



Events include Workshops, Clinics, Conferences & Courses

Updated June 22nd

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
Combined Vertical Water Training Pre-Requisite + Group Aquafitness Specialty Training & Certification *** Option to register for VWT or GAF course only. Contact CALA for details	<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 only	<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 only * You must have completed the VWT Bypass or Course before registering	<u>Ottawa, ON</u> Pinecrest Recreation Complex	Sat July 15, 9am- 6pm Sun July 16, 9am- 6pm	Trainers: Narelle Hamill & Jennie Queen
Two CALA Events • CALA Foundations of Vertical Water Training: Fast Track Course • Introduction to GlideFit Mat Clinic	<u>Tumbler Ridge, BC</u> Tumbler Ridge Aquatic Centre	Tues July 25, 8:30am-5:30pm and Wed July 26, 8:30am-5:30pm	CALA Trainer: Charlene Kopansky. Register through CALA
CALA Workshop: Aqua Yoga Designed for Chest Deep Recreational Pool Temperature or Warm Water	<u>Kelowna, BC</u> Parkinson Recreation Centre	Wed July 26, 5:00pm – 8:00pm	CALA Trainer: Jane Jones Register through CALA

<p>Two CALA Clinics</p> <ul style="list-style-type: none"> • Introduction to Group Aquafitness Clinic and • Introduction to HydroRider Clinic 	<p><u>Barrhead, AB</u> Barrhead Regional Aquatic Centre</p>	<p>Sat July 29, 9am-6pm and Sun July 30, 8:30am-5:30pm</p>	<p>CALA Trainer: Charlene Kopansky.</p> <p>Register through CALA</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course</p>	<p><u>Whitehorse, YK</u> Canada Games Centre</p>	<p>Fri Aug 4, 4pm-8pm Sat Aug 5, 8am-5pm Sun Aug 6, 8am-5pm Mon Aug 7, 11am-4pm</p>	<p>CALA Trainer Charlene Kopansky</p>
<p>CALA Workshop: Oh My Aching Body - Gentle Aquafitness for Warm/Shallow Water</p>	<p><u>Whitehorse, YK</u> Canada Games Centre</p>	<p>Tues Aug 8, 11am-2pm</p>	<p>CALA Presenter: Charlene Kopansky</p>
<p>CALA Workshop: Simultaneous Chest Deep and Deep Water</p>	<p><u>Whitehorse, YK</u> Canada Games Centre</p>	<p>Wed Aug 9, 11am-2pm</p>	<p>CALA Presenter Charlene Kopansky</p>
<p>CALA Workshop: How to Structure Workouts for Cardio & MSE Intervals in Cold Water Pools</p>	<p><u>Whitehorse, YK</u> Canada Games Centre</p>	<p>Thurs Aug 10, 11am-2pm</p>	<p>CALA Presenter Charlene Kopansky</p>
<p>Group Aquafitness Specialty Training & Certification Course * You must have completed the VWT Bypass or Course before registering for this Specialty</p>	<p><u>Whitehorse, YK</u> Canada Games Centre</p>	<p>Fri Aug 11, 4pm-8pm Sat Aug 12, 8am-5pm Sun Aug 13, 8am-5pm</p>	<p>CALA Trainer Charlene Kopansky</p>
<p>CALA Workshops:</p> <ul style="list-style-type: none"> • Bounce, Anchor & Propel Your Body • Just a Minute : Cardio Abdominal Combination 	<p><u>Chilliwack, BC</u> Chilliwack Landing Leisure Centre</p>	<p>Sun Aug 13, 10am-7pm</p>	<p>CALA Presenter Deb Cole</p> <p>Register through CALA</p>
<p>Open Book Theory exam writing for VWT, HW, HRider, Water Running & Practical Assessment</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Sun Aug 20, 2017 12:30-3:30PM GAF Practicals 3PM-6PM & HW 4:15PM-6PM</p>	<p>CALA Assessor Marni Hill and Dale Douglas</p> <p>Book through CALA</p>

Group Aquafitness Specialty Training & Certification Course	<u>Peterborough, ON</u> Peterborough Sport and Wellness Centre	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	September 9th, 2017 TIME TBC	Online registration through City of Mississauga Bar Code: TBC
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	CALA Trainer: 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	CALA Trainer: Jill Young
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	CALA Trainer: 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!

<p>Splash Into Autumn Conference - Bilingual! CALA, canfitpro, OCF, AFLCA, BCRPA, canfitpro, CFES, Y Accredited Conference</p>	<p>NDG, Montreal, PQ</p>	<p>POSTPONED TO FALL 2017 – shortage of instructors due to 3 instructor injuries DATES TBC</p>	<p>Team of Presenters Brochure in progress... Registration through CALA</p>
<p>Combined Foundations of Vertical Water Training & Group Aquafitness Specialty Training & Certification</p>	<p><u>Stellenbosch, South Africa</u> University of Stellenbosch, Sports Science & Biokinetics Dept.</p>	<p>POSTPONED- due to drought in the Western Cape. Pools are closed. Dates TBC</p>	<p>Annatjie Goedhals Registration is through the University of Stellenbosch, South Africa</p>