

COMBINATION FOUNDATIONS OF VERTICAL WATER TRAINING and GROUP AQUAFITNESS SPECIALTY CERTIFICATION

THE CHARLENE KOPANSKY METHOD



Vertical Water Training (Prerequisite)

September 6th, 7th, 8th 2024

and

Group Aquafitness (Specialty Certification)

October 4th, 5th, 6th 2024

Live Learning On-Site at **Vivo, Calgary, AB.** 11950 Country Village Link NE, Calgary, AB T3K 6E3

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

If repeating the Combo VWT-GAF course to refresh your knowledge, earn 16 CALA CECs.

Dive into excellence with the **Canadian Aquafitness Leaders Alliance's** comprehensive training.

- Recognized as the gold standard in vertical water training, these courses employ a holistic approach that engages body, mind, and spirit.
- Graduates emerge prepared to meet diverse community needs with research-based programs in both deep and chest-deep water.

The **Vertical Water Training prerequisite course** lays a solid foundation, teaching participants how to harness water's unique properties for optimal training results in chest deep and deep water.

The **Group Aquafitness Specialty course** hones leadership skills specific to aquatic group fitness settings in chest deep and deep water.

Master Trainer: Charlene Kopansky, CALA Founder & President.

WHEN: VWT – Fri. Sept 6th: 5:30pm – 9:30pm (Pool 8pm-9:30pm)

Sat. Sept 7th & Sun. Sept 8th 8:30am – 5:30pm (Pool 10:30am – 12pm & 4pm – 5:30pm)

GAF – Fri. Oct. 4th: 5:30pm – 9:30pm (Pool 8pm-9:30pm)

Sat. Oct. 5th: & Sun. Oct. 6th: 8:30am – 5:30pm (Pool 10:30am – 12pm & 4pm – 5:30pm)

CALA Members: \$560 + tax Add \$35 after August 31, 2024

Non-Member or Renewing Now: \$619 + tax Add \$35 after August 31st, 2024

*****Vivo Facility Staff:** Add Vivo Staff beside your name on registration form below then email to

Noelle Leblanc nleblanc@vivo.ca & to cala_aqua@mac.com

- You will receive a digital copy of the VWT & GAF manuals & GAF Assignment & Assessment templates, plus GAF resources.
- Add \$65 + tax for shipping the printed copy of the VWT manual.
- Add \$45 + tax for shipping the printed copy of the GAF manual.

TO BE A CALA CERTIFIED GROUP AQUAFITNESS SPECIALTY INSTRUCTOR:

- Pass VWT Exam (Online Open book, 50 Multiple choice questions) Can be written on ZOOM or in person
- GAF Assignment Submission (30-minute mini-class plan). Due date is December 31, 2024
- GAF Practical Assessment (30-minute demo of your mini-class). After passing the GAF assignment, you have three months to complete the GAF practical assessment. Final due date is March 31, 2025

CALA VWT & GAF TRAINING & CERTIFICATION - REGISTRATION FORM

VWT: September 6th, 7th, 8th 2024

GAF: October 4th, 5th, 6th 2024

LOCATION: Vivo, Calgary, Alberta

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	Membership Status	Includes	Fees + \$35 after Aug 31,2024
Vertical Water Training and Group Aquafitness Specialty Certification Course	Current CALA Member	VWT & GAF Manual will be electronically transferred for you to print, 20hrs Training each, Open book Exam for VWT, GAF Assignment & GAF Assessment.	\$560 + tax
	Non-Member Joining Now	VWT & GAF Manual will be electronically transferred for you to print, 20hrs Training each, VWT Open-book Theory Exam to be scheduled plus Membership for one year	\$619 + tax
Refresher VWT Course	Current member	Includes 8 CECs for repeating the VWT Course	\$150 + tax
Refresher GAF Course	Current member	Includes 8 CECs for repeating the GAF Course	\$150 + tax
<p>Note: To receive a printed copy of the VWT manual, add \$65 + tax to the fees listed above To receive a printed copy of the GAF manual to you, then add \$45 + tax to the fees listed</p>			

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

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

PAYMENT: e-transfer to cala_aqua@mac.com or cheques to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6

Amount Paid: \$ _____

WAIVER AGREEMENT for CALA Vertical Water Training & Group Aquafitness Specialty Training & Certification

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.

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

PAYMENT PLAN AVAILABLE – 3 payments date Email CALA to arrange this cala_aqua@mac.com

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 1.5 hour open-book Multiple Choice Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete and submit the GAF Assignment (30-minute mini-class plan)
- Step 4. Book a GAF Practical Assessment (submit a 30-minute video, or book an assessment on ZOOM)

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