



CALA 2017

Events include Workshops, Clinics, Conferences & Courses

Updated: April 20, 2017

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> CRPA

Current Events	Location	Date & Time	CALA Trainer
Group Aquafitness Specialty Training & Certification Course	Ottawa, ON 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	Calgary, AB Killarney Aquatic & Recreation Centre	Fri May 5, 2017 4pm – 8pm: Pool 6pm – 8pm 4 CALA CECS	Michelle McLaren
Combined Foundations of Vertical Water Training & Group Aquafitness Specialty Training & Certification	Stellenbosch, South Africa University of Stellenbosch, Sports Science & Biokinetics Dept.	Fri May 5, 6pm – 9:30pm Sat May 6, 8:30am – 5pm Sun May 7, 8:30am – 5pm	Annatjie Goedhals Registration is through the University of Stellenbosch, South Africa
Spring Fitness Summit CALA Accredited Workshops: Absolutely Core Challenge & Use your Noodle & Equipment 101	Ottawa, ON Taggart Family YMCA-YWCA	Sun May 7, 2017	Jennie Queen Registration is through the YMCA-YWCA
Open Book Theory exam writing: VWT, HW, HRider, Water Running. HW Practical opportunity	Mississauga, ON Malton Community Centre	Exam writing: Sun May 7, 2017 2:00pm-5:00pm	Linda Northcott Book through CALA office.
Three Workshops 1. Water Running: Cardio Abdominal Combination 2. Anchor, Bounce, Propel! 3. Dynamic Stretch & Stability Training BCRPA, CALA, canfitpro, CFES accredited	Prince Rupert, BC Earl Mah Aquatic Ctr	Sun May 7 2017 8 hours of workshops 10am – 7pm 8 CALA CECS	Charlene Kopansky Register for one, two or all three workshops

A Full Day of Workshops: How to design new moves, routines & class formats in a Shallow Water Pool CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accred- ited Workshops	<u>Sparwood, BC</u> Sparwood Leisure Ctr	Sat May 12: 8:30am – 4:30pm 8 hours	Michelle McLaren 8 CALA CECs, also AFLCA, BCRPA, canfit- pro, YMCA
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, can- fitpro, CFES, Y Accredited Workshops	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Fri May 12 & Sat May 13, 2017 Choose 1, 2 or 3 workshops 4 – 12 hours	Charlene Kopansky Earn between 4 and 12 CALA CECs, also AFL- CA, BCRPA, canfitpro, YMCA
CALA Workshop Aqua Ex- treme: Upper Body and Ab- dominal-Core Focus CALA BCRPA, canfitpro, CFES, Y Accredited	<u>Kamloops, BC</u>	May 17, 2017 6pm – 8pm 2 hours	Charlene Kopansky Registration” through the Kamloops YMCA 2 CALA CECs, also BCRPA, canfitpro, CFES, YMCA
Northern Fitness Confe- rence “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
Open Book Theory exam writing: 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.
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
CALA Series of Workshop: Aqua Exploration	<u>Ottawa, ON</u> Ottawa Athletic Club	Sun June 4: 11:30am – 6pm 6 CALA CECs	Presenter: Jennie Queen Registration poster in progress
Aqua Kick Box Workshop	<u>Calgary, AB</u> **** New location TBC	***Date might be changed. Fri June 9: 4pm- 8pm 4 CALA CECs	Brenda Hamre

CALA Workshop	<u>Ottawa, ON</u> Nepean Sportsplex	Sun June 18, 2017 9am-1pm 4 CALA CECs	Presenter: TBA Registration poster in progress
Splash Into Sunshine Conference - Bilingual! CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Conference	<u>NDG, Montreal, PQ</u>	Fri June 16 & Sat June 17 (And possibly June 18, 2017)	Team of Presenters Brochure in progress... Registration through CALA
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
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 Missis- sauga Bar Code 733643
GAF Practical Assessment Opportunity. Each assess- ment 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 Wa- ter 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 * You must have completed the VWT Bypass or Course before registering for this Specialty	<u>Ottawa, ON</u> Pinecrest Recreation Complex	Sat July 15, 9am- 6pm Sun July 16, 9am- 6pm	Trainers: Narelle Hamill & Jennie Queen

Foundations of Vertical Water Training Pre-Requisite Course	<u>Whitehorse, YK</u> Canada Games Centre	Fri Aug 4 th 4pm-8pm Sat Aug 5 th 8am-5pm Sun Aug 6 th 8am-5pm Mon Aug 7 th 11am-4pm	CALA Trainer TBC
CALA Workshop: Gentle Aqua-fitness for Warm/Shallow Water	<u>Whitehorse, YK</u> Canada Games Centre	Tues Aug 8 th 11am-3pm	CALA Presenter TBC
CALA Workshop: Combined Classes with both Shallow/Deep Water participants	<u>Whitehorse, YK</u> Canada Games Centre	Wed Aug 9 th 11am-3pm	CALA Presenter TBC
CALA Workshop: How to Structure Workouts for Cardio & MSE Intervals in Cold Water Pools	<u>Whitehorse, YK</u> Canada Games Centre	Thurs Aug 10 th 11am-3pm	CALA Presenter TBC
Group Aquafitness Specialty Training & Certification Course * You must have completed the VWT Bypass or Course before registering for this Specialty	<u>Whitehorse, YK</u> Canada Games Centre	Fri Aug 11 th 4pm-8pm Sat Aug 12 th 8am-5pm Sun Aug 13 th 8am-5pm	CALA Trainer TBC
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 16, 5pm- 9:30pm Mon Oct 23, 5pm- 9:30pm Mon Oct 30, 5pm- 9:30pm Mon Nov 6, 5pm- 9:30pm Mon Nov 13, 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 16, 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 23, 5pm- 9:30pm Mon Oct 30, 5pm- 9:30pm Mon Nov 6, 5pm- 9:30pm Mon Nov 13, 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 Mississauga
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 office!
Events – in the planning stages			
Day of CALA, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Workshops	<u>Chilliwack, BC</u>	July 2017 (to be confirmed) 8 hours	Deb Cole 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	<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, canfitpro, YMCA