CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE -THE CHARLENE KOPANSKY METHOD

Hosted by Ray Friel Recreation Complex, Orléans, ON October 4, 5, 6 2019

The Canadian Aquafitness Leaders Alliance provides top-notch training and access to up-to-date information for fitness professionals in one on one and group settings. This Foundations of Vertical Water Training course sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn how to use water effectively in the design and the delivery of safe, productive and innovative water training sessions. The course is based on practical application of evidence-based theory using an integrative approach to learning. CALA is an international, Canadian based company providing excellence in vertical water training. The CALA holistic approach encourages the body to move, the mind to discover and the spirit to soar. Recognized as the gold standard in vertical water training, CALA provides solid research based programs in both deep and chest deep water to meet the diverse needs of our communities.

✓ This comprehensive course introduces the essential tools necessary to design and lead safe, effective, holistic vertical water training classes
✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Guidelines and Standards
✓ The course is accredited by many international, national and provincial fitness organizations.

WHERE: Ray Friel Recreation Complex, 1585 Tenth Line Rd, Orléans, ON K1E 3E8

For directions & facility info contact Breana Mason: breana.mason@ottawa.ca or call (613) 580-2424 ext. 20731. For more information about the training, contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: TBC

WHEN: Friday October 4, 2019 5pm – 9pm Pool 8pm – 9pm
Saturday October 5, 2019 12pm – 9pm Pool 4pm – 5:30pm
Sunday October 6, 2019 12pm – 9pm Pool 6pm – 9pm

Note: The pool times are subject to change.

PRICE: CALA Members: $280 + tax Non-Members: $339 + tax
City of Ottawa Staff: $252 + tax Non-Member City of Ottawa Staff: $311 + tax

Two ways to register:

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

Exam Writing Date: TBC * VWT exam takes 2.5 hours to write

The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty.
CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM
Hosted by Ray Friel Recreation Complex, Orléans, ON
October 4, 5, 6, 2019

Name: ___________________________  CALA Member #: _______________________
Address: ___________________________  Joining Now cost is tax included in fees below ($59+tx)
City: ___________________________  Home Tel. #: ___________________________
Province: ___________________________  Postal: ___________________________
Postal: ___________________________  Work Tel. #: ___________________________
Email: ___________________________  Cell Phone #: ___________________________

<table>
<thead>
<tr>
<th>Course Option</th>
<th>Membership Status</th>
<th>Includes</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Requisite Course</td>
<td>Non-CALA Member</td>
<td>Course Manual, 20hrs Training, Open-book Theory Exam, Membership for one year (compulsory)</td>
<td>$339 + tax</td>
</tr>
<tr>
<td>City of Ottawa Staff</td>
<td>Current CALA Member</td>
<td>Course Manual, 20hrs Training, Open-book Theory Exam</td>
<td>$252 + tax</td>
</tr>
<tr>
<td></td>
<td>Non Member - Joining Now</td>
<td>ADD Membership for one year (compulsory)</td>
<td>$311 + tax</td>
</tr>
<tr>
<td>Refresher VWT Course</td>
<td>Current member</td>
<td>Includes 12 CECs.</td>
<td>$150 + tax</td>
</tr>
</tbody>
</table>

No refund for withdrawal from the course.

VISA and MasterCard are accepted; or e-transfer

☐ VISA  ☐ MasterCard  ☐ E-Transfer  Amount Paid: $             (See above for correct fee option)

Date: ___________________________  Name on Card: ___________________________
Card #: ___________________________  Exp. Date: (Month / Year) ___________________________
Signature: ___________________________

To register: Call CALA 416-751-9823 or email to cala_aqua@mac.com

Exam Writing Date: To be confirmed

CALA Certification Process:
Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam (Exam date to be confirmed)
Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)
Step 3. Complete the certification criterion for the CALA Specialty completed

PAYMENT PLAN AVAILABLE – 3 payments completed on or before October 4, 2019

Office Use Only:
Date Processed: ________  Initials: ________  Invoice #: ________  Inv Pd ☐  Email added: ________  Confirm Letter e: ________
New Member e: ________  Receipt e: ________  Promo e: ________  Manual mailed: ________  Other: ___________________________