



CALA Events include Workshops, Clinics, Conferences & Courses

Updated February 16, 2018

CALA Events are accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS & YMCA, YWCA. You will earn CALA CECS automatically by attending CALA Events. You do not have to be a CALA Member to earn & to bank CECs. You can use the CECs for recertification, when you decide to get CALA Certified. CALA CECs never expire!

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, HydroRider, 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) Note: VWT is a pre-requisite for GAF	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) Note: VWT is a pre-requisite for GAF	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 Sold out!</p>
<p>CALA Workshop Day: Experience Multiple Movement Combinations designed for a chest deep & deep-water recreational pool And Gentle Stretch, Strength & Range of Motion Exercise Progressions.</p> <p>8 CECs</p>	<p><u>Peterborough, ON</u> Peterborough Sport & Wellness Centre</p>	<p>Sun March 11, 2018 Time: 8:00am – 4:30pm</p> <p>8 CALA CECs 4 canfitpro CECs</p>	<p>Presenter: Dylan Harries</p> <p>Register through CALA</p> <p>See poster attached at www.calainc.org</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 See poster attached at www.calainc.org</p>
<p>Introduction to HydroRider-Clinic</p> <p>8 CECs</p>	<p><u>Waterloo, ON</u> Waterloo Swimplex</p>	<p>Sat March 24, 2018 Time: 1:30pm – 10:00pm</p> <p>8 CALA CECs 4 canfitpro CECs</p>	<p>Presenter: Charlene Kopansky</p> <p>Register through CALA</p> <p>See poster attached at www.calainc.org</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: Jill Young</p> <p>Register through CALA</p>

<p>CALA Workshop: Equipment Extravaganza</p> <p>4 CECs</p>	<p><u>Norfolk County, ON</u> Annaleise 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 See poster attached at www.calainc.org</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: 12:00pm – 4:00pm</p>	<p>Presenter: Lesa Ray</p> <p>Register through YMCA Registration is open at Kingston Y West</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</p> <p>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 at www.calainc.org</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT) – Intensive!</p> <p>Note: Registrants must pre-read the VWT manual to prepare for this intensive 8-hour course.</p>	<p><u>Merritt, BC</u> Nicola Valley Aquatic Centre</p>	<p>Sat April 7, 8am- 5:00pm</p> <p>Earn 8 CALA CECs for Repeating the VWT Course. Also earn CECs with BCRPA, CFES & canfitpro</p>	<p>CALA Trainer: Jane Jones</p> <p>Register through CALA</p> <p>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</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Online registration through City of Mississauga!</p> <p>Barcode: 759402 See poster attached at www.calainc.org</p>

CALA Conference Celebrating 25 years!	<u>Cornwall, ON</u> NAV Canada	Sat April 7 & Sun April 8, 2018	CALA Presenter Team Conference Details – in the planning stage
CALA Workshop: Aqua Essentials And CALA Workshop: Mind Blowing Aquafitness Combinations! Each Workshop = 4 CALA CECs & AFLCA, CFES, BCRPA, SPRA, canfitpro accredited	<u>Claresholm, AB</u> Claresholm Aquatic Centre	Friday April 27, 2018 Time: 5:00pm – 9:00pm And Saturday April 28, 2018 Time: 8:00am – 12:00pm Register for both workshops or choose one!	Presenter: Michelle McLaren Register through Claresholm Aquatic Centre Workshop is confirmed. Poster in progress, designed by Claresholm
<u>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessments</u>	<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
Group Aquafitness Specialty Training & Certification Course	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Fri May 4, 5:00pm-9:00pm Sat May 5, 8:00am- 5:00pm Sun May 6, 8:00am- 5:00pm 12 CALA CECs for Refresher (Repeating the GAF Course). Also earn CECs with BCRPA, canfitpro and CFES	CALA Trainer: Jane Jones or Charlene Kopansky Register through CALA See poster attached at www.calainc.org
TWO CALA-BCRPA Approved Workshops: <u>Aqua Cardio-Combat with Bridging & Linking</u> AND/or <u>Oh My Aching Body – Strengthening, Range of Motion and Class Planning Strategies</u>	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Sun May 6, 8:00am- 12:00pm and Sun May 6, 12:45pm- 5:00pm 4 CALA CECs per workshop. Also earn CECs with BCRPA, canfitpro and CFES	CALA Trainer: Jane Jones or Charlene Kopansky Register through CALA See poster attached at www.calainc.org
<u>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running</u>	<u>Mississauga, ON</u> 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	<u>Markham, ON</u> Markham Pan Am Centre	Wednesday, May 16, 2018 Trade Show Booth	CALA Team See you at the CALA Booth

<p>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>Submission Date: On or before May 25, 2018</p>	<p>CALA Office: 416-751-9823 cala_aqua@mac.com</p>
<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>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre</p>	<p>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</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 at www.calainc.org</p>
<p>TWO CALA-BCRPA Approved Workshops: <u>Aqua Cardio-Combat with Bridging & Linking</u></p> <p>AND / OR</p> <p><u>Oh My Aching Body – Strengthening, Range of Motion and Class Planning Strategies</u></p>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre</p>	<p>Sun May 27, 2018 9:00am- 1:00pm</p> <p>AND / OR</p> <p>1:00pm - 6:00pm</p> <p>4 CECs per workshop , BCRPA, CFES, canfitpro and CALA CECs</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<p>GAF & HW Practical Assessment</p>	<p><u>Mississauga, ON</u> Huron Park Community Centre</p>	<p>Sun May 27, 2018 Practical assessments for GAF or HW: 3:00pm – 6:00pm</p>	<p>CALA Assessor: Katherine McKeown</p> <p>Register through CALA</p>
<p>Vertical Water Training (VWT) Intensive Version</p>	<p><u>Barrhead, AB</u> Barrhead Regional Aquatic Centre</p>	<p>Thurs May 31, 2018 5pm – 9:30pm Fri June 1, 2018 5pm – 9:30pm</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached at www.calainc.org</p>
<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>Sat June 2, 2018 (8:30am – 5:30pm) Sun June 3, 2018 (8:00am – 4:30pm)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA See poster attached at www.calainc.org</p>

CALA Workshop: <u>Anchor Management – Powerful Aqua Moves</u>	<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 at www.calainc.org
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 at www.calainc.org
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 at www.calainc.org
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 at www.calainc.org
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 at www.calainc.org
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
Aqua Booster: Inspiration & Confidence Building Workshop	<u>Fredericton, NB</u> 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