



## CALA FOUNDATIONS OF VERTICAL WATER TRAINING - THE KOPANSKY METHOD

**Hosted by Huron Park Pool, 830 Paisley Blvd. Mississauga, Ontario  
Registration Through City of Mississauga - BAR CODE # 568062**

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 pre-requisite vertical water training course sets the stage for leaders, coaches, rehab 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. CALA uses a holistic approach that 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
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, 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 (Fitness Wales, Royal Events: Germany, University of Stellenbosch, South Africa), national (CanFitPro, YWCA) and provincial (BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

**WHERE:** Huron Park Pool, 830 Paisley Blvd., Mississauga, ON. L5C 3P5  
For directions & facility info, Marni Hill: 905 615 4820 X 2450; [marni.hill@mississauga.ca](mailto:marni.hill@mississauga.ca)

**WHEN:** Friday April 20, 2012                      5:00pm - 9:00pm  
Saturday April 21, 2012                      9:00am - 6:30pm  
Sunday April 22, 2012                      10:00am – 6:30pm

**CALA Educational Events are eligible for:  
Credits towards LSS (Lifesaving Society)  
Instructor Recertification-Professional  
Development!**

**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 for Older Adults, Aqua Natal, Aqua Running and Healing Waters: Aquatic Post Rehabilitation (Aqua Arthritis)**

**TO REGISTER:** Registration begins February, 2012. Go online: [www.mississauga.ca/CONNECT2Rec](http://www.mississauga.ca/CONNECT2Rec) to set up account or go to any City of Mississauga Rec. Ctr. for a registration form or contact Marni Hill (see details above)

Course	Includes	Fees	
		Regular Rates	City of Miss. Staff
<b>CALA Foundations of Vertical Water Training – The Kopansky Method</b>	Course Manual, 24 hrs Training (pool / lecture), Membership, Open Book Theory Exam	\$361.48 plus applicable taxes	See your supervisor for staff rates

**Special Note Regarding Fees: Membership with CALA is included in this course fee.** If you are a current member of CALA and you register for the CALA Foundations of Vertical Water Training – The Kopansky Method course, you may be entitled to a rebate of approximately \$50.00 from CALA or an extension of your annual membership. Contact CALA for details: 1-888-751-9823 or 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)