



Events include Workshops, Clinics, Conferences & Courses

Updated: June 5, 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](mailto: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
Aqua Kick Box Workshop	<u>Calgary, AB</u> Killarney Aquatic and Recreation Centre	Fri June 9, 4pm- 8pm	Brenda Hamre 4 CALA CECS
Open Book Theory exam writing: VWT, HW, HRider, Water Running...	<u>Ottawa, ON</u> Ottawa Athletic Club	June 10, 9:30am- 12pm	Jill Young Book through CALA
<b>Splash Into Sunshine</b> Conference - Bilingual! CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Conference	NDG, Montreal, PQ	<b>POSTPONED TO FALL 2017</b> – shortage of instructors due to 3 instructor injuries DATES TBC	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 Mississauga <b>Bar Code 733643</b>
Foundations of Vertical Water Training Pre-Requisite Course	<u>Peterborough, ON</u> Peterborough Sport and Wellness Centre	Fri June 23, 4pm - 9:30pm Sat June 24, 12pm - 8:30pm Sun June 25, 8am – 4:00pm	Registration through CALA

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.
GAF Practical Assessment Opportunity. Each assessment is 30 min.	<u>Ottawa, ON</u> Ottawa Athletic Club	June 25, 2017 5pm-9pm  Limited spaces!	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 * 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
Combined Foundations of Vertical Water Training & Group Aquafitness Specialty Training & Certification	<u>Stellenbosch, South Africa</u> University of Stellenbosch, Sports Science & Biokinetics Dept.	<b>POSTPONED</b> - due to drought in the Western Cape. Pools are closed. Dates TBC	Annatjie Goedhals Registration is through the University of Stellenbosch, South Africa
2 8-Hour CALA Clinics :  1) Intro To Group-Aqua Fitness Clinic 2) Intro to HydroRider Clinic	<u>Barrhead, AB</u> Barrhead Regional Aquatic Centre	Sat July 29, 9am-6pm Sun July 30, 8:30am-5:30pm	CALA Trainer: Charlene Kopansky.  Register through CALA
Foundations of Vertical Water Training Pre-Requisite Course	<u>Whitehorse, YK</u> Canada Games Centre	Fri Aug 4, 4pm-8pm Sat Aug 5, 8am-5pm Sun Aug 6, 8am-5pm Mon Aug 7, 11am-4pm	CALA Trainer Charlene Kopansky

CALA Workshop: Oh My Aching Body - Gentle Aquafitness for Warm/Shallow Water	<u>Whitehorse, YK</u> Canada Games Centre	Tues Aug 8, 11am-3pm	CALA Presenter Charlene Kopansky
CALA Workshop: Simultaneous Chest Deep and Deep Water	<u>Whitehorse, YK</u> Canada Games Centre	Wed Aug 9, 11am-3pm	CALA Presenter Charlene Kopansky
CALA Workshop: How to Structure Workouts for Cardio & MSE Intervals in Cold Water Pools	<u>Whitehorse, YK</u> Canada Games Centre	Thurs Aug 10, 11am-3pm	CALA Presenter Charlene Kopansky
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, 4pm-8pm Sat Aug 12, 8am-5pm Sun Aug 13, 8am-5pm	CALA Trainer Charlene Kopansky
CALA Workshops: 1) Bounce, Anchor & Propel Your Body 2) Just a Minute : Cardio Abdominal Combination	<u>Chilliwack, BC</u> Chilliwack Landing Leisure Centre	Sun Aug 13, 10am-7pm	CALA Presenter Deb Cole  Register through CALA
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
Group Aquafitness Specialty Training & Certification Course	<u>Peterborough, ON</u> Peterborough Sport and Wellness Centre	Proposed dates* August 25, 4pm - 9:30pm August 26, 12pm - 8:30pm August 27, 8am - 4:00pm	Registration 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 OR Mid-September 2017 TBC	Online registration through City of Mississauga Bar Code: 735322

Combined Vertical Water Training Pre-Requisite + Group Aquafitness Specialty Training & Certification	<u>Comox, BC</u>	Wed Aug 28, 8:30am- 4:30pm Thurs Aug 29, 8:30am- 4:30pm Fri Aug 30, 8:30am- 4:30pm Sat Aug 31, 8:30am- 4:30pm Sun Sept 1, 8:30am- 4:30pm	CALA Trainer: Regan Jamieson  Online registration through Comox Regional District
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: Jill Young
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: Jill Young
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> 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: Jill Young
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 : Yeah. That's How We Move!	<u>Kingston, ON</u> Kingston YMCA Wright Crescent	Sat October 21, 2017 Time TBC 4 CALA CECs	Presenter: Lesa Ray
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> Malton Community Centre	Fri Nov 17 6:00pm-10:00pm Sat Nov 18 10:30am-6:30pm Sun Nov 19 10:00am-6:00pm	Online registration through City of Mississauga!
CALA Conference & Retreat in Marvelous Mexico	<u>Huatulco, Mexico</u>	December 2017 – Approximate dates between December 8 - 22	CALA Team including Charlene Kopansky, Dylan Harries, Jennie Queen, Michelle McLaren and others.
CALA Conference & Retreat in Beautiful Barbados	<u>Barbados</u>	March 2018 – Approximate dates March 2 – 11 or May 2 - 18	CALA Team including Charlene Kopansky, Karl Notargiovanni, Katherine McKeown and others
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!