



CALA

Events include Workshops,
Clinics, Conferences & Courses

Updated January 27, 2018

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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
Foundations of Vertical Water Training Pre-Requisite Course (VWT)	Ottawa, ON Ottawa Athletic Club	Fri Feb 23, 5:00pm-9:00pm Sat Feb 24, 12:00pm- 8:00pm Sun Feb 25, 12:00pm- 8:00pm 12 CALA CECs for Refresher (Repeating the VWT Course)	CALA Trainer: Jill Young Register through CALA See poster attached at www.calainc.org
Open Book Theory exam writing for VWT, HW, HRider, Water Running * Register through CALA!	Mississauga, ON South Common Community Centre	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	CALA Assessor: TBC Register through CALA
Open Book Theory exam writing for VWT (2.5 hour exam) * Register through City of Fredericton	Fredericton, NB Fredericton Indoor Pool	Wed Feb 28, 2018 Theory exam writing: 12pm – 3pm (2.5 hour exam)	CALA Proctor: Adam Munn * Register through City of Fredericton
Group Aquafitness Specialty Training & Certification Course (GAF) <i>Note: VWT is a pre-requisite for GAF</i>	Ottawa, ON Ottawa Athletic Club	Fri Mar 2, 5:00pm-9:00pm Sat Mar 3, 12:00pm- 8:00pm Sun Mar 4, 12:00pm- 8:00pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Jill Young Register through CALA See poster attached at www.calainc.org
Group Aquafitness Specialty Training & Certification Course (GAF) <i>Note: VWT is a pre-requisite for GAF</i>	Fredericton, NB Fredericton Indoor Pool	Fri Mar 9, 5:00pm-9:00pm Sat Mar 10, 9:00am- 4:00pm Sun Mar 11, 9:00am- 4:00pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Katherine McKeown Register through City of Fredericton See poster attached at www.calainc.org

<p>CALA Conference & Retreat in Beautiful Barbados</p> <p>12 CECs</p>	<p><u>Barbados</u></p>	<p>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 Online registration through City of Mississauga! Barcode: 768225 See poster attached at www.calainc.org</p>
<p>Introduction to Healing Waters Clinic</p> <p>8 CECs</p>	<p><u>Collingwood, ON</u> Centennial Aquatic Centre</p>	<p>Sat March 24, 2018 Time: 9:00am – 5:00pm</p>	<p>Presenter: Katherine McKeown</p> <p>Register through CALA</p>
<p>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running</p> <p>* Register through CALA!</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat March 24, 2018 Time: 1:00pm – 4:00pm</p>	<p>CALA Assessor: TBC</p> <p>Register through CALA</p>
<p>GAF Practical Assessment & GAF Practical Assignment Submission of 30 minute class plan (upon completion of GAF Course)</p>	<p>Submit completed GAF Assignment to cala_aqua@mac.com using .docx format</p>	<p>GAF Assignment Submission Date: On or before May15, 2018</p> <p>GAF Practical Assessment Date: Sunday May 25, 2018 2:30pm – 9:00pm *** 30 minute assessment per person</p>	<p>CALA Office: 416-751-9823 cala_aqua@mac.com</p> <p>You must book your GAF Practical Assessment through the CALA Office</p>
<p>CALA Workshop: Equipment Extravaganza</p> <p>4 CECs</p>	<p><u>Norfolk County, ON</u> Annalise Carr Aquatic Centre</p>	<p>Sat March 24, 2018 Time:12:00pm – 4:00pm</p>	<p>Presenter: Mary Lou Hall</p> <p>Register through CALA</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 Online registration through City of Mississauga! Barcode: 751820 See poster attached at www.calainc.org</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 12 CALA CECs for Refresher</p>	<p>CALA Trainer: Katherine McKeown Online registration through City of Mississauga! Barcode: 759402 See poster attached at www.calainc.org</p>
<p>CALA Conference Celebrating 25 years!</p>	<p><u>Cornwall, ON</u> NAV Canada</p>	<p>Sat April 7 & Sun April 8, 2018</p>	<p>CALA Presenter Team Conference Details – in the planning stage</p>
<p>CALA, AFLCA, BCRPA, canfitpro Accredited Workshop: Constructing and Delivering Fun-Filled Aquafitness Class that Get the Body Moving, the Mind Discovering and the Spirit Soaring 4 CALA CECs</p>	<p><u>Claresholm, AB</u></p>	<p>Fri April 27, 2018: 5pm-9pm</p>	<p>Presenter: Michelle McLaren Register through Claresholm Aquatic Centre Poster in process</p>
<p>CALA, AFLCA, BCRPA, canfitpro Accredited Workshop: “Pump up the Participants – Seniors Staying Forever Young” 4 CALA CECs</p>	<p><u>Claresholm, AB</u></p>	<p>Sat April 28, 2018: 8am-12pm</p>	<p>Presenter: Michelle McLaren Register through Claresholm Aquatic Centre Poster in process</p>

Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessments	Mississauga, ON 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	Mississauga, ON Huron Park Community Centre	Sun May 13, 2018 Theory exam: 2:00pm – 5:00pm	CALA Assessor: TBC Register through CALA
Spring Thing – York Regional Aquatic Council Conference – CALA Booth	Markham, ON Markham Pan Am Centre	Wednesday, May 16, 2018 Trade Show Booth	CALA Team See you at the CALA Booth
GAF Practical Assignment Submission of 30 minute class plan (upon completion of GAF Course)	Submit completed GAF Assignment to cala_aqua@mac.com using .docx format	Submission Date: On or before May 25, 2018	CALA Office: 416-751-9823 cala_aqua@mac.com
Group Aquafitness Specialty Training & Certification Course (GAF) <i>Note: Vertical Water Training (VWT) is a pre-requisite for GAF Specialty</i>	Prince Rupert, BC 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 at www.calainc.org
CALA-BCRPA Approved Workshops: Aqua Cardio-Combat & Oh My Aching Body	Prince Rupert, BC 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 at www.calainc.org
GAF & HW Practical Assessment	Mississauga, ON Huron Park Community Centre	Sun May 27, 2018 Practical assessments for GAF or HW: 3:00pm – 6:00pm	CALA Assessor: Katherine McKeown Register through CALA
Vertical Water Training (VWT) Intensive Version	Barrhead, AB Barrhead Aquatic Centre	Thurs May 31, 2018 Fri June 1, 2018 (am)	CALA Trainer: Charlene Kopansky Register through CALA Poster in process

<p>Group Aquafitness Specialty Training & Certification Course (GAF)</p> <p><i>Note: Vertical Water Training (VWT) is a pre-requisite for GAF Specialty</i></p>	<p><u>Barrhead, AB</u> Barrhead Aquatic Centre</p>	<p>Fri June 1, 2018 (pm) Sat June 2, 2018 Sun June 3, 2018</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA Poster in process</p>
<p>CALA Workshop: Anchor Management – Powerful Aqua Moves</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>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</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT)</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>Fri June 8, 5pm – 9pm Sat June 9, 8am - 5pm Sun June 10, 8am - 5pm</p> <p>12 CALA CECs for Refresher (Repeating the VWT Course)</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>Group Aquafitness Specialty Training & Certification Course</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>Mon June 11, 5pm – 9pm Tues June 12, 8am - 5pm Wed June 13, 8am - 5pm</p> <p>12 CALA CECs for Refresher (Repeating the GAF Course)</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>CALA Workshop: Aqua Core Conditioning – Water Running Fusion</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>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</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>CALA Workshop: Off The Wall: Chest Deep and Deep Simultaneous Teaching</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>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</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment</p>	<p><u>Mississauga, ON</u> Huron Park Community Centre</p>	<p>Sun June 24, 2018 Theory exam: 12:30pm – 3:30pm and Practical assessment: 3:30pm – 7:00pm</p>	<p>CALA Assessor: TBC</p> <p>Register through CALA</p>

Aqua Booster: Inspiration & Confidence Building Workshop	Fredericton, NB Fredericton Indoor Pool	June 25 9:00am – 1:00pm 4 CALA CECs	CALA Trainer: TBC Register through City of Fredericton Poster in progress
GAF Practical Assessment Each assessment is 30 minutes + 10 minutes of feedback	Fredericton, NB Fredericton Indoor Pool	June 25 4:30 – 6:30pm June 26, 4:30 – 6:30pm June 27, 4:30 – 6:30 PM	CALA Assessor: TBC Register through Fredericton Indoor Pool
Group Aquafitness Specialty Training & Certification Course	Mississauga, ON 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 at www.calainc.org
Foundations of Vertical Water Training Pre-Requisite Course	Mississauga, ON 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: Katherine McKeown Online registration through City of Mississauga! Barcode: 759549 See poster attached at www.calainc.org
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment	Mississauga, ON 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	Mississauga, ON 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 at www.calainc.org

Healing Waters Specialty Training & Certification Course	Mississauga, ON 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 at www.calainc.org
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