

CALA FOUNDATIONS OF VERTICAL WATER TRAINING Prerequisite COURSE

The Charlene Kopansky Method



June 20, 21, 22, 2025 Burnhamthorpe CC

EARN CECs: canfitpro, AFLCA, BCRPA, SPRA, CFES, NBFA, NSFA
+ 8 CALA if repeating the VWT course

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 effectively use water to design and deliver safe, innovative water training sessions. The course is based on the 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, and experienced to inexperienced.

WHERE: Burnhamthorpe CC, Mississauga, ON

WHO: CALA Master Trainer – TBD
CALA Apprentice Trainer: Maria Medina

WHEN (EST):

Fri June 20: 5:00pm – 9:30pm includes **One Pool session**
Sat June 21: 9:30am – 5:30pm includes **Two Pool sessions**
Sun June 22: 9:00am – 5:30pm includes **Two Pool sessions**

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

Add \$35 after June 15, 2025
Add \$65 + tax for shipping the printed copy of the VWT manual.

Two ways to register for non-City of Mississauga Staff

- 1) Call CALA 416-751-9823
- 2) Email completed form to cala_aqua@mac.com

City of Mississauga Staff

- 1) Add City of Mississauga Staff beside your name on registration form below then email the form to mariajose.medinadiaz2@mississauga.ca & to 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 Box, Water Running, HydroRider, Liquid Barre, Fluid Floor-Aqua Matt and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis & Joint Disorders Specialty.

VWT Exam Writing Date: Offered online via ZOOM or in person at Burnhamthorpe CC: June 26, 6:30pm-8pm

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM

Fri June 20, Sat June 21 & Sun June 22, 2025

Burnhamthorpe CC, Mississauga, ON

Name: _____ CALA Member # _____
 Address: _____ Joining Now 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 15, 2025
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 \$65 + tax to the fees listed			

CECS: CALA members: Refresh training - Complementary CEC certificate will be issued upon submission of course evaluation.

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

CALA Certification Process: To be Scheduled via ZOOM platform or in person

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

Exam Date: [online via ZOOM](#).

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