

# CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE

The Charlene Kopansky Method



## June 23, 24, 25, 2025

at Elevation Place, Canmore, AB

**Earn CECs with** canfitpro, BCRPA, SPRA, CFES, NBFA, NSFA. If repeating the course earn 8CALA CECs. 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 delivery of safe, and 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, experienced and inexperienced.

**WHO:** CALA Trainers: Charlene Kopansky and Kim Leong

**WHEN:** June 23 (Monday) 8:00 am – 4:00 pm  
June 24 (Tuesday) 8:00 am – 4:00 pm  
June 25 (Wednesday) 8:00 am – 12:00 pm

**PRICE:** CALA Members: \$280 + 5% tax Non-Members: \$339 + 5% tax

**Add \$35 for registrations received after June 8, 2025**  
**Add \$65 + tax for shipping a printed copy of the VWT manual.**

**Register:**

- 1) Email the completed registration form (see next page) to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**Open Book VWT Exam Writing (1.5 hours) In-person exam writing**

**Option to write the VWT Exam online.**

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 Specialtv.

# June 23, 24, 25, 2025 – Elevation Place, Canmore, AB

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 8
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 + 5% 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 + 5% tax
Refresher VWT Course	Current member	Includes 8 CECs for repeating the VWT Course	\$150 + 5% tax
<b>Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$65 + 5% tax to fees</b>			

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

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

**To register:** Email this form to [cala\\_aqua@mac.com](mailto: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 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

- Step 1. Complete the Vertical Water Training 1.5-hour open-book Theory Exam; in person TBC or online
- Step 2. Complete the Group Aquafitness Course (in person or via independent learning)
- Step 3. Complete the Group Aquafitness Assignment and Assessment (Design & demo a 20-30-minute mini class)

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