canada & USA)

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax

Add \$45 + tax for shipping the printed copy of the VWT manual

The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

Two ways to register:

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

Exam Writing Date: Wed March 24, 2020, 6pm – 9pm online via ZOOM. * VWT exam takes 2.5 hrs to write

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM
ZOOM Online Learning
Feb. 20, 21 & Mar. 6, 7 & 20th, 2021

Name: _____ CALA Member # _____
 Address: _____ Joining CALA now, Add \$59 + tax)
 City: _____ Home Tel. #: _____
 Province: _____ Work Tel. #: _____
 Postal: _____ Cell Phone #: _____
 Email: 1 _____ Email: 2 _____

Course Option	Membership Status	Includes	Fees Add \$35 after Feb 13, 2021
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 on March 24, 2021	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam scheduled on March 24, 2021 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.

PAYMENT: CALA only accepts E-transfer to cala_aqua@mac.com or direct deposit

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

Signature _____

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

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

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: **Wed March 24, 2021, 6pm – 9pm online via ZOOM. * VWT exam takes 2.5 hrs to write**
- Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)
- Step 3. Complete the certification criteria for the CALA Specialty completed

PAYMENT PLAN AVAILABLE – 3 payments completed on or before February 15, 2021