



## CALA Training and Certification Pathway:

### (i) Healthy & Functioning Participants: Regular Programs

### (ii) Post Rehab & Unhealthy or Low Functioning Participants: Healing Waters Programs

#### (i) Healthy Functioning – Regular Programs

**CALA Foundations of Vertical Water Training: The Charlene Kopansky Method**

**20 hours – Pre-Requisite VWT Course:**

**Includes Active Theory and Practical Application through Experiential Learning**

**Choose one of more of the following CALA Specialty Certifications: 16 – 20 hours each**

Group Aquafit	Water Run	Aqua Kick Box	Aqua Pre/Post Natal	HydroRider	Aqua for Older Adults	Aqua Personal Training	Aqua Yoga: Linear ME***
GAF	WR	AKBOX	APPN	HYDRO	AOA	APT	AYogaLinear

**Certification Requirements for each Specialty: Must complete VWT open book theory exam**

**Assignment (Class Plan) + 30 minute practical assessment (including all aspects of a session)**

**\*\*\* Aqua Yoga – Unique Theory / Practical Assessments**

#### (ii) Post Rehab & Unhealthy or Low Functioning Participants: Healing Waters Programs

**CALA Foundations of Vertical Water Training: The Charlene Kopansky Method**

**20 – 24 hours – Pre-Requisite VWT Course:**

**Includes Active Theory and Practical Application through Experiential Learning**

**CALA Introduction to Healing Waters:**

**16 hours – Pre-Requisite HW-INTRO Course:**

**Includes Active Theory and Practical Application through Experiential Learning**

**Choose one of more of the following CALA Healing Waters:**

**Specialty Certifications 8 – 20 hours each**

**Note: The following Healing Waters Specialty Certification Courses are under consideration**

Healing Waters: Aqua Arthritis and Joint Disorders (AA)	Healing Waters: HydroRider (HW:HYDRO)*	Healing Waters: Personal Training (HW:APT)*	Healing Waters: Low Back Pain (HW:LBP)*	Healing Waters: Falls Prevention (HW:FALLS)*
---	--	---	---	--

**Under consideration: Researching and Developing \***

**Specialties under consideration:**

• Cardiovascular Diseases • Pulmonary Diseases • Metabolic Diseases • Immunological and Hematological Disorders • Orthopedic Diseases and Disabilities • Neuromuscular Disorders • Cognitive, Psychological and Sensory Disorders

All Rights Reserved. Copyright to CALA Inc and Charlene Kopansky, 2012