

Meet Charlene Kopansky

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.



On June 1, 1993, after more than 7 years of creating workshops and developing course curriculum and with the encouragement of many aqua enthusiasts, Charlene officially incorporated The Canadian Aquafitness Leaders Alliance Inc. and launched the company with the first ever aquafitness conference offered in Canada.

CALA is an international, educational organization providing high quality training and certification and access to current information for its members and others in the active living community.

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.

