



CALA Events include Workshops,
Clinics, Conferences & Courses
Updated Dec 28, 2017

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Call or email for more information cala_aqua@mac.com;
1-888-751-9823 OR 416-751-9823
<http://www.calainc.org/Upcoming/upcoming.htm>

Current Events	Location	Date & Time	CALA Trainer
Intensive Foundations of Vertical Water Training Pre-Requisite Course: Fast Track	<u>Mississauga, ON</u> Meadowvale Community Centre	Sunday January 7, 2018 9:30am – 7:00pm 8 CALA CECs for Refresher	CALA Trainer: Jaye Graham Online registration through City of Mississauga! Barcode: 762858 See poster attached
Intro to Aqua Yoga Clinic 8 CECs	<u>Greenwood, NS.</u> 14 Wing Fitness & Sports Centre	Thurs January 18, 2018 8:00am – 4:30pm	CALA Trainer: Charlene Kopansky Registration is through 14 Wing Fitness Centre See poster attached
Intro to Water Running & Aqua Jogging Clinic 8 CECs	<u>Greenwood, NS.</u> 14 Wing Fitness & Sports Centre	Fri January 19, 2018 8:00am – 4:30pm	CALA Trainer: Charlene Kopansky Registration is through 14 Wing Fitness Centre See poster attached
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment * Register through CALA!	<u>Mississauga, ON</u> Malton Community Centre	Sun January 21, 2018 Theory exam writing: 1pm – 4pm And Practical assessment: 3pm – 6:30pm	CALA Assessor: Linda Northcott, Marni Hill Register through CALA
Foundations of Vertical Water Training Pre-Requisite Course	<u>Mississauga, ON</u> South Common Community Centre	Tuesday Evenings: Jan 23, 30, Feb 6, 13, 20, 27, from 6pm – 10pm Plus Certification dates Tues Feb 27, 2018 *Theory exam: 6pm – 9pm 12 CALA CECs for Refresher	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: 751819 See poster attached

<p>Combined Foundations of Vertical Water Training Pre-Requisite Course (VWT) & Group Aquafitness Specialty Training and Certification Course</p> <p><i>Option to register for VWT only. If you register for GAF only, you must have completed the VWT Pre-requisite.</i></p>	<p><u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre</p>	<p>Wed Jan 24, 8am- 5pm Thurs Jan 25, 8am- 5pm Fri Jan 26, 7:30am- 4:30pm Sat Jan 27, 8am-5pm Sun Jan 28, 8am-4pm</p> <p>12 CALA CECs for Refresher (Repeating the VWT or GAF Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT)</p>	<p><u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre</p>	<p>Wed Jan 24, 8:00am-5:00pm Thurs Jan 25, 8:00am- 5:00pm Fri Jan 26, 7:30am- 11:30am</p> <p>12 CALA CECs for Refresher (Repeating the VWT Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached</p>
<p>Group Aquafitness Specialty Training & Certification Course (GAF)</p> <p><i>Note: VWT is a pre-requisite for GAF</i></p>	<p><u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre</p>	<p>Fri Jan 26, 12:00pm- 4:30pm Sat Jan 27, 8:00am- 5:00pm Sun Jan 28, 8:00am- 4:00pm</p> <p>12 CALA CECs for Refresher (Repeating the GAF Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT)</p>	<p><u>Fredericton, NB</u> Fredericton Indoor Pool</p>	<p>Fri Feb 2, 5:00pm-9:00pm Sat Feb 3, 9:00am- 4:00pm Sun Feb 4, 9:00am- 4:00pm</p> <p>12 CALA CECs for Refresher (Repeating the VWT Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through City of Fredericton See poster attached</p>
<p>Open Book Theory exam writing for VWT, HW, HRider, Water Running</p> <p>* Register through CALA!</p>	<p><u>Mississauga, ON</u> South Common Community Centre</p>	<p>Tues Feb 27, 2018 Theory exam: 6:00pm – 9:00pm *Priority will be given to the candidates who completed the VWT training at South Common for this exam writing</p>	<p>CALA Assessor: TBC</p> <p>Register through CALA</p>
<p>Open Book Theory exam writing for VWT</p> <p>* Register through City of Fredericton</p>	<p><u>Fredericton, NB</u> Fredericton Indoor Pool</p>	<p>Wed Feb 28, 2018 Theory exam writing: 12pm – 3pm</p>	<p>CALA Proctor: Adam Munn</p> <p>* Register through City of Fredericton</p>
<p>Group Aquafitness Specialty Training & Certification Course (GAF)</p> <p><i>Note: VWT is a pre-requisite for GAF</i></p>	<p><u>Fredericton, NB</u> Fredericton Indoor Pool</p>	<p>Fri Mar 9, 5:00pm-9:00pm Sat Mar 10, 9:00am- 4:00pm Sun Mar 11, 9:00am- 4:00pm</p> <p>12 CALA CECs for Refresher (Repeating the GAF Course)</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Register through City of Fredericton Poster in Progress</p>

<p>CALA Conference & Retreat in Beautiful Barbados</p> <p>12 CECs</p>	<p><u>Barbados</u></p>	<p>Approximate dates planning for March 4 – 11, 2018</p>	<p>CALA Team: Charlene Kopansky & Karl Notargiovanni & Dale Douglas</p> <p>Almost sold out!</p>
<p>Integrating Aqua Yoga Poses & Stretches into Aquafit Classes</p> <p>8 CECs</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Sat March 17, 2018 8:30am – 5:00pm</p>	<p>CALA Trainer: Katherine McKeown & Dale Douglas</p> <p>Online registration through City of Mississauga! Barcode: 768225</p> <p>See poster attached</p>
<p>CALA Workshop: Yeah, That's How We Move!</p> <p>4 CECs</p>	<p><u>Kingston, ON</u> YMCA West</p>	<p>Sun March 25, 2018 Time: TBC 12:00pm – 4:00pm</p>	<p>Presenter: Lesa Ray</p> <p>Register through YMCA Poster in progress</p>
<p>Group Aquafitness Specialty Training & Certification Course</p>	<p><u>Mississauga, ON</u> South Common Community Centre</p>	<p>Tuesdays: 6:00pm – 10:00pm March 27 - April 24, 2018 Plus Certification dates Tues May 1, 2018 Theory exam: 6:00pm – 9:00pm & Practical Assessment: 8:00pm – 10:00pm *Priority will be given to the candidates who completed the VWT & GAF training at South Common for this certification date 12 CALA CECs for Refresher</p>	<p>CALA Trainer: TBC</p> <p>Online registration through City of Mississauga!</p> <p>Barcode: 751820 See poster attached</p>
<p>Healing Waters Specialty Training & Certification Course</p>	<p><u>Mississauga, ON</u> Huron Park Community Centre</p>	<p>Sunday Afternoons: 2:00pm – 6:00pm April 8, 15, 22, 29, May 6, 2018 Plus Certification dates Sun May 13, 2018 Theory exam: 2:00pm – 5:00pm and Sun May 27, 2018 Practical assessments for GAF or HW: 3:00pm – 6:00pm *Priority will be given to the candidates who completed the HW training at Huron Park for these two certification dates</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Online registration through City of Mississauga!</p> <p>Barcode: 759402 See poster attached</p>

		12 CALA CECs for Refresher	
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessments	<u>Mississauga, ON</u> South Common Community Centre	Tues May 1, 2018 Theory exam: 6:00pm – 9:00pm & Practical Assessment: 8:00pm – 10:00pm	CALA Assessor: TBC Register through CALA
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running	<u>Mississauga, ON</u> Huron Park Community Centre	Sun May 13, 2018 Theory exam: 2:00pm – 5:00pm	CALA Assessor: TBC Register through CALA
Group Aquafitness Specialty Training & Certification Course (GAF) <i>Note: Vertical Water Training (VWT) is a pre-requisite for GAF Specialty</i>	<u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre	Fri May 25, 9:00am-1:00pm & 3:00pm – 7:00pm Sat May 26, 9:00am- 6:00pm Sun May 27, 9:00am- 6:00pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Charlene Kopansky Register through CALA See poster attached
CALA-BCRPA Approved Workshops: Aqua Cardio-Combat & Oh My Aching Body	<u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre	Sun May 27, 9:00am- 6:00pm 8 CECs per workshop	CALA Trainer: Charlene Kopansky Register through CALA See poster attached
GAF & HW Practical Assessment	<u>Mississauga, ON</u> Huron Park Community Centre	Sun May 27, 2018 Practical assessments for GAF or HW: 3:00pm – 6:00pm	CALA Assessor: TBC Register through CALA
CALA Workshop: Anchor Management – Powerful Aqua Moves	<u>Whitehorse, YT</u> Canada Games Centre	Thurs June 7, 7:00pm – 9:00pm 7:00pm – 7:30pm: Active Theory 7:30pm- 8:10pm: Pool 8:10pm – 8:55pm: Join Class 8:55pm – 9:00pm: Q & A 2 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached
Foundations of Vertical Water Training Pre-Requisite Course (VWT)	<u>Whitehorse, YT</u> Canada Games Centre	Fri June 8, 5pm – 9pm Sat June 9, 8am - 5pm Sun June 10, 8am - 5pm 12 CALA CECs for Refresher (Repeating the VWT Course)	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached

Group Aquafitness Specialty Training & Certification Course	<u>Whitehorse, YT</u> Canada Games Centre	Mon June 11, 5pm – 9pm Tues June 12, 8am - 5pm Wed June 13, 8am - 5pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached
CALA Workshop: Aqua Core Conditioning – Water Running Fusion	<u>Whitehorse, YT</u> Canada Games Centre	Wed June 13, 5pm – 8pm 5:00pm – 6:30pm: Active Theory 6:30pm- 7:25pm: Pool 7:25pm – 7:55pm: Join Class 7:55pm – 8:00pm: Q & A 3 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached
CALA Workshop: Off The Wall: Chest Deep and Deep Simultaneous Teaching	<u>Whitehorse, YT</u> Canada Games Centre	Thurs June 14, 5pm – 8pm 5:00pm – 6:30pm: Active Theory 6:30pm- 7:25pm: Pool 7:25pm – 7:55pm: Join Class 7:55pm – 8:00pm: Q & A 3 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment	<u>Mississauga, ON</u> Huron Park Community Centre	Sun June 24, 2018 Theory exam: 12:30pm – 3:30pm and Practical assessment: 3:30pm – 7:00pm	CALA Assessor: TBC Register through CALA
Group Aquafitness Specialty Training & Certification Course	<u>Mississauga, ON</u> Mississauga Valley Community Centre – Terry Fox Pool	Fri July 13, 6:00pm – 10:00pm Sat July 14, 9:00am – 6:30pm Sun July 15, 9:00am – 6:30pm 12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown Online registration through City of Mississauga! Barcode: 748608 See poster attached
Foundations of Vertical Water Training Pre-Requisite Course	<u>Mississauga, ON</u> Malton Community Centre	Fri Sept 21, 6:00pm – 10:00pm Sat Sept 22, 9:00am – 6:00pm Sun Sept 23, 10:30am – 7:30pm 12 CALA CECs for Refresher	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: 759549 See poster attached
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment	<u>Mississauga, ON</u> Malton Community Centre	Sun November 4, 2018 Theory exam writing: 1:00pm – 4:00pm and Practical assessment: 3:00pm – 6:30pm	CALA Assessor: TBC Register through CALA

Introduction to HydroRider Clinic	<u>Mississauga, ON</u> Frank McKechnie Community Centre	Sun Nov 18, 2018: 12:00pm – 9:00pm 8 CALA CECs	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: 755440 See poster attached
Healing Waters Specialty Training & Certification Course	<u>Mississauga, ON</u> Malton Community Centre	Fri Nov 30, 6:00pm-10:00pm Sat Dec 1, 9:00am-6:00pm Sun Dec 2, 10:30am-6:30pm 12 CALA CECs for Refresher	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: 759550 See poster attached