

CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE

The Charlene Kopansky Method



April 25, 26, 27, 2025
at 14 Wing Greenwood, NS

www.calainc.org

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

WHO: CALA Trainer: Dianne Levy

WHEN: April 25, (Friday) 5:30 pm – 9:30 pm
April 26 (Saturday) 9:00 am – 6:30 pm
April 27 (Sunday) 11:00 am – 7:00 pm

PRICE: CALA Members: \$280 + 14% tax Non-Members: \$339 + 14% tax

Add \$35 for registrations received after April 20, 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

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.

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

Option to write the VWT Exam online.

April 25, 26, 27, 2025 – 14 Wing Greenwood, Nova Scotia

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 04/20/25
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 + 14% 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 + 14% tax
Refresher VWT Course	Current member	Includes 8 CECs for repeating the VWT Course	\$150 + 14% tax
Note: if you want CALA to mail a printed copy of the VWT manual to you, then add \$65 + 15% tax to fees			

PAYMENT: CALA accepts EFT and e-transfer to 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

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

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

- 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 on May 30, 31 and June 1, 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