



Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
Toronto, Ontario Canada
cala_aqua@mac.com or 416-751-9823



 www.calainc.org

SCHEDULED EVENTS (On-site, ZOOM and Independent Learning) in chronological order

Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA. AFLCA certified leaders apply directly through the AFLCA website for credits
If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application](#).
Automatically earn & bank CALA CECs by attending CALA Events. You do not have to be a Member. Use the CECs for recertification, when you get Certified. CALA CECs never expire!

[Meet the team of CALA Trainers at the end of this list of upcoming events.](#)

To ensure the safety of our CALA community, during the pandemic, we have postponed classroom/pool events until further notice. CALA continues to provide online training through ZOOM and Independent Learning Recordings through Private Groups in Facebook. A list of the Independent Learning and ZOOM events are listed in [section C](#) in this document.

CALA will continue to work with facilities to reschedule postponed CALA Events when pools reopen. CALA asks that you continue to register for the On-line ZOOM and Independent Learning to earn CECs.

How to Register: Email cala_aqua@mac.com or phone 416-751-9823

Event posters with course/clinic/workshop/certification details, prices, and registration information are posted at www.calainc.org when available.

Payment: New Policy – E-transfer (EFT) only to cala_aqua@mac.com or direct deposit

All training event dates, times and trainer are subject to change.

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



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2. On-site Scheduled: Live at a Facility



No on-site events are currently scheduled

3. ZOOM Scheduled: Live Online - CALA Training Events

[Independent Learning](#) list of events follows the ZOOM events

Complete Registration Form, CALA will email an invoice, send an E-transfer to cala_aqua@mac.com



zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Running (101)

When: Sun Sept 25, 10am – 2pm **DST**

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$155 + tax *Register after Sept 18, Add \$15 + tax.

Accreditation: 4 hours - Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Zen - Updated for Today's World

When: Sat Oct 16, 1pm – 4pm **DST**

Who: Jennie Queen

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after Oct 9, Add \$15 + tax.

Accreditation: 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Aqua Pre and Post Natal Specialty Training & CERTIFICATION

When: Sat Nov 6, 13, 20, 27 & Dec 4, 1pm – 5pm **DST (Nov 6) EST balance of course**

Who: Jennie Queen

Price: CALA Member: \$280 + tax *Register after October 22, Add \$25 + tax

Accreditation: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA **Earn 8 CALA CECs** if you have previously completed a CALA Specialty Training and Certification Course. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)



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[Download the Registration Form](#)



zoom NEW ZOOM ONLINE rescheduled from August 14

CALA Workshop: Functional Aquatic Training

When: Sun Nov 21, 1pm – 4pm **EST**

Who: Kristin Murphy

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after Nov 11, Add \$15 + tax.

Accreditation: Earn 3 CALA, BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)



zoom NEW ZOOM ONLINE

CALA Workshop: ABS-olutely Core Essentials

When: Sat Dec 11, 1pm – 4pm **EST**

Who: Jennie Queen

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after Dec 4, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE new dates to be announced

CALA Workshops - Ready, Set, Go – 2 Booster Workshops

Workshop One Workshop focuses on designing Winning Warm-Ups with Cool Cardio Combinations.

Workshop Two Workshop focuses on creating Motivating MSE & Soothing Stretch Sequences.

When: to be announced

Who: Katherine McKeown

Price: Single Workshop: CALA Member: \$75 + tax / Non-Member: \$95 + tax

Both Workshops: CALA Member: \$135 + tax / Non-Member: \$155 + tax

Accreditation: Earn 4 CALA CECs per workshop, BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA Credits: [CEC petition application](#)

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4. Independent Online Learning Private Facebook Page Recording

All events listed below are accredited by Provincial & National Fitness organizations.

Register: Complete Registration Form and E-transfer to cala_aqua@mac.com

facebook **NEW:** ZOOM ONLINE

CALA Workshop: Amazon Arms

When: Approximately 3 hours of workshop time – on your own time **Who:** Jennie Queen

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Beats Create CALA Waves

When: Approximately 3 hours of workshop time – on your own time

Who: Jennie Queen

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax.

Accreditation: Earn 3 CALA, BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Golden Gait – Water Walking

When: Approximately 3 hours of workshop time – on your own time

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after July 2, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Healthy Back

When: Approximately 3 hours of workshop time – on your own time

Who: Dylan Harries

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Muscle Strength & Endurance with the CALA Tempo Tree

When: Approximately 3 hours of workshop time

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition applications](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Liquid Barre Specialty Training & Certification Course

When: Approximately 16 hours of course time

Who: Dylan Harries

Price: CALA Member: \$280 + tax

Refresher fees if repeating the course \$150 + tax

Accreditation: Earn 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA (VWT) Vertical Water Training Course (recording from ZOOM Feb-March 2021 VWT Course)

- prerequisite for all certification courses (English) Manual will be emailed electronically

Who: Katherine McKeown

Price: CALA Member: \$280 + tax Non-Mb: \$339 + tax. Add \$45 + tax to ship a copy of VWT manual.

Refresher fees if repeating the course \$150 + tax

Accreditations: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA Refresher (if repeating the

course, you will be granted 8 CALA CECs. Use this link to petition for AFLCA Credits: [AFLCA](#)

[CEC petition application](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA (GAF) Group Aqua-Fitness Certification Course (English) (recording from ZOOM March-April-May 2021 GAF Course)

Manual: Emailed electronically – option to order a hard copy of the manual

Who: Katherine McKeown

Price: CALA Member: \$280 + tax / Non-Mb \$339 + tax Add \$45 + tax to ship a copy of GAF manual

Refresher fees if repeating the course \$150 + tax

Accreditations: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA. Refresher (if repeating the

course), you will be granted 8 CALA CECs. Use this link to petition for AFLCA Credits: [AFLCA](#)

[CEC petition application](#)

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facebook NEW – Private Facebook Recording Independent Learning

CALA Workshop: Aqua Cardio Kick Box with Core - Upper Body Focus (Part 1 of 3 workshops)
Complete all 3 workshops (part 1 – Upper Body, part 2 - Lower Body, Part 3 Choreography) & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.

Certification in the Aqua Kick Box Specialty if you complete all three (3) workshops and pay an extra \$25 + tax for certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax.

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook NEW – Private Facebook Recording Independent Learning

CALA Workshop: Aqua Cardio Kick Box with Core – Lower Body Focus (Part 2 of 3 workshops)
Complete all 3 workshops (part 1 – Upper Body, part 2 - Lower Body, Part 3 Choreography) & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.

Certification in the Aqua Kick Box Specialty if you complete all three (3) workshops and pay an extra \$25 + tax for certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook NEW – Private Facebook Recording Independent Learning

CALA Workshop: Aqua Kick Box Choreography - Part 3 of 3 workshops)

Who: Dylan Harries

Price: CALA Member: \$95+ tax / Non-Member: \$115 + tax

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA

Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook NEW – Private Facebook Recording Independent Learning

CALA Workshop: Feast on Form: Increase your CALA IQ

Who: Katherine McKeown

Price: CALA Member: \$75+ tax / Non-Member: \$95 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA

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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Ai Chi

Who: Dylan Harries

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Kick Box: Upper Body & Core Focus (Part 1 of 3 for Certification)

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax *Join CALA Now \$59 + tax

Accreditation: Earn 4 CALA CECs, 4 SPRA, 4 CFES, 4 BCRPA, 2 PTS & 2 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Cardio Kick Box with Core – Lower Body Focus (Part 2 of 3 workshops for Certification)

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Kick Box Choreography - Part 3 of 3 workshops for Certification)

Who: Dylan Harries

Price: CALA Member: \$95+ tax / Non-Member: \$115 + tax

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Articulation

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Changing the Chatter

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$85 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 3 CALA CECs, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Integrating Aqua Yoga Poses into Aquafitness Classes

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$85 + tax *Join CALA Now \$59 + tax.

Accreditations: Earn 3 CALA, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA. Use this link to petition for AFLCA: [AFLCA CEC petition application](#)

[Download Registration Form](#)

5. Private In-house Live CALA Training Events – Dates: TBC

CALA Foundations of Vertical Water Training Prerequisite Course.
& CALA Group Aqua Fit Certification Training and Certification

***VWT or GAF Refresher Option available for those who would like to earn 8 CECs**

Where: Canada Games Centre, Whitehorse, Yukon

When: Postponed

Who: TBA

Price: TBA

VWT Theory exam writing:

GAF Practical

Accreditation: Earn 8 CALA (refresher course) 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA

CALA Workshop: Applied Anatomy

Where: Canada Games Centre, Whitehorse, Yukon

When: Dates to be announced

Who: Isabel Parkkari (TBC)

Price: Register through Canada Games Centre

Accreditation: 4 CALA, 4 BCRPA, 4 CFES, 4 SPRA, canfitpro (TBC)

Note: Once you have registered for an event there are no refunds.

If you are unable to attend a ZOOM session, ask CALA to email you the link to the Private Facebook Recording of the session.



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6. Meet the CALA Team of Trainers

The team of CALA trainers blend a professional commitment and personal compassion when facilitating the highest quality workshops, clinics, conferences and courses. Their enthusiasm and extensive, diverse expertise unite experience and technical skills. They have a thorough knowledge of the body and how movement in water lifts the spirit, strengthens the body and activates the mind. Close attention ensures that all participants with a wide variety of abilities are provided with modifications and options to ensure a joyful and fulfilling movement experience.

CALA offers many Workshops that are not on the Upcoming Event Scheduler.

Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.



Charlene Kopansky, Founder & President of CALA, B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her skills in dance choreography, water running, personal training, fitness and aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' and Presenter of the Year-Germany, Volunteer Recognition and Leadership Awards-OFC, Who's Who of Canadian Women in Fitness- Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year canfitpro & SAFS Beta, Germany, canfitpro Lifetime Achiever Award, BCRPA Trainer

Specialties: Aqua Cardio Kick Box, Aqua Running, Aqua Infused Yoga



Dylan Harries, CALA Master Trainer and Creative Director, B. Rec., B.Sc. (HK), C.A.T. is a former four-time Canadian Artistic Roller Skating Champion. He travels the world educating and inspiring fitness leaders and athletes with his passion, high energy, sound technique and wild creativity. With 28 years of professional experience, Dylan is the Senior Director for Body Rock Fitness and the Health & Fitness Coordinator at Dovercourt Recreation Centre. In his spare time, he is a renowned athletic trainer and performance coach to national and international level figure and roller skaters (Canada, USA, Germany, Italy and Great Britain). He is CALA (all streams), YMCA (all streams), canfitpro (PTS/FIS), Pilates (YMCA USA/Diane Miller), SPI, TRX, Barre Above & Balletone (Master Trainer), Tabata GX (Master Trainer), Bender Ball (Master Trainer), Spinning, Hydroider (Canadian Master Trainer AquaMat (Canadian Master Trainer), AEA (Aqua Yoga/ Hydrorevolution) and NCCP (Level 2) certified.

Specialties: Liquid Barré, Aqua Cardio Kick Box, Hydro Rider Recreational and Therapy Hydro Rider, Aqua Running

Dylan, is available to deliver many workshops

[Download Dylan's list of workshops](#) he can facilitate on ZOOM or On-Site



Jennie Queen, CALA Master Trainer has over 20 years of experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming. Jennie has a passion for everything aquatic & fitness. Jennie is a true visionary & leader in the industry & a Recreation Supervisor with the City of Ottawa. Along with her many aquatic related certifications, she is a certified Aqua fitness Leader, Assessor & Trainer with CALA, & a Group Fitness Instructor & Personal Trainer CFP and SPI & holds a Diploma in Fitness & Lifestyle Management. Jennie enjoys continually educating & challenging herself to stay informed & up to date with the fitness industry

Specialty: Pre/Post Natal



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CALA offers many Workshops that are not on the Upcoming Event Scheduler. Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.



Katherine McKeown, CALA Master Trainer is a very proud member of the CALA Trainer Team. Katherine brings an infectious enthusiasm, sense of humour and a deep desire to further her own learning every day. Her greatest strength is her insatiable curiosity about how concepts can be presented with relevance and heart in limitless ways according to the unique creativity which resides in all of us. Having been a fulltime teacher for 30 years, she brings considerable insight into the process of learning and the critical importance of celebrating the gifts, skills and abilities of all learners through a Holistic lens. Katherine offers numerous workshops that you can host at your facility. Katherine can create a workshop specific to the needs of your facility.

Specialties: Vertical Water Training, Group Aqua Fit Certification, Aqua Infused Yoga CALA Healing Waters/Aqua Post Rehabilitation - arthritis

Katherine, is available to deliver many workshops

[Download Katherine's list of workshops](#) she can facilitate on ZOOM or On-Site



Michelle McLaren, CALA Master Trainer, B.Kin, RMT, STOTT Pilates Instructor, CanFit Pro FIS. Michelle has been active in the fitness industry for the past 30 years. She has been an instructor trainer for the Canadian Aquafitness Leaders Alliance for 19 years, travelling all over Canada teaching Aquafit instructor courses and various workshops at fitness conferences. She is also a Certified Matwork Level 1 & 2 STOTT Pilates Instructor and a Fitness Instructor Specialist with CanFit Pro. With her strong background in Kinesiology and Massage therapy, Michelle has profound understanding of the human body.



Kristin Murphy, CALA Trainer has been passionately involved in the fitness industry for two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Degree in Translation, which helps in her day -to-day work as a Project and Policy Coordinator with Transportation Services at the City of Ottawa. She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Fitness Instructor Specialist (CFP). She is now a Master Trainer for Tabata Bootcamp™ and Barre Above™ as well as a trainer, presenter and assessor for CALA. She continuously finds ways to help her participants and students challenge and better themselves. As a wife and mother of 2 young girls, Kristin is always on the go, incorporating fitness into every aspect of her life.

Kristin is available to deliver many workshops

[Download Kristin's list of workshops](#) she can facilitate on ZOOM or On-Site.



Karl Notargiovanni, CALA Master Trainer, Acupuncturist, B.F.A. Choreography; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Yoga Specialty Course I. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for many years, he has developed a unique perspective in his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops.

Specialty: Aqua Infused Yoga

If you are interested in joining our CALA Internationally recognized Team of CALA Trainers, contact CALA 416-751-9823 cala_aqua@mac.com www.calainc.org