

CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE

The Charlene Kopansky Method



July 7, 8, 9, 2023

Dovercourt Recreation Centre, Ottawa, ON

Live Learning On-Site 

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

Experience top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. This course 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. The 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, old to young, experienced to inexperienced.

WHERE: Dovercourt Recreation Centre, 411 Dovercourt Ave.
Ottawa, ON., K2A 0S9 Ph: 613-798-8950

WHO: CALA Trainer: Kristin Murphy

WHEN: **Fri July 7 6pm – 9pm (EST Can & USA)**
Sat July 8 10:30am – 7:30pm (EST Can & USA)
Sun July 9 10am – 6:30pm (EST Can & USA)

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

Add \$35 for registrations received after June 30, 2023

Add \$55 + tax for shipping the printed copy of the VWT manual.

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.

Two ways to register:

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

VWT Exam Writing (2.5-3 hours) Date: TO BE CONFIRMED with CALA Office. Offered online via ZOOM.

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM

July 7, 8, 9 2023 – Ottawa, Dovercourt Recreation Centre

Please TYPE or PRINT in black ink

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 June 30 2023
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 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 \$55 + tax to the fees listed			

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

To register: Email completed registration form to cala_aqua@mac.com

WAIVER AGREEMENT: Please check that you agree to the following WAIVER.

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

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 to make arrangements

CALA Certification Process: To be Scheduled via ZOOM platform

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