



AQUAFIT

INSTRUCTOR TRAINING

BCRPA-Recognized Combined CALA Foundations of Vertical Water Training Pre-Requisite Course (VWT) and Group Aquafitness Specialty Training and Certification Course (GAF)

THE CHARLENE KOPANSKY METHOD

Sponsored by the Terrace & District Aquatic Centre

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 combined 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 includes the essential tools necessary to design and lead safe, effective, holistic vertical water training group classes with a focus on Group Aquafitness and an introduction to other specialties including; water running classes; aqua kick box, aqua yoga and Healing Waters: Aqua Arthritis & Joint Disorders
- ✓ The course content meets the needs of experienced fitness professional as well as aerobics 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 (canfitpro, YWCA) and provincial (BCRPA, AFLCA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

WHERE: Terrace & District Aquatic Centre, 4540 Park Avenue, Terrace, BC
 Facility Contact - Debbie Vant Kruis Ph: 250-615-9278 or 250-615-3034
 dvantkruis@terrace.ca

WHAT: CALA Founder and President Charlene Kopansky will be training this pre-requisite CALA Vertical Water Training Course followed by the Group Aquafitness Specialty Training & Certification Course. This course is being offered at a discounted rate (regular course rate \$619 + tax)

DATES AND TIMES: Thursday, April 4 through to Monday, April 8 9am – 5pm (5 days total with 2-4 hours pool time daily)

REGISTER BY PHONE OR AT POOL FRONT DESK:

Options	Membership Status	Includes	Early Bird Registration Up to March 21 After March 21 add \$35 + tax
Combined VWT and GAF	New CALA Member	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees included + membership	\$250 + tax (residents)
Combined VWT and GAF	New CALA Member	Course Manuals, 40hrs Training, & Certification fees: Open-book Theory Exam, Group Aquafitness Assignment and Practical Assessment fees included + membership	\$350.00 + tax (non-residents)
VWT Refresher / Repeater Fees for CECs	Current CALA Member - VWT Refresher Course only	Attend VWT Course on April 4, 5, 6 as a refresher (having already completed a VWT Course) Earn 12 CECs	\$120 + tax for VWT Refresher
GAF Refresher / Repeater Fees for CECs	Current CALA Member - GAF Refresher Course only	Attend GAF Course on April 6, 7, 8 as a refresher (having already completed a GAF Course) Earn 12 CECs	\$120 + tax for GAF Refresher

For specific information on the course and certification email Charlene at cala_aqua@mac.com

**Terrace & District Aquatic Centre • 4540 Park Avenue, Terrace, BC
 250.615.3030 • www.terrace.ca • Find us on Twitter & Facebook**

AQUAFIT INSTRUCTOR TRAINING INFORMATION

Upon registration you will receive the CALA Foundations of Vertical Water Training (VWT) and Group Aquafitness Manuals.

It is imperative that you pre-read the first five chapters of the VWT manual and also try to get into the water to get familiar with how it feels to exercise in water in a vertical position.

100% Attendance is required

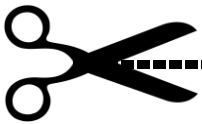
No refunds will be issued after April 1

CALA Certification Process:

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam

Step 2. Complete the Group Aqua Fitness Course

Step 3. Submit a Group Aqua Fitness Assignment and complete a 30-minute Practical Assessment



AQUAFIT INSTRUCTOR TRAINING REGISTRATION FORM

NAME _____

ADDRESS _____

ADDRESS _____

BIRTHDATE _____

PHONE _____ CELL _____

EMAIL _____

EARLY BIRD COST _____ COST _____

PAYMENT TYPE CASH CHEQUE (PAYABLE TO TERRACE & DISTRICT AQUATIC CENTRE)

INFORMED CONSENT SIGNED YES NO

ISSUED MANUAL YES NO

RECIEPT REQUIRED YES NO