

# CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite **Intensive Fast Track VWT** Course The Charlene Kopansky Method



**Saturday, December 10, 2022 from 1pm – 9pm**  
**Tansley Woods Community Ctr, Burlington, ON.**

[www.calainc.org](http://www.calainc.org)

Live Learning On-Site 

**Earn CECs with** canfitpro, BCRPA, SPRA, CFES, NBFA. If repeating the course earn 8 CALA CECs. AFLCA Certified, [AFLCA CEC Petition Application forms](#)

**DESCRIPTION:** Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. **This intensive fast track course is appropriate for experienced leaders** and sets the stage for leaders, coaches, post rehabilitation specialists, and personal trainers to learn how to use water effectively in the design and the delivery of safe, and innovative water training sessions. This 8 hour course is based on practical application of evidence-based theory using an integrative approach to learning. An international, Canadian based company, recognized as the gold standard in vertical water training encourages the body to move, the mind to discover and the spirit to soar. Experience motivating, research-based programs in deep and chest deep water designed to meet the diverse needs of community members from frail to fit, and old to young.

**WHERE:** Tansley Woods Community Centre, 1996 Itabashi Way, Burlington, ON L7M 4J8  
Host: Meagan Laking: Ph: 905-332-1996 ext 6256; [meagan.laking@burlington.ca](mailto:meagan.laking@burlington.ca)

**WHEN (EST):** Saturday, December 10, 2022 from 1pm – 9pm

**PRICE:** CALA Member: \$280 + tax Non-Member: \$339 + tax (includes membership fees)

**Add \$35 after Nov. 30, 2022**

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

**Two ways to register for non-City of Burlington Staff**

- 1) **Call CALA 416-751-9823**
- 2) **email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**City of Burlington Staff**

- 1) **Add City of Burlington Staff beside your name on registration form below then email the form to [meagan.laking@burlington.ca](mailto:meagan.laking@burlington.ca) & to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**The Vertical Water Training Course is a Pre-requisite for all CALA Specialty Training and Certification Courses** including Group Aqua Fitness, Aqua Yoga, Aqua Kick Bo, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

**WWT Exam Writing (2.5-3 hrs) Date: Offered online via ZOOM or In person TBC**

**CALA VERTICAL WATER TRAINING INTENSIVE FAST TRACK COURSE –  
REGISTRATION FORM ON DECEMBER 10, 2022**  
Tansley Woods Community Centre, Burlington, ON.

Name: \_\_\_\_\_ CALA Member # \_\_\_\_\_  
 Address: \_\_\_\_\_ **Joining Now** cost is tax included in fees below (\$59+tx)  
 City: \_\_\_\_\_ Home Tel. #: \_\_\_\_\_  
 Province: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
 Postal: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_  
 Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

Course Option	Membership Status	Includes	Fees + \$35 after Nov. 30 2022
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual will be <b>electronically transferred</b> for you to print, 20hrs Training, Open-book Theory Exam date to be scheduled	\$280 + tax
	Non-Member Joining Now	Course Manual will be electronically transferred for you to print, 20hrs Training, Open-book Theory Exam to be scheduled plus Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 8 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.**

**To register: Complete this form, then email to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**PAYMENT: CALA accepts EFT and e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Amount Paid: \$ \_\_\_\_\_

**WAIVER AGREEMENT for CALA VERTICAL WATER TRAINING. – Intensive Fast Track One Day VWT**  
**Please check ✓ that you agree to the following WAIVER. (Required to register for this training)**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

**EXPRESS registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**You can also use the Adobe Acrobat “Fill and Sign” feature to complete the form**

**PAYMENT PLAN AVAILABLE – 3 payments date Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to make arrangements**

**CALA Certification Process: To be Scheduled via ZOOM platform & in person at a host facility**

Step 1. Complete the Vertical Water Training 2.5-3 hour open-book Theory Exam

Exam Date: **To be scheduled, online via ZOOM. \* VWT exam takes 2.5 hours to write**

Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)

Step 3. Complete the specific certification criteria for the CALA Specialty

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*