



C A L A 2017

Events include Workshops, Clinics, Conferences & Courses

(Potential events are also listed at the end)

Updated: February 20, 2017

CALA Events are accredited by CALA, canfitpro, AFL-CA, BCRPA, SPRA, OFC, CFES, OFC, OHFS & YM-CA, 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 ca-la_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
Part One: Intro to HydroRider *Pre-requisite for Part Two	Waterloo, ON Waterloo Swimplex	Sat Feb 25, 2017 2pm – 11pm 8 CALA CECS	Mary Lou Hall
Part One: Intro to HydroRider *Pre-requisite for Part Two	Mississauga, ON Frank McKechnie Community Centre	Sun Feb 26, 2017 1pm – 9pm 8 CALA CECS	Mary Lou Hall & Katherine McKeown Online registration through City of Mississauga
CALA Bridging and Linking – Smooth Transitions Workshop	Calgary, AB Killarney Aquatic & Rec Centre	Fri Mar 10, 2017 4pm – 8pm: Pool 6pm – 8pm 4 CALA CECS	Michelle McLaren
CALA Aqua Equipment Extravaganza plus Abs & Stretch Techniques Workshop	Cornwall, ON NAV Fit Canada	Sat March 11, 2017 8am – 12pm 4 CALA CECS Registration starts at 7:30am	Dylan Harries Revised poster attached
Foundations of Vertical Water Training Pre-Requisite Course	Mississauga, ON Malton Community Centre	Fri Mar 17: 5pm – 9pm Sat Mar 18: 9am – 6pm Sun Mar 19: 9am - 6pm	Jaye Graham Online registration through City of Mississauga
Group Aquafitness Specialty Training & Certification Course	Location Change! Toronto, ON Goodlife Sheppard Ave East, North York	Date Change Pending!! Fri Mar 24: 5:30pm – 9:45pm Sat Mar 25: 10:30am – 7pm Sun Mar 26: 10:30am – 7pm	Katherine McKeown

Water Running, Core Conditioning & Dynamic Stretch Workshop	<u>Norfolk County, ON</u> Annalise Carr Aquatic Centre	Sat Mar 25, 2017 11:30am – 3:30pm 4 CALA CECs	Charlene Kopansky
Foundations of Vertical Water Training Pre-Requisite Course	<u>Canmore, AB</u> Elevation Place	Fri Mar 31: 5pm – 9pm Sat Apr 01: 8am – 4pm Sun Apr 02: 8am – 4pm	Michelle McLaren
The Making of a Stronger Fitness Instructor - Pilates Infused Core for Land & Water	<u>Calgary, AB</u> Killarney Aquatic & Rec. Centre	Friday April 7, 2017 4pm – 8pm – both land and water, for land and water instructors 4 CALA CECs	Michelle McLaren
Open Book Theory exam writing for VWT, HW etc. PLUS Healing Waters Practical Assessment Opportunity. Each assessment is 30 min.	<u>Toronto, ON</u> Goodlife Sheppard Ave East, North York	Exam writing/practical assessment opportunity: Sat April 8, 2017 12:30pm – 6:30pm Sun April 9, 2017 12:30pm – 6:30pm	Saturday Proctor: Katherine McKeown Sunday Proctor: TBA Book through CALA office.
The Ways Water Makes Us Move Workshop	<u>Kelowna, BC.</u> Parkinson Recreation Centre	Sat April 8, 2017 12:30pm – 4:30pm	Jane Jones Registration through City of Kelowna Using Barcode 153372 www.kelowna.ca Ph: 250 469-8800
Aqua Variety Workshop	<u>Ottawa, ON.</u> Ottawa Athletic Club	Sun April 9, 2017 1pm – 4pm	Dylan Harries
Open Book Theory exam writing for VWT, HW, HRider, Water Running...	<u>Mississauga, ON</u> Malton Community Centre	Exam writing Sun Apr 23, 2017 1:30pm – 4:30pm	Linda Northcott Book through CALA office.
CALA Workshop High to Low Intensity Water Running with Core Conditioning & Dynamic Flexibility	<u>Mississauga, ON</u> Malton Community Centre	Sunday Apr 23, 2017 1pm – 5pm 4 CALA CECs	Registration poster is in progress. Online registration through City of Mississauga
Suspended Tethered Training Workshop	<u>Calgary, AB</u> Killarney Aquatic & Recreation Centre	Friday, May 5, 2017 4pm – 8pm: Pool 6pm – 8pm 4 CALA CECs	Michelle McLaren

Open Book Theory exam writing for VWT, HW, HRider, Water Running...	<u>Mississauga, ON</u> Malton Community Centre	Exam writing: Sun May 7, 2017 1:30pm – 4:30pm	Linda Northcott Book through CALA office.
Three Workshops 1. Water Running: Cardio Abdominal Combination 2. Anchor It, Bounce It, Propel It! 3. Dynamic Stretch & Stability Training BCRPA, canfitpro, CFES accredited	<u>Prince Rupert, BC</u> Earl Mah Aquatic Centre	Sunday May 7 2017 8 hours of workshops 10am – 7pm 8 CALA CECs	Charlene Kopansky Register for one, two or all three workshops
Aqua Extravaganza 1. Add Fun & Flavour: Bounce, Anchor & Propel your Body 2. Jump on the Stability Board for Core 3. Restore the Body, Relax the Mind, Release the Spirit – Aqua Yoga CALA AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	May 12 & 13, 2017 Choose 1, 2 or 3 workshops 4 – 12 hours	Charlene Kopansky Earn between 4 and 12 CALA CECs, also AFLCA, BCRPA, canfitpro, YMCA
Open Book Theory exam writing for VWT, HW, HRider, Water Running...	<u>Canmore, AB</u> Elevation Place	Exam writing Fri June 2, 2017 1:30pm – 4:30pm	Michelle McLaren Book through CALA office.
Group Aquafitness Specialty Training & Certification Course	<u>Canmore, AB</u> Elevation Place	Fri June 2: 5pm – 9pm Sat June 3: 8am – 5pm Sun June 4: 8am – 5pm	Michelle McLaren
Aqua Kick Box Workshop	<u>Calgary, AB</u> Killarney Aquatic & Rec. Centre	June 9, 2017 4pm- 8pm 4 CALA CECs	Brenda Hamre
GAF Practical Assessment Opportunity. Each assessment is 30 min.	<u>Canmore, AB</u> Elevation Place	GAF Practical assessments Sun June 25, 2017 3pm – 6pm	Michelle McLaren Book through CALA office.

Combined Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> TBC	Spring 2017 - Awaiting date confirmation	Trainer: TBC Registration poster will be available in 2017
Group Aquafitness Specialty Training & Certification Course	<u>Ottawa, ON</u> TBC	Spring 2017 - Awaiting date confirmation	Trainer: TBC Registration poster will be available in 2017
Northern Fitness Conference “Where Land Meets Water”	<u>Timmins, ON</u> Archie Dillon Sportsplex	Fri June 2, Sat June 3 and Sun June 4, 2017	Brochure in progress Registration through City of Timmins
Group Aquafitness Specialty Training & Certification Course	<u>Mississauga, ON</u> Rivergrove Community Centre	Fri June 23: 5:30pm – 9pm Sat June 24: 9am – 5pm Sun June 25: 9am – 5pm	Trainer: TBC Bar Code 733643 Registration poster will be available in 2017
Foundations of Vertical Water Training Pre-Requisite Course	<u>Mississauga, ON</u> River Grove Community Ctr.	Star be confirmed Fri Sept 8, 2017: 5:30 – 10pm Sat Sept 9: 10am – 6:30pm Sun Sept 10: 10am – 6:30pm	Jaye Graham Registration poster will be available in 2017 Online registration through City of Mississauga
Group Aquafitness Specialty Training & Certification Course	<u>Mississauga, ON</u> River Grove Community Ctr	To be confirmed Fri Sept 15: 5:30 – 10pm Sat Sept 16: 10am – 6:30pm Sun Sept 17: 10am – 6:30pm	Jaye Graham Registration poster will be available in 2017 Online registration through City of Mississauga
Open Book VWT Theory exam and GAF Practical Assessment Opportunities VWT Exam 2.5 hr Assessment is 30 min	<u>Mississauga, ON</u> Rivergrove Community Centre	To be confirmed Sat Oct 14, 2017 5pm - 9pm	CALA Assessor Team Book through CALA office!

Events – in the planning stages

Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Chilliwack, BC</u>	May 2017 8 hours	Charlene Kopansky 8 CALA CECs, also AFLCA, BCRPA, canfitpro, YMCA
Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Sparwood, BC</u>	Spring 2017 8 hours	TBC 8 CALA CECs, also AFLCA, BCRPA, canfitpro, YMCA
Aqua Motion Workshop Geared to Older Adults to Improve Daily Function with information on Chronic Pain - 12 hours of Workshops CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Thunder Bay, ON</u>	Spring 2017 12 hours	Wendy Andruski 12 CALA CECs, also OFC, canfitpro, YMCA
Splash Into Sunshine Conference Bilingual! CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Conference	<u>NDG, Montreal, PQ</u>	Spring 2017	TBC Brochure in progress... Registration through CALA
Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Drayton Valley, AB</u>	Autumn 2017 8 hours	TBC 8 CALA CECs, also AFLCA, BCRPA, canfitpro, YMCA