



CALA

Events include Workshops,
Clinics, Conferences & Courses

Updated Nov 21, 2017

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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
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessment	<u>Ottawa, ON</u> Walter Baker Community Centre	Exam Writing Only Mon Dec 4 6:30pm – 9:30pm	CALA Assessor: Jill Young Register through CALA
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running & GAF Practical Assessment	<u>Ottawa, ON</u> Walter Baker Community Centre	Exam Writing Mon Dec 11 6:30pm – 9:30pm Or GAF Practical Assessments 7:00pm- 9:30pm	CALA Assessor: Jill Young Register through CALA
Variety is the Spice of Life: Part One: Simultaneous Deep & Chest Deep Water Leadership with Tethered & Untethered Moves & a Unique Suspended "Wall Workout"!	<u>Okotoks, AB</u> Okotoks Recreation Centre	Sat Dec 16, 2017 10am – 6pm	CALA Presenter: Charlene Kopansky Register through CALA
Variety is the Spice of Life: Part Two: Extraordinary Core Combat Moves with Powerful Aqua Yoga, Invigorating Stretch & Strength Combinations & New "Chest Deep "Off the Wall" Techniques!	<u>Okotoks, AB</u> Okotoks Recreation Centre	Sun Dec 17, 2017 9:30am – 4:30pm	CALA Presenter: Charlene Kopansky Register through CALA
Intensive Foundations of Vertical Water Training Pre-Requisite Course: Fast Track	<u>Mississauga, ON</u> Meadowvale Community Centre	Sunday January 7, 2018 12:00pm – 9:00pm 8 CALA CECs for Refresher	CALA Trainer: Jaye Graham Online registration through City of Mississauga! Barcode: 762858

Foundations of Vertical Water Training Pre-Requisite Course	<u>Mississauga, ON</u> South Common Community Centre	Tuesday Evenings: Jan 23, 30, Feb 6, 13, 20, 2018 6:00pm – 10:00pm 12 CALA CECs for Refresher	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: 751819
Intro to Water Running & Aqua Jogging Clinic	<u>Greenwood, NS.</u> 14 Wing Fitness & Sports Centre	Thurs January 18, 2018 8:00am – 4:30pm	CALA Trainer: Charlene Kopansky
Intro to Aqua Yoga Clinic	<u>Greenwood, NS.</u> 14 Wing Fitness & Sports Centre	Fri January 19, 2018 8:00am – 4:30pm	CALA Trainer: Charlene Kopansky
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment * Register through CALA!	<u>Mississauga, ON</u> Malton Community Centre	Sun January 21, 2018 Theory exam writing: 1pm – 4pm And Practical assessment: 3pm – 6:30pm	CALA Assessor: TBC Register through CALA
Combined Foundations of Vertical Water Training Pre-Requisite Course (VWT) & Group Aquafitness Specialty Training and Certification Course <i>Option to register for VWT only or GAF Only. Note: VWT is a pre-requisite for GAF</i>	<u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre	Wed Jan 24, 8am- 5pm Thurs Jan 25, 8am- 5pm Fri Jan 26, 7:30am- 4:30pm Sat Jan 27, 8am-5pm Sun Jan 28, 8am-4pm 12 CALA CECs for Refresher (Repeating the VWT or GAF Course)	CALA Trainer: Charlene Kopansky Register through CALA
Foundations of Vertical Water Training Pre-Requisite Course (VWT)	<u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre	Wed Jan 24, 8am-5pm Thurs Jan 25, 8am- 5pm Fri Jan 26, 7:30am- 11:30am 12 CALA CECs for Refresher (Repeating the VWT Course)	CALA Trainer: Charlene Kopansky Register through CALA
Group Aquafitness Specialty Training & Certification Course (GAF) <i>Note: VWT is a pre-requisite for GAF</i>	<u>Montague, PEI</u> TCAP Family Aquatics & Fitness Centre	Fri Jan 26, 12:00pm- 4:30pm Sat Jan 27, 8am- 5pm Sun Jan 28, 8am- 4pm 12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Charlene Kopansky Register through CALA

<p>Open Book Theory exam writing for VWT, HW, HRider, Water Running</p> <p>* Register through CALA!</p>	<p><u>Mississauga, ON</u> South Common Community Centre</p>	<p>Tues Feb 27, 2018 Theory exam: 6pm – 9pm</p>	<p>CALA Assessor: TBC</p> <p>Register through CALA</p>
<p>CALA Workshop:</p> <p>* All details to be confirmed. This booking is in progress!</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Sat March 17, 2018 9am – 1:30pm</p>	<p>CALA Trainer: TBC</p> <p>Online registration through City of Mississauga! Barcode: 755435</p>
<p>CALA Workshop: Yeah, That's How We Move!</p>	<p><u>Kingston, ON</u> YMCA West (Former Progress Fitness Ctr)</p>	<p>Sun March 25, 2018 Time: TBC 12pm – 4pm</p>	<p>Presenter: Lesa Ray</p> <p>Register through YMCA Poster available soon</p>
<p>CALA Conference & Retreat in Beautiful Barbados</p>	<p><u>Barbados</u></p>	<p>Approximate dates planning for March 2018</p>	<p>CALA Team: Charlene Kopansky, Dylan Harries, Jennie Queen, Karl Notargiovanni</p>
<p>Group Aquafitness Specialty Training & Certification Course</p>	<p><u>Mississauga, ON</u> South Common Community Centre</p>	<p>Tuesdays: 6:00pm – 10:00pm March 27 – April 24, 2018</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: TBC</p> <p>Online registration through City of Mississauga! Barcode: 751820</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</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Online registration through City of Mississauga! Barcode: 759402</p>
<p>Proposed CALA Clinic Intro to Aqua Yoga</p> <p>* All details to be confirmed. This booking is in progress!</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Sun April 29, 2018 12:30pm – 9pm</p>	<p>CALA Trainers: Charlene Kopansky & Dale Douglas</p> <p>Online registration through City of Mississauga! Barcode: XXXXXX</p>

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, 2018 Theory exam: 6:00pm – 9:00pm & Practical Assessment: 8:00pm – 10:00pm	CALA Assessor: TBC Register through CALA
Open Book Theory exam writing for VWT, HW, HydroRider, Water Running * All details to be confirmed. This booking is in progress!	<u>Mississauga, ON</u> Huron Park Community Centre	Sun May 13, 2018 Theory exam: 2pm – 5pm	CALA Assessor: TBC Register through CALA
GAF & HW Practical Assessment * All details to be confirmed. This booking is in progress!	<u>Mississauga, ON</u> Huron Park Community Centre	Sun May 27, 2018 Practical assessments for GAF or HW: 3pm – 6pm	CALA Assessor: TBC Register through CALA
CALA Workshop: * All details to be confirmed. This booking is in progress!	<u>Mississauga, ON</u> Malton Community Centre	Sat June 23, 2018 8:30am – 12:30pm	CALA Trainer: TBC Online registration through City of Mississauga! Barcode: XXXXXX
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment * All details to be confirmed. This booking is in progress!	<u>Mississauga, ON</u> Huron Park Community Centre	Sun June 24, 2018 Theory exam: 12:30pm – 3:30pm Practical assessment: 3:30pm – 7:00pm	CALA Assessor: TBC Register through CALA
Group Aquafitness Specialty Training & Certification Course * All details to be confirmed. This booking is in progress!	<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: TBC Online registration through City of Mississauga! Barcode: 748608
Foundations of Vertical Water Training Pre-Requisite Course * All details to be confirmed. This booking is in progress!	<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: TBC Online registration through City of Mississauga! Barcode: 759549

<p>Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment</p> <p>* All details to be confirmed. This booking is in progress!</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Sun November 4, 2018</p> <p>Theory exam writing: 1pm – 4pm Practical assessment: 3pm – 6:30pm</p>	<p>CALA Assessor: TBC</p> <p>Register through CALA</p>
<p>Introduction to HydroRider Clinic</p> <p>* All details to be confirmed. This booking is in progress!</p>	<p><u>Mississauga, ON</u> Frank McKechnie Community Centre</p>	<p>Sun Nov 18, 12pm – 9pm</p> <p>8 CALA CECs</p>	<p>CALA Trainer: TBC</p> <p>Online registration through City of Mississauga! Barcode: 755440</p>
<p>Healing Waters Specialty Training & Certification Course</p> <p>* All details to be confirmed. This booking is in progress!</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Fri Nov 30, 6:00pm-10:00pm Sat Dec 1, 10:30am-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>