



CALA 2017

Events include Workshops, Clinics, Conferences & Courses

Updated: March 14, 2017

(Potential events are also listed at the end)

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	<u>Mississauga, ON</u> 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	<u>Toronto, ON</u> Goodlife Sheppard Ave East, North York	Fri Mar 24: 5:30pm – 9:45pm Sat Mar 25: 12:00pm – 8pm Sun Mar 26: 9am – 6pm	Katherine McKeown
Choreography to the Max & Dynamic Stretch Workshop	<u>Simcoe, 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	Fri 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 Group Aquafitness, Aqua Yoga, Water Running, 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: Charlene Kopansky Sunday Proctor: Katherine McKeown Book through CALA

Open Book Theory exam writing: VWT, HW, HRider, Water Running OR HW Practical Assessment	<u>Mississauga, ON</u> Malton Community Centre	Exam writing: Sun April 9, 2017 2:00pm-5:00pm	Linda Northcott 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
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Apr 21 17: 5:30pm – 9:30pm Sat Apr 22: 12pm – 8pm Sun Apr 23:12pm - 8pm	Jill Young
CALA Workshop High to Gentle Intensity Water Running with Core Conditioning & Dynamic Flexibility	<u>Mississauga, ON.</u> Malton Community Centre	Sun Apr 23, 2017 1pm – 5pm (main pool) 4 CALA CECs	Presenter: Charlene Kopansky Online registration through City of Mississauga
GAF Practical Assessment	<u>Mississauga, ON</u> Malton Community Centre	Sun April 23, 2017 5:45pm-7:00pm	Linda Northcott or Charlene Kopansky Book through CALA office.
Group Aquafitness Specialty Training & Certification Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Apr 28 17: 5:30pm – 9:30pm Sat Apr 29: 12pm – 8pm Sun Apr 30:12pm - 8pm	Jill Young
Suspended Tethered Training Workshop	<u>Calgary, AB</u> Killarney Aquatic & Recreation Centre	Fri May 5, 2017 4pm – 8pm: Pool 6pm – 8pm 4 CALA CECs	Michelle McLaren
Open Book Theory exam writing: VWT, HW, HRider, Water Running	<u>Mississauga, ON</u> Malton Community Centre	Exam writing: Sun May 7, 2017 2:00pm-5:00pm	Linda Northcott Book through CALA office.

<p>Three Workshops</p> <ol style="list-style-type: none"> 1. Water Running: Cardio Abdominal Combination 2. Anchor It, Bounce It, Propel It! 3. Dynamic Stretch & Stability Training <p>BCRPA, canfitpro, CFES accredited</p>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatic Ctr</p>	<p>Sun May 7 2017 8 hours of workshops 10am – 7pm 8 CALA CECs</p>	<p>Charlene Kopansky</p> <p>Register for one, two or all three workshops</p>
<p>Aqua Extravaganza</p> <ol style="list-style-type: none"> 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 <p>CALA AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops</p>	<p><u>Merritt, BC</u> Nicola Valley Aquatic Centre</p>	<p>Fri May 12 & Sat May 13, 2017 Choose 1, 2 or 3 workshops 4 – 12 hours</p>	<p>Charlene Kopansky</p> <p>Earn between 4 and 12 CALA CECs, also AFLCA, BCRPA, canfitpro, YMCA</p>
<p>Northern Fitness Conference “Where Land Meets Water”</p>	<p><u>Timmins, ON</u> Archie Dillon Sportsplex</p>	<p>Fri June 2, Sat June 3 and Sun June 4, 2017</p>	<p>Brochure in progress Registration through City of Timmins</p>
<p>Open Book Theory exam writing: VWT, HW, HRider, Water Running...</p>	<p><u>Canmore, AB</u> Elevation Place</p>	<p>Exam writing Fri June 2, 2017 1:30pm – 4:30pm</p>	<p>Michelle McLaren Book through CALA.</p>
<p>Group Aquafitness Specialty Training & Certification Course</p>	<p><u>Canmore, AB</u> Elevation Place</p>	<p>Fri June 2: 5pm – 9pm Sat June 3: 8am – 5pm Sun June 4: 8am – 5pm</p>	<p>Michelle McLaren</p>
<p>Aqua Kick Box Workshop</p>	<p><u>Calgary, AB</u> Killarney Aquatic & Rec. Centre</p>	<p>Sun June 9, 2017 4pm- 8pm 4 CALA CECs</p>	<p>Brenda Hamre</p>
<p>CALA Workshop</p>	<p><u>Ottawa, ON</u> Nepean Sportsplex</p>	<p>Sun June 18, 2017 9am-1pm 4 CALA CECs</p>	<p>Presenter: TBA Registration poster in progress</p>
<p>Splash Into Sunshine Conference - Bilingual! CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Conference</p>	<p>NDG, Montreal, PQ</p>	<p>Fri June 16 & Sat June 17 (And possibly June 18, 2017)</p>	<p>Team of Presenters</p> <p>Brochure in progress... Registration through CALA</p>

Formation Combinée en Aquaforme – VWT formation de base + GAF formation spécialisée et certification Formation en Français	<u>Granby, PQ</u> Piscine Miner	Vend 16 juin: 18h – 22h Sam 17 juin: 8h – 17h Dim 18 juin: 8h - 17h	Patrick Levesque
CALA Workshop	<u>Ottawa, ON</u> Nepean Sportsplex	Sun June 18, 2017 9am-1pm 4 CALA CECs	Presenter: TBA Registration poster in progress
Group Aquafitness Specialty Training & Certification Course	<u>Mississauga, ON</u> Rivergrove Community Centre	Fri June 23: 5:30pm – 9pm Sat June 24: 9:30am – 5:30pm Sun June 25: 9:30am – 5:30pm	Jaye Graham Online registration through City of Mississauga Bar Code 733643
GAF Practical Assessment Opportunity. Each assessment is 30 min.	<u>Canmore, AB</u> Elevation Place	GAF Practical assessments Sun June 25, 2017 9am - 12pm	Michelle McLaren Book through CALA.
Combined Vertical Water Training Pre-Requisite + Group Aquafitness Specialty Training & Certification <i>*** Option to register for VWT or GAF course only. Contact CALA for details</i>	<u>Ottawa, ON</u> Pinecrest Recreation Complex	Sat July 8, 9am- 6pm Sun July 9, 9am- 6pm Sat July 15, 9am- 6pm Sun July 16, 9am- 6pm	Trainers: Narelle Hamill & Jennie Queen
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Pinecrest Recreation Complex	Sat July 8, 9am- 6pm Sun July 9, 9am- 6pm	Trainers: Narelle Hamill & Jennie Queen
Group Aquafitness Specialty Training & Certification Course <i>* You must have completed the VWT Bypass or Course before registering for this Specialty</i>	<u>Ottawa, ON</u> Pinecrest Recreation Complex	Sat July 15, 9am- 6pm Sun July 16, 9am- 6pm	Trainers: Narelle Hamill & Jennie Queen
Open Book Theory exam writing for VWT, HW, HRider, Water Running & Practical Assessment	<u>Mississauga, ON</u> Malton Community Centre	Exam writing: Sun Aug 20, 2017	Linda Northcott Book through CALA

Foundations of Vertical Water Training Pre-Requisite Course – FAST TRACK	<u>Mississauga, ON</u> Meadowvale Community Centre	Sun Aug 27, 2017 12pm – 8pm Theory 3- 4:30pm & 6:30pm—8pm Pool	Online registration through City of Mississauga Bar Code: 735322
CALA One Day Conference	<u>Mississauga, ON</u> Clarkson Community Centre	Sun Sept 17, 2017	Team of Presenters
Combined Vertical Water Training Pre-Requisite + Group Aquafitness Specialty Training & Certification <i>*** Option to register for VWT or GAF course only. Contact CALA for details See below</i>	<u>Ottawa, ON</u> Walter Baker Community Centre	Mon Sept 18, 5pm- 9:30pm Mon Sept 25, 5pm- 9:30pm Mon Oct 2, 5pm- 9:30pm Mon Oct 9, 5pm- 9:30pm Mon Oct 16, 5pm- 9:30pm Mon Oct 23, 5pm- 9:30pm Mon Oct 30, 5pm- 9:30pm Mon Nov 6, 5pm- 9:30pm	Trainers: TBC
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Walter Baker Community Centre	Mon Sept 18, 5pm- 9:30pm Mon Sept 25, 5pm- 9:30pm Mon Oct 2, 5pm- 9:30pm Mon Oct 9, 5pm- 9:30pm	Trainers: TBC
Group Aquafitness Specialty Training & Certification Course * You must have completed the VWT Bypass or Course before registering for this Specialty	<u>Ottawa, ON</u> Walter Baker Community Centre	Mon Oct 16, 5pm- 9:30pm Mon Oct 23, 5pm- 9:30pm Mon Oct 30, 5pm- 9:30pm Mon Nov 6, 5pm- 9:30pm	Trainers: TBC
TOPIC TO BE CONFIRMED	<u>Simcoe, ON</u> Annalise Carr Aquatic Centre	Sat Oct 21, 2017 2pm – 6pm 4 CALA CECs	Presenter: TBA
CALA Specialty Workshop/Clinic Topic to be confirmed	<u>Ottawa, ON</u> St-Laurent Recreation Complex	Sat Oct 21, 2017 12pm-9pm 8 CALA CECs	Presenter: TBA

CALA Workshop Topic to be confirmed	<u>Ottawa, ON</u> Richcraft Recreation Complex (west)	Sat Nov 18, 2017 5pm-9pm 4 CALA CECs	Trainer: TBA
Healing Waters Specialty Training & Certification Course	<u>Mississauga, ON</u>	November 2017 dates will be confirmed	Registration poster will be available in 2017 Online registration through City of Missis- sauga
Open Book VWT Theory exam and GAF Practical Assessment Opportunities VWT Exam 2.5 hour Assessment is 30 min	<u>Mississauga, ON</u>	To be confirmed	CALA Assessor Team Book through CALA of- fice!
Events – in the planning stages			
Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Chilliwack, BC</u>	May 2017 (to be confirmed) 8 hours	Charlene Kopansky 8 CALA CECs, also AFLCA, BCRPA, canfit- pro, YMCA
Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Sparwood, BC</u>	May 12, 2017 (to be confirmed) 8 hours	Michelle McLaren 8 CALA CECs, also AFLCA, BCRPA, canfit- pro, YMCA
CALA Workshop	<u>Kamloops, BC</u>	May, 2017 (to be confirmed) 2 hours	Charlene Kopansky 2 CALA CECs, also AFLCA, BCRPA, canfit- pro, 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 Work- shops	<u>Thunder Bay, ON</u>	Spring 2017 (to be confirmed) 12 hours	Wendy Andruski 12 CALA CECs, also OFC, canfitpro, YMCA

Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Drayton Valley, AB</u>	Autumn 2017 (to be confirmed) 8 hours	TBC 8 CALA CECs, also AFLCA, BCRPA, canfit- pro, YMCA
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