

Group Aquafit Training and Certification (GAF)

“The Charlene Kopansky Method”



Group Aqua Fitness Specialty Training and Certification

The Charlene Kopansky Method

The Canadian Aquafitness Leaders Alliance Inc.

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Message from Charlene Kopansky



Founder and President of the Canadian Aquafitness Leaders Alliance Inc. (CALA, 1993)

The resurgence of vertical water training as a viable means of enhancing quality of life is exciting and encouraging. People are filling classes and personal training sessions and enjoying the challenges and rewards of the water training experience. The Canadian Aquafitness Leaders Alliance Inc. was founded in 1993 to meet the increasing demand for the establishment of standards and high-quality leadership in aqua fitness. Since its inception, the CALA organization has continued to be proactive and professional in its approach to exercising, cross-training, relaxing and rehabilitating in water. Our educational offerings are updated as research provides the insight for new permutations on the basic theme of ‘moving and healing while in water’.

This resource manual provides scientific principles related to vertical water training. By understanding the physics of aquatic movement, the physiology of immersion, and the dynamics of a holistic approach to participant interaction, CALA trained and certified leaders, coaches and health care providers develop the essential knowledge needed to branch into various areas of specialty.

CALA offers a diverse educational curriculum enabling a leader to become trained and / or certified in a number of specialized areas including but not limited to: aqua fitness, water running, aqua infused martial arts (centre of power: aqua kick box), aqua natal, aqua for healthy older adults, aqua personal training, aqua for kids, aqua sport specific training, aquatic post rehabilitation: aqua for arthritis and other joint disorders, aqua for back care, aqua for cancer, aqua for multiple sclerosis and many more.

Specialty certification courses prepare leaders who want to help others understand and appreciate the joy and the benefits of movement in water. At CALA we recognize that not everyone wants to be a ‘group aqua fitness’ leader nor is everyone comfortable instructing clients with a medical condition. For this reason, we have separated the Foundations of Vertical Water Training: “The Charlene Kopansky Method” from the Specialties that stem from this pre-requisite training. This shift began gradually in 2006 in Canada. In South Africa, at the University of Stellenbosch, Sports Science Dept., this method of training the Bio-Kinetics and Sports Science students was initiated in 2000.

The CALA organization seeks to enhance leadership in vertical water training through our comprehensive manuals, intensive training courses, convenient tele-classes, informative workshops, energetic conventions and high-quality certification processes. This manual recognizes the diversity of CALA course participants seeking training and certification. You may be a coach, aspiring group aqua fitness leader, specialist in aquatic post rehab, water running instructor, personal trainer, teacher and/or aqua participant. Throughout this manual, a variety of terminology and examples from an array of disciplines will be used to illustrate key concepts.

CALA course design and materials are interactive, requiring course participants to take responsibility for their own learning. You are expected to be actively involved in the learning process. The CALA training team will provide opportunities for theoretical concepts to be experienced and applied to real life situations. Our trainers and this resource will help you to develop and fine tune your existing proficiencies as well as

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introduce you to new concepts and skills. You will be expected to practice and apply what you have learned in this course in order to prepare for theoretical and practical certification exams.

In the spirit of celebrating the growth of every individual and the collective group, I wish you a most successful and enlightening experience.

*“Feel the joy of movement, allow your mind to discover,
your body to move and your spirit to soar.”*

“Tell me.... I will forget. Show me... I may remember. Involve me... and I understand!”

Charlene Kopansky

Canadian Aquafitness Leaders Alliance Inc. (CALA)



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Steps to Achieving CALA Certification(s)

Step 1: Pre-requisite: Vertical Water (VWT)

Step 2: Complete Group Aquafit Training (GAF) Certification

Step 3: Select other CALA Specialty Training and Certification

Select 1 or more CALA Specialty Certification

- CALA Ai Chi
- CALA Aqua Pre/Post Natal
- CALA Aqua Healing Waters
- CALA Liquid Barré
- CALA Aqua Running/Jogging
- CALA HydroRider
- CALA Aqua Cardio Kick Box
- CALA Aqua Infused Yoga
- CALA Aqua Cardio Kickbox
- CALA Aqua Matt
- CALA Water Running
- CALA Hydro Rider

Description

This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic aquafitness classes and programs. The course content meets the needs of experienced aquafitness leaders as well as lifeguards, aerobic instructors, personal trainers, coaches, participants and aspiring leaders; and exceeds the Provincial and Federal Guidelines and Standards. This course is a BCRPA approved course, and is recognized by selected YMCA and YWCA facilities and Canadian Universities and Colleges. The course is accredited by many other international, national and provincial fitness organizations.

On the international scene, the course is available in Germany through "LEAD" and in South Africa through the South African Division of CALA which is housed at the University of Stellenbosch, Sports Science Department.

The course manual is currently available in both French and English. You are welcome to purchase the manual prior to registering for the course. If you do so, the cost of the manual will be deducted from the cost of the course.



Foundation Course: Group Aqua Fitness

Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. The complete "Foundation course: Adding Group Aqua Fitness to the learning experience provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process.

It is highly recommended that course participants complete both Vertical Water Training and Group Aqua Fitness course. This includes 40+ hours of applied theoretical and practical training. In special cases, when a candidate is at a very high level of competency with respect to fitness leadership experience and has a strong knowledge base (understands applied anatomy and physiology) there is the option of attending Vertical Water Training of the course only.

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This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic aquafitness classes. The course content meets the needs of experienced aquafitness leaders as well as lifeguards, aerobic instructors, personal trainers, coaches, participants and aspiring leaders; and exceeds the Provincial and Federal Guidelines and Standards. Learn how to Put a Class Together, Move to Music, Implement an Anatomical Approach to Safe Aquatic Exercise Design, Understand the Aquatic Physiological effects of Immersion and Cultivate Positive Synergistic Energy between Leader and Participant.

Course Content

(Note: The content listed below is a continuation of the content listed for Vertical Water Training)

Putting The Class Together

- Factors contributing to health and wellness
- Promoting the concepts of Active Living
- The components of fitness - principles of training: applied to water
- More practice creating and leading aquatic exercises
- More practice designing and leading movements specific to each class segment
- More coaching and refinement of leadership skills from a qualified CALA trainer and/or mentor

Moving To Music

- Elements of music: rhythm, including tempo, meter, phrasing, melody and mood
- Practice using beat and phrase while designing and leading aquafitness routines to music

An Anatomical Approach To Safe Aquatic Exercise Design

- Anatomical terminology
- Joint and muscle actions: applied to water
- More aquatic exercise analysis: prime movers and stabilizers for CALA moves
- Review of safety issues
- Practice designing and leading aquafitness exercises with specific muscle focus, joint action focus: teaching how to put the 'mind into the muscle'

The Aquatic Physiological Perspective

- Cardiovascular, respiratory and metabolic systems applied to water
- Effects of immersion on the cardiovascular system with respect to training heart rate
- Effects of immersion on the respiratory system with respect to lung capacity
- Basic nutrition

Pre-requisites

- You must be a current member of CALA to participate in this educational opportunity.
- Have completed the Vertical Water Training (VWT) but you do not need to have written and passed the VWT Open-Book Theory exam to participate or you have been approved to Bypass the VWT Course.



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Target Audience

- Fitness participant with a desire to learn more to enhance personal exercise results
- Lifeguard and/or swimming instructor
- Rehabilitation and post-rehabilitation specialist
- Group fitness instructor
- Personal trainer
- Water-lover; enjoys working with people
- Job seeker; part time job or career change
- Retiree who has the time and commitment to get fit and possibly lead others

Duration

- Group Aquafitness Water Training and Certification is a total of 20 hours
- A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- Vertical Water Training may be offered in various configurations. It might be on one full weekend if the training is on-site with combination of practical (pool) and theory (classroom). If delivered on ZOOM it might be 5-4-hour sessions (with no practical in the pool)
- Some facilities choose to schedule the course differently depending on availability of the pool and classroom (some courses might be Hybrid (part on ZOOM and part on-site))



Recommendations

- To fully benefit from this learning experience, arrive with lots of enthusiasm, a desire to learn and an open mind.
- Keen interest in aquafitness
- Willingness to learn through practice and study before, during and after the course
- Eagerness to achieve a high standard of leadership in aquafitness
- Openness to learning and embracing new information
- CPR and First Aid are highly recommended (required to obtain an Aquafit Instructor position)

Registering for the GAF Training and Certification

You have 2 ways to take the GAF course:

1. Independent Learning – recordings of a ZOOM GAF course. Do it at your own pace on your own time. Download the [registration form](#) (link for Independent Learning). Registration Form and return it to the CALA office. You will receive a link to a private Facebook group for the learning you registered for. You will have 3 months access to the recordings. An extension of 3 months is available for a fee. You will be required to complete all the assessment requirement: a 30 minute class plan based on the CALA class template and present a 30 minute class as per the CALA class template (in front of a CALA Assessor, by recording a video of you teaching the class, or by presenting to the CALA Assessor through ZOOM.)

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2. Live – check the [CALA Scheduled Events webpage](#) for an on-site or hybrid GAF course. Download the [registration form](#) (link for Independent Learning). Complete the Registration Form and return it to the CALA office. You will be required to complete the 30-minute class plan based on the CALA Class Plan Template and create and present a live 30-minute practical assessment (through teaching live class in front of assessor, recording yourself and submitting the recording to CALA or through ZOOM meeting with a CALA)

Accommodations

If you require accommodations, please advise CALA at time of course registration and/or assessment registration.

Waiver

Upon registration you will be asked to sign a CALA Waiver confirming that you have read and agree to the CALA waiver for the GAF Training and Certification Course.

Fees

| | |
|--------------|---|
| Early Bird: | CALA Members: \$280 + tax (Includes 1 year membership) |
| Regular Fee: | Add \$35 after specified date |
| CALA Members | *Refresher course: \$150 + tax |
| Early Bird: | Non-Member Renewing Now: \$339 + tax (includes 1 year membership) |
| Regular Fee: | Add \$35 after specified date) |



You will receive a digital copy of the GAF manual & GAF Assignment & Assessment template. Add \$35 + tax for shipping the printed copy of the GAF manual.

- The Live On-Site Registration Forms are available on the [CALA Scheduled Events webpage](#) or for Independent Learning [download Registration Form](#)
- Prices are subject to change without notice. Current prices supersede the above prices.
- Add \$45 for shipping a printed copy of the VWT manual
- No refund for withdrawal from the course.
- PAYMENT ONLY BY: E-transfer to cala_aqua@mac.com
- PAYMENT PLAN AVAILABLE – 3 payments – timeframe to be determined by CALA

Manual

- The comprehensive CALA Manual used in this "Group Aquafitness Course" is available for purchase without attending the course.
- If you purchase the manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee.
- The Manual will be We-Transfer to you upon registration. You will have 1 week to download the manual before the link expires.
- You may also request a hard copy be sent to you for an additional cost of \$45+tax for shipping a printed copy of the VWT manual

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Certification Assessment Process

- You will complete a 30 minute class plan based on the CALA Class Plan Template
- You are required to present a 30 minute Aquafit class. You have 3 choices how you do your practical class presentation: during a schedule CALA live assessment date, through ZOOM with an Assessor or by recording yourself presenting the class
- You are encouraged to complete all assessment criteria as soon as possible after the training. You have one year to complete your certifications requirements. Check the CALA Schedule Events webpage for scheduled Assessment dates.
- If you took the training in person and need to review the material, you may contact CALA to register for the Independent Learning
- If you take the GAF training through Independent Learning, you will have access to the recordings for 3 months from the date of registration.
- Accommodations will be made if CALA is advised of your requirements at time of registration.
- You must pass both the class plan and practical assessment to receive certification.
- You will be provided with a sample lesson plan to help you build your lesson plan. You are to use the sample lesson plan as a guide. No part of the sample lesson plan is to be used create your lesson plan



Re-write or Re-assessment

- If unsuccessful, re-submit the assignment or re-do the practical assessment for a nominal fee
- You will need to rebook a Practical assessment with CALA and present your 30-minute mini class. If you submitted a recording, you will be asked to re-record your 30-minute mini class.

Earn CECs

- If you are taking the GAF training as a refresher or for the first time, you will be granted 8 CALA CECs.

Recertification

- To maintain certification status as an aquafitness leader you must meet the following criteria:
 - Current CALA member, in good standing
 - Gather a minimum of eight CALA CEC's before re-certification date
 - Pay an annual re-certification fee.
- To earn CECs: Attend CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course, will entitle you to earn Continuing Education Credits (CECs). For workshops you earn one hour of education (theory and/or practical) earns one CALA CEC. For

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example: attend a three-hour Aqua Choreography workshop, earn three CALA CECs. All certification courses are worth 8 CALA CECs.

Petitioning for CECs

You may petition to have CECs granted for non-CALA training. Maximum 2 petitioned CECs each year.

Note: In the event that the necessary number of credits are not collected before the certification expiry date, the candidate can petition for credits. This means, CALA will review documentation submitted by the candidate that proves attendance at educational events that enhance fitness knowledge and leadership skills. There is a petition fee applicable. Refer to the fee schedule

Maintaining Certification Status: Made Easy!

Note: At CALA, we make it easy to maintain certification status as an aquafitness leader. Leaders can "bank" or accumulate CALA CECs before attending the Foundation Course, or completing certification. If more than eight credits are collected, CALA will bump the extra credits into the next re-certification period.

Testimonials

Dear CALA

The GAF Certification Course provided me with an in-depth understanding of the work required to design and effective class that worked the complete body while following the Holistic Approach to Aquafitness (Mind, Body, Spirit). I will always keep in mind the 4 phases of a class when developing all of my classes regardless of the type of class. I will continue to educate my participants on the phases of the class and the benefit of each exercise. They will learn the muscles and joints used during each exercise. Correct form will always be the main focus.



Hi Charlene

I have been an Aquafit participant for many years before deciding to become an instructor. Taking your GAF Certification opened my eyes to the amount of work that goes on behind before the instructor leads the class. I had never seen nor experienced a class the way you teach. Many of the classes I attended were playing games, riding noodles or using equipment with limit instruction on proper form and use of equipment. I truly appreciate your methodology and I am sure it will set me apart from other instructors. Aquafit is not just moving and having fun in the water. It is a true total body workout that with healing affects. I like the way you encourage the instructor to know their participants so they can offer appropriate modifications and provide personal coaching and recognition. Previously I never experienced a class where the instructor did not use equipment. I learned my body is the only equipment I need until I am knowledgeable about my body and have the core strength to use equipment properly.

Hi Charlene and team of Trainers,

I will definitely take advantage of your Mentoring Program before and after my assessment. There is so much still to learn. I intend on attending CALA instructor lead classes. I also will be spending time viewing the videos of CALA lead conference sessions. The Trainer told me CALA gives you the knowledge and skill

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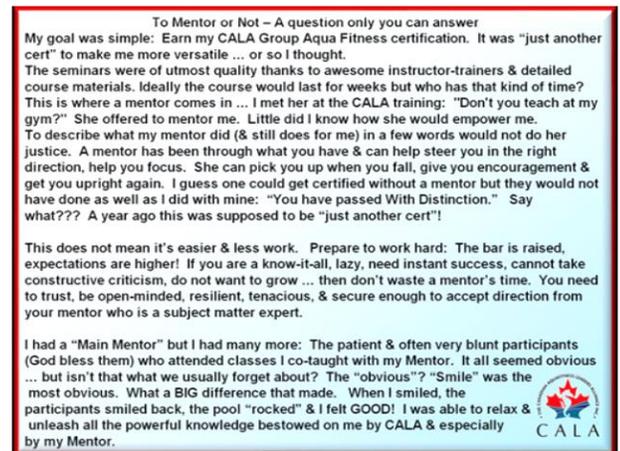
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to be a CALA Certified Aquafit Instructor but it is up to you to define your style so you stand out from other instructors. I know there is more for me to learn and it will take time to be a creative choreographer. I think it is a never-ending learning experience. I will be sticking to the basics for a while. Making small modifications to each movement and creating short choreography. Your Trainers are so professional and knowledgeable. They welcome your questions. If you don't ask you will never learn the answer. I cannot wait to attend a CALA Conference when I can network other instructors. Thank you for creating the CALA Instructor Facebook page for the instructors to network. Also want to say we are lucky to have the option of doing further training by attending live onsite or zoom sessions and also doing independent learning by viewing recordings of past zoom sessions.

CALA Apprentice Mentor Program

- CALA offers an Apprentice Mentor Program (CAMP) to assist new leaders in achieving certification upon completion of the course.
- The 'CAMP' program is not mandatory in order to achieve certification. However, CALA encourages leaders to take advantage of this excellent opportunity to further develop leadership skills and knowledge prior to engaging in the certification process.
- Contact CALA to discuss arranging a mentor cala_aqua@mac.com



Connect with other CALA Members

You are encouraged to join the [CALA Aquafit Instructors | Private Facebook Group](#). This group is a valuable resource for instructors. You will be able to share with fellow members, have your questions answered, read CALA messages and announcements, view or post recordings and stay in touch with what's happening at CALA.

Scheduled Events

CALA offers training through 3 options. Virtual (ZOOM), In-person on-site, Hybrid (ZOOM and in-person combination) and Independent Learning (ZOOM recordings delivered through private Facebook Group).

CALA regularly updates the [Scheduled Events webpage](#) and document. You will be able to download a new copy of the [Scheduled Events \(pdf\)](#) whenever you need one. Both the [Scheduled Events webpage](#) and [Scheduled Events \(pdf\)](#) will have a link to the registration form for each course. If you do not see the training you are interested in, please contact CALA to be placed on a waitlist or inquire when the next scheduled VWT course will be offered.

Hosting a CALA Event

Consider [Hosting](#) a CALA training session at your facility. You could have an in-house private session or invite the public to register to help offset the cost.

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If you did not find a current offering for the course, specialty or workshop that you are interested in, on www.calainc.org, why not consider hosting the event at your facility. The new CALA Host Affiliate Model provides all the information and assistance you need to make your event successful.

What To Bring to Training

Attendees taking the course with the goal to lead classes will need the following:

All attendees taking the course will need the following:

- Wear proper Aquafitness shoes (The "RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts or yoga type pants to wear over a swimsuit (no short shorts- thighs should be covered), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice
- On-site bring a couple of swimsuits and towels
- On-site bring a water bottle along with lunch and snack breaks (there may not be vending machines or food facilities close to the facility nor will there be time to go out of the facility)
- On-site bring shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- ZOOM and on-site bring writing materials to take notes
- On-site bring a lock to secure valuables (some sights may require coins to lock the lockers)
- On-site bring details about any medical information that may be required in case of a medical emergency (keep with your personal belongings and make sure someone knows where your belongings are located should there be an emergency)
- Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.



Code of Conduct

You be asked to read and agree to the CALA Code of Conduct. You are expected to be professional at all times while acting as a CALA Certified Instructor.

Contact CALA – Social Media and E-mail



Facebook Business Page is where to go to find upcoming courses, workshops, tools and resources for organizing and hosting events and so much more... <http://ow.ly/J3R750uHXal>



Facebook Groups are closed groups especially designed for CALA trained and certified instructors.



Instagram will give you some really fun behind the scenes photos and videos, live video chats and the video WaveLink Editions too. You may even find some great giveaways here.

Follow us <https://www.instagram.com/calaincorg/?hl=en>



Twitter is all about staying current with CALA news. Short little insights and fun facts will ripple through this feed. Follow us here: https://twitter.com/CALA_Waves

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LinkedIn Business Page is a great place to go to find some free resources and up to date information on courses, workshops and what is in production. Stay connected here: <https://www.linkedin.com/company/39785213/>



Blog <https://calaincorg.blogspot.com/>



Utube <https://www.youtube.com/channel/UC62hO2rv48H700RcLwMaRmq>

Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky
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INTERNATIONALLY RECOGNIZED AQUAFIT SPECIALTY CERTIFICATIONS
Through virtual (zoom), live (on-site) and Independent Study
Water Running, Kick Box, Aquafitness, Ai Chi, Pre-Post Natal,
Liquid Barré, Fluid Floor: Aqua Matt, HydroRider and Healing Waters:
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