

Welcome to the Events offered by

Canadian Aquafitness Leaders Alliance (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
cala_aqua@mac.com



www.calainc.org



Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, LSS, NBA, NSFA, YMCA YWCA. **AFLCA** certified leaders apply via [AFLCA CEC Petition Application](#).
All CALA workshop, clinic & conference participants will earn & bank CALA CECs regardless of membership status. CALA CECs never expire!

Meet the team of CALA Trainers at the end of this list of upcoming events.

CALA continues to provide online training through ZOOM and Independent Learning Recordings using Private Groups in Facebook. See list of the Independent Learning and ZOOM events below.

To register: Email cala_aqua@mac.com

Event posters and registration information are posted at www.calainc.org

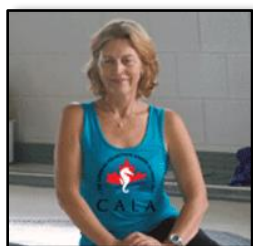
Payment: E-transfer or EFT only to cala_aqua@mac.com

Note: On rare occasions, it is necessary to shift CALA Training dates, times, and topics.



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CALA Education including ZOOM + on-site training.

CALA encourages Facilities to establish inhouse customized training for their staff. CALA delivers a wide variety of accredited continuing education workshops and specialty certification programs including, Aqua Pre & Post Natal, Group Aqua Fitness, Water Running, Aqua Kick Box, Aqua Yoga, Ai Chi, HydroRider, Healing Waters: Aquatic Post Rehabilitation, Liquid Barré, Aqua Matt. The CALA Vertical Water Training Course is pre-requisite for all specialty certifications.

Customized CALA Training will create a **Centre of Excellence** for your community.

How can CALA help your community experience the joy of movement?

Our holistic philosophy encourages the mind to discover, the body to move and the spirit to soar. Let's work together to create an amazing, dedicated team of instructors who inspire the community to pursue health and happiness. cala_aqua@mac.com

http://www.calainc.org/Scheduled_Events/Scheduled_Events.htm

1. What's New



in person

What CALA Land Meets Water: Jump in the Water's Fine Workshop

When: Saturday July 27, 2024 from 8am – 1:15pm

Where: Peterborough Sport & Wellness Centre, Peterborough, Ontario

CALA Master Trainer: Dylan Harries

Credits (CECs): 5 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

[Download Registration Form \(pdf\)](#)



Pre-requisite

in person option

What: CALA Foundations of Vertical Water Training (VWT)

When: September 20, 21, 22, 2024

Where: Dawson Creek, BC

Who: Charlene Kopansky

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA *8 CALA CECs if repeating the course or if you have completed another CALA Specialty

[Download Registration Form \(pdf\)](#)



Certification

in person option

What: CALA Group Aquafitness Specialty (GAF) Training & Certification Course

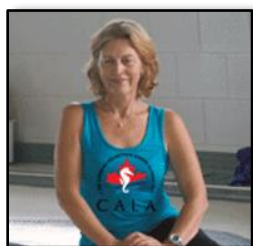
When: September 27, 28, 29, 2024

Where: Dawson Creek, BC

Who: Charlene Kopansky

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA *8 CALA CECs if repeating the course or if you have completed another CALA Specialty

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Pre-requisite

PLUS



Certification

in person option

What: Combo Foundations of Vertical Water Training & Group Aquafitness Specialty Courses

When: September 20, 21, 22, 27, 28, 29, 2024

Where: Dawson Creek, BC

Who: Charlene Kopansky

Credits (CECs): canfitpro, 8 PTS & 8FIS, 24 SPRA, 24 CFES, 24 BCRPA, OFC, YMCA, NSFA, NBFLA *16 CALA CECs if repeating the course or if you have completed another CALA Specialty

[Download Registration Form \(pdf\)](#)



in person

What CALA Aqua HIIT Power Workshop

When: Sunday September 29, 12:45pm – 7pm

Where: Westmount Community Centre, Hamilton, ON

CALA Master Trainer: Dylan Harries

Credits (CECs): 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

Registration for non-City of Hamilton Staff opens September 8, 2024: Stay tuned



Certification

in person option

What: CALA Group Aquafitness Specialty (GAF) Training & Certification Course

When: TBC

Where: Mississauga, ON

Who: Katherine McKeown

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

*8 CALA CECs if repeating the course or if you have completed another CALA Specialty



Certification

in person option

What: CALA Healing Waters Aquatic Post Rehabilitation Specialty (HW) Training & Certification Course

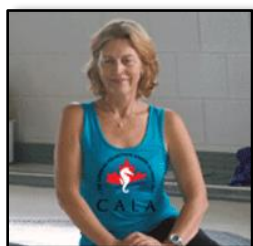
When: TBC

Where: Mississauga, ON

Who: Katherine McKeown

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

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2. Practical Assessments and Written Exams

Certification **Assessment** Email cala_aqua@mac.com to organize a practical assessment (30-minute demo) in person or on ZOOM or by submitting of a video.

What: Open book exam writing on ZOOM for Healing Water (HW)

When: July 24, 2024 from 9:00am – 10:30am (Ontario time)

Where: ZOOM

Email cala_aqua@mac.com to book a space to write the HW

What: Open book exam writing on ZOOM for Vertical Water Training (VWT)

When: July 28, 2024 from 1:00pm – 2:30pm (Ontario time)

Where: ZOOM

Email cala_aqua@mac.com to book a space to write the HW

What: Practical Assessments for Group Aquafitness & Healing Waters (30- minute mini-class)

When: To be confirmed

Where: On-site location to be confirmed – ZOOM sessions available

Email cala_aqua@mac.com to book a space for your 30-minute GAF Practical Assessment or a HW Practical Assessment

3. Conferences

What: CALA 32nd Anniversary Conference 2025

When: Details to be posted as they become available.

Where: TBA

Presenters: TBA

CECs: TBA

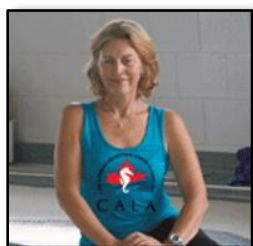
Contact CALA cala_aqua@mac.com to discuss your interest in joining the CALA 2025 Conference Team. Positions available include: Presenter, Guest Speaker, Trade Show Vendor, Volunteer



4. Courses to become CALA Certified

*** In person and independent learning options (recordings of original ZOOM training session)-**

- Attend in person
- Choose independent learning with three months access to the recording
- Repeat a course & earn 8 CALA CECs & credits with other organizations.
- Experienced leaders can bypass the prerequisite Foundations of Vertical Water Training Course. Complete the Letter of Acceptance. [Bypass Letter for VWT Course](#)



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i. **Pre-requisite for all Specialty Certification Courses**

Pre-requisite

Independent learning option

What: CALA Foundations of Vertical Water Training Prerequisite Course

Who: Katherine McKeown

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

*8 CALA CECs if repeating the course

[Download registration form](#)

ii. **Specialty Certification Courses**



Certification

in person option

What: CALA Group Aquafitness Specialty (GAF) Training & Certification Course

When: TBA

Where: Mississauga, ON

Who: Katherine McKeown

Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

[Download Registration form \(in development\)](#)

Certification

Independent learning option

What: CALA Group Aquafitness Specialty (GAF) Training & Certification Course

Who: Katherine McKeown

Credits: canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

*8 CALA CECs if you have already completed CALA Certification in another specialty

[Download registration form](#)



Certification

in person option

What: CALA Healing Waters Aquatic Post Rehabilitation Specialty (HW) Training & Certification Course

When: TBA

Where: Mississauga, ON

Who: Katherine McKeown

Credits: canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

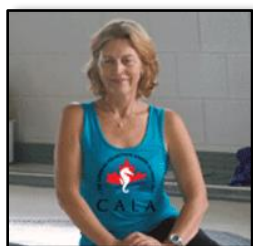
[Download Registration form](#)

Certification

Independent learning option

What: CALA Aqua Pre and Post Natal Specialty Training & Certification Course

Who: Jennie Queen



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Credits (CECs): canfitpro, 4 PTS & 4 FIS, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

*8 CALA CECs if you have already completed CALA Certification in another specialty

[Download registration form](#)

Certification

Independent learning option

What: CALA Aqua Kick Box Specialty Training & Certification Course

Complete all three Workshops: Aqua Cardio Kick Box Lower Body Part 1 + Aqua Cardio Kick Box Upper Body Part 2 + Aqua Cardio Kick Box Choreography Part 3

Who: Dylan Harries

Credits: 4 CALA, canfitpro, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 4 NSFA, NBFA, YMCA

Download Workshop Details and Registration Forms – Aqua Cardio Kick Box Lower Body Part 1 + Aqua Cardio Kick Box Upper Body Part 2 + Aqua Cardio Kick Box Choreography Part 3

[Download registration form](#) (Upper body-Part 1)

[Download registration form](#) (Lower body-Part 2)

[Download registration form](#) (Choreography-Part 3)

Seeking certification complete all three forms above.

Certification

Independent learning option

What: CALA Ai Chi Specialty Training & Certification Course

Who: Dylan Harries

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

Seeking certification complete both forms: Ai Chi [Part 1 Registration](#) & Part 2 [Part 2 Registration](#)

5. Virtual and In Person Events Earn credits (CECs).

NEW **What** CALA Aqua HIIT Power Workshop

When: Sunday, September 29, 12:45pm – 7:00pm

Where: Westmount Community Centre, Hamilton, ON

CALA Master Trainer: Dylan Harries

Credits: 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

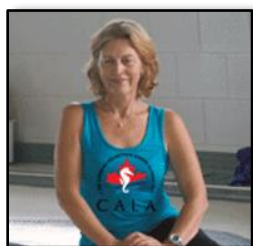
Registration for non-City of Hamilton Staff opens August 29, 2024: Stay tuned for further info

6. Independent Learning -Online Learning Options (Recording of original ZOOM training session)

Upon registration, you have **three months access** to the recording. If you require three more months access, the extended access fee is \$35 + tax.

Choose from the list of workshops below, then complete the registration form and e-transfer to cala_aqua@mac.com

What: The Portable Weight Room - Land Meets Water - Loop & Band Resistance Training



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Who: Dylan Harries

Credits: 2 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

[Download Registration Form \(pdf\)](#)

What: CALA Aqua HIIT Training - Just Add Water

Who: Dylan Harries

Credits: 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download Registration form](#)

What: CALA Aqua Kick Box Express – Just Add Water Webinar

Who: Dylan Harries

Credits (CECs): 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Strength featuring the Aqualogix Bells – Power Pods

Who: Dylan Harries

Credits (CECs): 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Super Set Aqua Workshop

Who: Dylan Harries

Credits: 2 CALA, canfitpro, 2 BCRPA, 2 SPRA, 2 CFES, OFC, 2 NSFA, YMCA, NBFA

[Download registration form](#)

What: CALA Ai Chi – The Dance of Life Workshop Part 1

Who: Dylan Harries

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Ai Chi - The Dance of Life Workshop Part 2

Who: Dylan Harries

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Cardio Kick Box with Core - Upper Body Focus Workshop Part 1

Who: Dylan Harries

Credits: canfitpro, 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 4 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Cardio Kick Box with Core - Lower Body Focus Workshop Part 2

Who: Dylan Harries

Credits: canfitpro, 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 4 NSFA, NBFA, YMCA

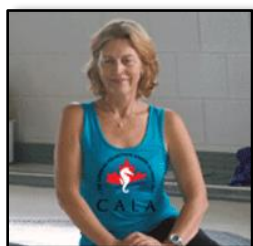
[Download registration form](#)

What: CALA Aqua Cardio Kick Box with Core -Choreography Focus Part 3

Who: Dylan Harries

Credits: canfitpro, 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 4 NSFA, NBFA, YMCA

[Download registration form](#)



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What: CALA ABS-olutely Core Essentials Workshop

Who: Jennie Queen

Credits: 3 CALA, 3 canfitpro, BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: Aqua Anatomy Workshop Series featuring

Who: Katherine McKeown

Credit: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, 2 NSFA, 2 OFC, YMCA, NBFA

1: **Shoulder Girdle** [Download registration form](#)

2: **Shoulder Joint** [Download registration form](#)

3: **Core** [Download registration form](#)

4: **Global Abdominals** [Download registration form](#)

5: **Erector Spinae & QL** [Download registration form](#)

6: **Hip Abductors** [Download registration form](#)

7: **Hip Adductors** [Download registration form](#)

8: **Gluteus Maximus & Hamstrings** [Download registration form](#)

9: **Hip Flexors & Knee Extensors** [Download registration form](#)

What: CALA – Aqua Flow™ Workshop

Who: Katherine McKeown

Credits: 1 CALA, canfitpro, BCRPA, SPRA, CFES, OFC, NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA – Your Compass to Inspiration: 360 x 180 degrees Workshop

Who: Jennie Queen

Credits: 2 CALA, canfitpro, 2 BCRPA, 2 SPRA, 2 CFES, OFC, 2 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Functional Aquatic Training Workshop

Who: Kristin Murphy

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Pre & Post Natal Pelvic Floor & Core Foundations & Dynamic Duo (Parent & Tot/Diaper Fit) Workshop

Who: Jennie Queen

Credits: 4 CALA, canfitpro, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 4 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Zen Workshop

Who: Jennie Queen

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

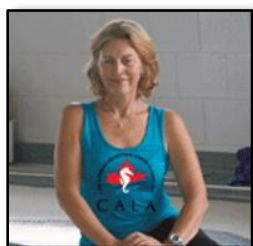
[Download registration form](#)

What: CALA Aqua Running (101) Workshop

Who: Dylan Harries

Credits: 4 CALA, canfitpro, 4 BCRPA, 4 SPRA, 4 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)



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What: CALA Amazon Arms Workshop

Who: Jennie Queen

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Beats Create CALA Waves Workshop

Who: Jennie Queen

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Golden Gait – Water Walking Workshop

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Aqua Healthy Back Workshop

Who: Dylan Harries

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

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

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Feast on Form: Increase your CALA IQ Workshop

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 SPRA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Changing the Chatter Workshop

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Integrating Aqua Yoga Poses into Aquafitness Classes Workshop

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 CFES, 3 SPRA, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: CALA Workshop: Aqua Articulation Workshop

Who: Katherine McKeown

Credits: 3 CALA, canfitpro, 3 BCRPA, 3 CFES, 3 SPRA, OFC, 3 NSFA, NBFA, YMCA

[Download registration form](#)

What: Aqua Kids™: Aqua Fitness Friendship and Fun™ Clinic

Who: Katherine McKeown

Credits: 8 CALA, canfitpro, 8 BCRPA, 8 SPRA, 8 CFES, OFC, YMCA, NBFA



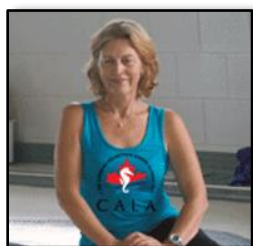
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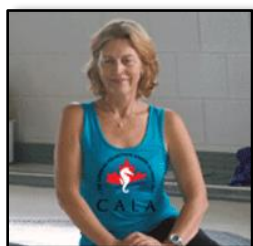
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CanFit Pro Lifetime Achievement Award
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CALA
Gold Standard in Aquafit Specialty Certifications
Water Running, Kick Box, Aquafitness, Ai Chi, Pre-Post Natal,
Liquid Barré, Fluid Floor: Aqua Matt, HydroRider and Healing Waters:
Aquatic Post Rehabilitation Training and Certification



[Visit the CALA website](http://www.calainc.org)



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7. 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.

If you are interested in joining our CALA Internationally recognized Team of CALA Trainers,
contact CALA cala_aqua@mac.com www.calainc.org
CALA is currently pre-screening applicants to join the CAL Team of Trainers.

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. Dylan is a former competitive figure skater & 4-time Canadian Artistic Roller-Skating Champion. He travels the world educating & inspiring fitness leaders and athletes with his passion, high energy, sound technique & wild creativity. With 28 years of professional experience, Dylan is the Specialty Master Trainer for CALA Inc., the Senior Director at Body Rock Fitness & the Health, Fitness & Sports Manager at Dovercourt Recreation Centre. He is a renowned athletic trainer & performance coach to national & international level figure & roller skaters. He is canfitpro (PTS/FIS), CALA (all streams), Pilates (YMCA USA), Barre Above (Master Trainer), Tabata GX (Master Trainer), SPI (Level 2), YMCA (all streams), Bender Ball (Master Trainer), Spinning (Star 2), TRX (Level 1), Hydorider (Canadian Master Trainer), Balletone (Trainer), Extreme HIIT Chaos (Trainer), Bosu Balance Trainer (Instructor), AEA (Aqua Yoga/ Hydorevolution) and NCCP (Level 2 – Inline & Roller) certified

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

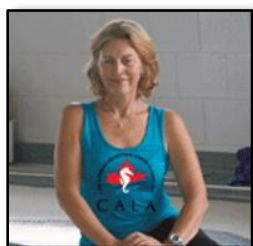
Dylan, is available to deliver many workshops

[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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Certifying Internationally Recognized Leaders since 1993
cala_aqua@mac.com



www.calainc.org



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, canfitpro FIS

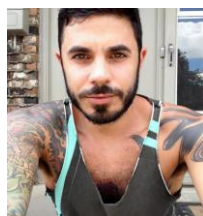
Before graduating from Foothills College of Massage Therapy in 2003, Michelle finished a degree in Kinesiology from McMaster University and a diploma in Athletic Therapy from Mount Royal College. She has also been active in the fitness industry for the past 33 years, travelling across Canada, teaching CALA instructor courses and facilitating workshops. With her strong background in Kinesiology and Massage therapy, Michelle has a profound understanding of the human body, allowing her to create innovative and functional movement patterns and class designs. She currently resides in Canmore, AB, where she works as a Fitness and Pilates Instructor.



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.

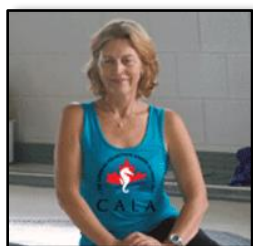


Karl Notargiovanni, CALA Master Trainer, Acupuncturist, B.F.A. Choreography; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Yoga Specialty Course I. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through 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



Jaye, Graham, CALA Trainer. Jaye is the owner of "H2O Works Canada" since 2010. Jaye has worked extensively with those having degenerative conditions, spinal cord injuries, stroke, frozen shoulder issues, surgeries such as hip and knee replacements, athletes and ageing individuals. She is a CALA, Trainer, Facilitator, and Assessor for Group Aqua Fitness, Water Running, and Healing Waters: Post Rehab. Jaye is the lead instructor for the University of Guelph for their Water Rehabilitation program and instructs a variety of aquafitness classes for the university plus the City of Guelph. Jaye is a Third-Degree Black Belt Sensei, enjoys hosting International Students, has 2 grown children plus 2 fur babies.



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Mary Lou Hall CALA Trainer, Fitness Specialist, George Brown College: VWT, GAF & HydroRider. CALA certified in VWT, GAF, HydroRider & Healing Waters: Aquatic Post Rehab. Mary Lou brings 28+ years experience from the fitness & wellness industry. She teaches a variety of classes each week that include HydroRider, Boot Camp, Aqua Arthritis, MS & Stroke Re-motion, General Fitness and Personal Training. Delivering her classes in the Burlington, Oakville & Mississauga Region, Mary Lou shares her enthusiasm & passion about the benefits of moving in water & connecting the body, mind & spirit.



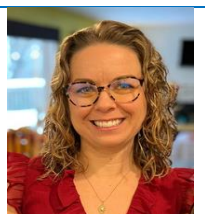
Dianne Levy CALA Trainer

Active and certified as a CALA aquafitness instructor, developing programs and mentoring new leaders at a variety of pools in Nova Scotia since 2002. Currently teaching at Acadia University and Hants Aquatic Centre. I have been an instructor of aquafit for 35 plus years in Nova Scotia and British Columbia. Instructor-Trainer with the Canadian Aquafitness Leaders Alliance since 1996 and with the Lifesaving Society and the Canadian Red Cross for over 35 years. I have developed comprehensive aquafit programs and aquafit instructor training for the Sackville Sports Stadium in Nova Scotia from 1989 - 1996. Affiliated with BCRPA from 1997 – 2001 providing Basic Fitness Theory and the Aquafitness Specialty at Simon Fraser University, and various facilities on the Sunshine Coast and Vancouver Island as well as delivering aquafit instructor workshops. Taught aquafit at Simon Fraser University and for North Vancouver Recreation. I am Affiliated with the Nova Scotia Fitness Association from 2001 – 2015 as a member of the professional development committee and as a provider of Basic Fitness Theory and the Aquafitness Specialty as well as delivering sessions at conferences and PD days for instructors.



Nathan Muir-Cressman CALA Trainer

Nathan has been working in aquatics since 2014. Nathan became CALA Certified in Group Aquafitness in 2016 and earned status as a CALA Trainer in Vertical Water Training and Group Aquafitness. Nathan has also facilitated CALA workshops to inspire instructors. His passions include swimming, hiking, dancing and running. Currently, Nathan is pursuing a degree in Management Finance and Economics at the University of Guelph. Born and raised in Whitehorse, Yukon Nathan's goal is to improve the active life of people in the North through aquatics



Leah Widynowski CALA Trainer CALA Trainer (VWT, GAF) | B. Comm

Marketing is her day job, but fitness is her passion. As a certified aqua fitness instructor for almost 25 years, Leah has been sharing her love for water and wellness by training instructors, facilitating workshops, and evaluating leaders across Canada for CALA. She is also a certified fitness instructor. Her participants love her infectious energy and authentic personality. When she is not building brands, executing marketing plans, or instructing fitness at her local YMCA, she is chasing after her two boys at the park, on the ski hill, or around the camp ground. She currently resides in Edmonton, AB.



Janet Davis CALA Trainer

Janet Davis graduated as a Physiotherapist in 1986 from U of T. She is one of the owners and operators of a sports physiotherapy clinic, Club Physio Plus. Janet has her sports certificate from the Sports Physiotherapy Division and treats athletes at the provincial, national, and international level in various sports. She is also a STOTT certified Pilates instructor in reformer and mat and Pilates certification specialist for CPTN. She is a CALA certified Aquafitness and Aquatic Post Rehabilitation instructor and Trainer and is an international course conductor in Aquatherapy. With her involvement as a clinical lecturer at U of T and lecturing for various affiliations such as CAN-FITPRO, CPTN, and CALA, education and exercise to prevent injury and enhance performance has become one of her major lifetime goals.



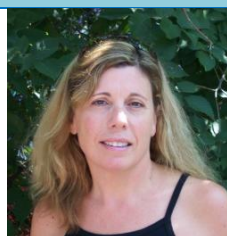
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Linda Northcott, CALA Trainer

Linda Northcott earned her honours degree from Ontario College of Arts, involved in water – as a lifeguard, instructor & aquatic assistant supervisor. Worked at Oakville Pain Rehab Clinic for 10 years gaining insight in the post rehab field. Specializes in CALA Healing Waters program, also an advanced LSS instructor trainer. Linda programs the only Municipal Therapy Pool in Mississauga.



Oded Netzer, CALA Trainer from Israel

Oded Netzer, lives in Raanan Town. In the past-long he was a 10k-Marathone distance runner. Works as Fitness coach since 1995 and an Aqua fitness coach since 2001. Oded is AEA and CALA certifications. He has 15 hours of teaching aqua fitness in Raanana and Hertzliya pools, with growing number of participants. Oded is the CALA presenter in Israel since 2010, and promotes the GAF and TFI method in Israel. Until now there are 50 students in Israel that use this method successfully. Every year Oded and The CALA team celebrates the Aquathone day in Raanana and Hertzliya pools.