



CALA Events include Workshops, Clinics, Conferences & Courses
 Updated March 19, 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
Introduction to Healing Waters Clinic 8 CECs	<u>Collingwood, ON</u> Centennial Aquatic Centre	Sat March 24, 2018 Time: 9am – 5pm	Presenter: Katherine McKeown Register through CALA See poster attached at www.calainc.org
Introduction to HydroRider Clinic 8 CECs	<u>Waterloo, ON</u> Waterloo Swimplex	Sat March 24, 2018 Time: 1:30pm – 10pm 8 CALA CECs 4 canfitpro CECs	Presenter: Charlene Kopansky Register through CALA See poster attached at www.calainc.org
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessments * Register through CALA!	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat March 24, 2018 VWT Exam Time: 1pm – 4pm And GAF Practical Assessments: 2:30pm – 9pm	CALA Assessor: Jill Young Register through CALA
CALA Workshop: Equipment Extravaganza 4 CECs	<u>Norfolk County, ON</u> Annaleise Carr Aquatic Centre	Sat March 24, 2018 Time: 12pm – 4pm	Presenter: Mary Lou Hall Register through CALA See poster attached at www.calainc.org
CALA Workshop: Yeah, That's How We Move! 4 CECs	<u>Kingston, ON</u> YMCA West	Sun March 25, 2018 Time: 1pm – 5pm	Presenter: Lesa Ray Register through YMCA See poster attached at www.calainc.org

<p>Group Aquafitness Specialty Training & Certification Course</p>	<p><u>Mississauga, ON</u> South Common Community Centre</p>	<p>Will be Rescheduled... Stay Tuned for Updates! Plus dates now confirmed in Toronto!</p> <p>12 CALA CECs for Refresher</p>	<p>NEW!!! VWT and GAF dates now confirmed in Toronto at Holland Bloorview Kids Rehab Hospital starting April 8, 2018!</p> <p>Register through CALA</p> <p>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, 2018 Time: 8am- 5pm</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>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessments</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sun April 8, 2018 VWT Exam Time: 2pm – 5pm and GAF Practical Assessments: 5:30pm – 7pm</p>	<p>CALA Assessor: Jill Young</p> <p>Register through CALA</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT)</p>	<p><u>Toronto, ON</u> Holland Bloorview Kids Rehabilitation Hospital</p>	<p>Sunday Mornings: Time: 8am – 12pm April 8, 15, 22, 29, May 6, 2018</p>	<p>CALA Trainer: Katherine McKeown</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: 2pm – 6pm April 8, 15, 22, 29, May 6, 2018 Plus Certification dates Sun May 13, 2018 Theory exam: 2pm – 5pm and Sun May 27, 2018 Practical assessments for GAF or HW: 3pm – 6pm *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</p> <p>Online registration through City of Mississauga!</p> <p>Barcode: 759402</p> <p>See poster attached at www.calainc.org</p>

Foundations of Vertical Water Training Pre-Requisite Course (VWT)	<u>Peterborough, ON</u> Trent University	Fri April 13, 5pm – 9pm Sat April 14, 8am - 4pm Sun April 15, 8am - 4pm 12 CALA CECs for Refresher (Repeating the VWT Course)	CALA Trainer: Register through CALA See poster attached at www.calainc.org
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: 5pm – 9pm And Saturday April 28, 2018 Time: 8am – 12pm Register for both workshops or choose one!	Presenter: Michelle McLaren Register through Claresholm Aquatic Centre See poster attached at www.calainc.org
CALA Workshop Level Up! 4 CALA CECs, Y & canfitpro accredited	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat April 28, 2pm – 6pm	Presenter: Jennie Queen Register through CALA See poster attached at www.calainc.org
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 Theory exam: 6pm – 9pm & GAF Practical Assessment: Time: 8pm – 10pm	CALA Assessor: TBC Register through CALA
Group Aquafitness Specialty Training & Certification Course	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Fri May 4, 5pm-9pm Sat May 5, 8am- 5pm Sun May 6, 8am- 5pm 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: Aqua Cardio-Combat with Bridging & Linking AND/or Oh My Aching Body – Strengthening, Range of Motion and Class Planning Strategies	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Sun May 6, 8am- 12:00pm and Sun May 6, 12:45pm- 5pm 4 CALA CECs per workshop. Also earn CECs with BCRPA, canfitpro and CFES	CALA Trainer: Charlene Kopansky Register through CALA See poster attached at www.calainc.org

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: 2pm – 5pm	CALA Assessor: TBC Register through CALA
Group Aquafitness Specialty Training & Certification Course	<u>Toronto, ON</u> Holland Bloorview Kids Rehabilitation Hospital	Sunday Mornings: 8am – 1pm May 13, 27, June 3, 2018 Plus Theory Exam: Sun June 10, 2pm – 5pm Or Sun July 8, 2pm – 5pm	CALA Trainer: Katherine McKeown Register through CALA! See poster attached at www.calainc.org
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
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, 9am-1pm & 3pm – 7pm Sat May 26, 9am- 6pm Sun May 27, 9am- 6pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Charlene Kopansky Register through CALA See poster attached at www.calainc.org
TWO CALA-BCRPA Approved Workshops: Aqua Cardio-Combat with Bridging & Linking AND / OR Oh My Aching Body – Strengthening, Range of Motion and Class Planning Strategies	<u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre	Sun May 27, 9am- 1pm AND / OR Sun May 27, 1pm - 6pm 4 CECs per workshop, BCRPA, CFES, canfitpro and CALA CECs	CALA Trainer: Charlene Kopansky Register through CALA See poster attached at www.calainc.org
GAF & HW Practical Assessment	<u>Mississauga, ON</u> Huron Park Community Centre	Sun May 27, 2018 Practical assessments for GAF or HW: Time: 3pm – 6pm	CALA Assessor: Katherine McKeown Register through CALA
Vertical Water Training (VWT) Intensive Version	<u>Barrhead, AB</u> Barrhead Regional Aquatic Centre	Thurs May 31, 5pm – 9:30pm Fri June 1, 5pm – 9:30pm	CALA Trainer: Charlene Kopansky Register through CALA See poster attached at www.calainc.org

<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, 8:30am – 5:30pm Sun June 3, 8am – 4:30pm</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA</p> <p>See poster attached at www.calainc.org</p>
<p>CALA Workshop: Anchor Management – Powerful Aqua Moves</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>Thurs June 7, 7pm – 9pm</p> <p>7pm – 7:30pm: Active Theory 7:30pm- 8:10pm: Pool 8:10pm – 8:55pm: Join Class 8:55pm – 9pm: Q & A</p> <p>2 CALA CECs</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA</p> <p>See poster attached at www.calainc.org</p>
<p>Open Book Theory exam writing for VWT. 2.5 hour open book exam</p>	<p><u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital</p>	<p>Sun June 10, 2pm – 5pm Or Sun July 8, 2pm – 5pm</p>	<p>CALA Proctor: TBC</p> <p>Register through CALA!</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</p> <p>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</p> <p>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</p> <p>5:00pm – 6:30pm: Active Theory 6:30pm- 7:25pm: Pool 7:25pm – 7:55pm: Join Class 7:55pm – 8pm: Q & A</p> <p>3 CALA CECs</p>	<p>CALA Trainer: Charlene Kopansky & Katherine McKeown</p> <p>Register through CALA</p> <p>See poster attached at www.calainc.org</p>

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 – 8pm: Q & A 3 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown Register through CALA See poster attached at www.calainc.org
GAF Practical Assessment Each assessment is 30 mi- nutes + 10-15 minutes of feedback	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Fri June 15, 4pm – 9pm Or Fri June 22, 4pm – 9pm	CALA Proctor: TBC Register through CALA!
Open Book Theory exam writing for VWT, HW, HRid- er, Water Running & GAF Practical Assessment	<u>Mississauga, ON</u> Huron Park Community Centre	Sun June 24 Theory exam: 12:30pm – 3:30pm and Practical assessment: Time: 3:30pm – 7pm	CALA Assessor: TBC Register through CALA
Aqua Booster: Inspiration & Confidence Building Workshop	<u>Fredericton, NB</u> Fredericton Indoor Pool	June 25: 9am – 1pm 4 CALA CECs	CALA Trainer: Katherine McKeown Register through City of Fredericton Poster in progress
CALA Trainer for Trainers Specialty Course (For CALA Certified Leaders with exceptional leadership skills who envision present- ing & training CALA Courses &/or workshops	<u>Barrhead, AB</u> <u>Barrhead Regional Aq- uatic Centre</u>	Fri June 22: 12pm – 5pm Sat June 23: 8am – 5pm Sun June 24: 8am – 5pm Mon June 25: 8am – 12pm	CALA Trainer: Charlene Kopansky & Apprentice Master Trainer: Katherine McKeown Register through CALA See poster attached at www.calainc.org
GAF Practical Assessment Each assessment is 30 mi- nutes + 10 minutes of feed- back	<u>Fredericton, NB</u> Fredericton Indoor Pool	June 25, 4:30 – 6:30pm June 26, 4:30 – 6:30pm June 27, 4:30 – 6:30pm	CALA Assessor: Katherine McKeown Register through Fredericton Indoor Pool
Open Book Theory exam writing for VWT. 2.5 hour open book exam	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun July 8, 2pm – 5pm	CALA Proctor: 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 at www.calainc.org
CALA Aqua Kick Box Specialty Training & Certification CALA CECs, Y & canfitpro accredited Pre-requisite: Completion of VWT and GAF Training	<u>Ottawa, ON</u> Ottawa Athletic Club	Saturday August 18, 2018 10am – 7pm and Sunday August 19, 2018 10am – 7pm	Presenter: Dylan Harries Register through CALA Poster in progress
CALA Conference Celebrating 25 years!	<u>Cornwall, ON</u> NAV Canada	Sat Aug 25 & Sun Aug 26, 2018	CALA Presenter Team Conference Details – in the planning stage Poster in progress
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: 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	<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
CALA Workshop Aqua Strength Conditioning 4 CALA CECs, Y & canfitpro accredited	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Nov XXX, 2pm – 6pm Date to be finalized	Presenter: TBC Register through CALA See poster attached at www.calainc.org

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