

 <p><b>CALA</b> Events include Workshops, Clinics, Conferences &amp; Courses Updated October 11, 2018</p>		<p>CALA Events are accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS &amp; YMCA, YWCA. You will earn CALA CECS automatically by attending CALA Events. You do not have to be a CALA Member to earn &amp; to bank CECs. You can use the CECs for recertification, when you decide to get CALA Certified. CALA CECs never expire!</p> <p>Call or email for more information <a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a>; 1-888-751-9823 OR 416-751-9823</p> <p><b>REGISTER THRU CALA, unless specified otherwise</b></p>	
Current Events	Location	Date & Time	CALA Trainer
Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Oct 26, 5pm – 9pm Sat Oct 27, 12pm – 8pm Sun Oct 28, 12pm – 8pm  12 CALA CECs for Refresher	CALA Trainer: Jennie Queen  Register through CALA
CALA Combined Foundations of Vertical Water Training & Group Aquafitness Certification Course AND Total Fitness Aquafitness Certification	<u>Ra'anana, Israel</u> Ra'anana Municipal Pool	Starts October 15, 2018 to January 21, 2019	To register contact CALA Trainer: Oded Netzer in Israel 052 4584589 or e: ODED-NTZrZHAHV.NET.IL  Registration Form available through O. Netzer
CALA Workshop Aqua Fit Fix Express 4 CALA CECs, Y & canfitpro	<u>Ingersoll, ON</u> Victoria Park Community Centre	Sun Oct 28, 9am – 1pm  4 CALA CECs	CALA Trainer: Jaye Graham
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 Nov 4 Theory exam writing: 1pm – 4pm And Practical assessment: 3pm – 6:30pm	CALA Assessor: Mary Lou Hall
Group Aquafitness Specialty Training & Certification Course	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun Nov 11, 8am – 1pm Sun Nov 18, 8am – 1pm Sun Nov 25, 8am – 1pm Sun Dec 9, 8am – 1pm	CALA Trainers: Katherine McKeown & Julia Ito
CALA Workshop Aqua Strength Conditioning 4 CALA CECs, Y & canfitpro	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Nov 17, 1pm – 5pm  4 CALA CECs	CALA Trainer: Kristin Murphy

Introduction to HydroRider Clinic	<u>Mississauga, ON</u> Frank McKechnie Community Centre	Sun Nov 18: 12pm – 9pm  8 CALA CECs	CALA Trainer: Dylan Harries Online registration through City of Mississauga! Barcode: 755440
Foundations of Vertical Water Training Pre-Requisite Course	<u>Aylmer, ON</u> <u>Terrace Lodge</u>	Fri Nov 23, 6pm – 10pm Sat Nov 24, 12pm – 8pm Sun Nov 25, 8am – 5pm  12 CALA CECs for Refresher	CALA Trainers: Katherine McKeown & Julia Ito
<a href="#">Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box &amp; GAF Practical Assessments</a>	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Nov 24: VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 9pm	CALA Assessors: Dylan Harries & Jill Young
Healing Waters Specialty Training & Certification Course	<u>Mississauga, ON</u> Malton Community Centre	Fri Nov 30, 6pm - 10pm Sat Dec 1, 9am - 6pm Sun Dec 2, 10:30am - 6:30pm  12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown & Julia Ito Online registration through City of Mississauga! Barcode: 759550
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Jan 25, 5pm – 9pm (2019) Sat Jan 26, 12pm – 8pm (2019) Sun Jan 27, 12pm – 8pm (2019)  12 CALA CECs for Refresher	CALA Trainer: Jill Young (TBC)
<a href="#">Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box &amp; GAF Practical Assessments</a>	<u>Ottawa, ON</u> Ottawa Athletic Club	Sun Feb 3: VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 8pm	CALA Assessors: Dylan Harries & Jill Young (TBC)
Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Feb 8, 5pm – 9pm (2019) Sat Feb 9, 12pm – 8pm (2019) Sun Feb 10, 12pm – 8pm (2019)  12 CALA CECs for Refresher	CALA Trainer: Jill Young (TBC)  Register through CALA
Aqua Yoga Specialty Training & Certification Course (AY)  <b>Pending host confirmation</b>	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Mar 8, 5pm – 9pm (2019) Sat Mar 9, 12pm – 8pm (2019) Sun Mar 10, 12pm – 8pm (2019)  12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown  Register through CALA

<p>CALA Workshop Series</p> <ol style="list-style-type: none"> <li>1. Aqua Arthritis &amp; Joint Disorders</li> <li>2. Deep Water Workshop – Zero Gravity with Multi-directional Resistance</li> <li>3. Healthy Hips</li> <li>4. Building Bones</li> </ol> <p><i>Note: All people are welcome. There are no prerequisites to attend CALA Workshops. Earn &amp; bank CALA CECs by attending</i></p>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatics &amp; Fitness Centre</p>	<ol style="list-style-type: none"> <li>1. Fri April 5, 9:00am-1:00pm</li> <li>2. Fri April 5, 3:00pm – 7:00pm</li> <li>3. Sat April 6, 11:00am – 3:00pm</li> <li>4. Sat April 6, 4:00pm – 8:00pm</li> </ol> <p>CALA CECs awarded for each workshop</p>	<p>CALA Trainer: Katherine McKeown &amp; Charlene Kopansky (TBC)</p> <p>Register through CALA See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>
<p>CALA Workshops Topics to be announced CALA CECs, Y &amp; canfitpro</p>	<p><u>Merritt, BC</u> Nicola Valley Aquatic Centre</p>	<p>Sat May 3 and Sun May 4, 2019</p>	<p>CALA Trainer: Jane Jones</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course</p> <p><b>Pending host confirmation</b></p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri June 7, 5pm – 9pm (2019) Sat June 8, 12pm – 8pm (2019) Sun June 9, 12pm – 8pm (2019)</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Jill Young (TBC)</p>
<p>CALA Workshop Aqua Thunder – Drumming Comes Alive</p> <p>4 CALA CECs, Y &amp; canfitpro</p> <p><b>Pending host confirmation</b></p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat July 20, 2pm – 6pm</p> <p>4 CALA CECs</p>	<p>CALA Trainer: Jennie Queen (TBC)</p>
<p>CALA Workshop Aqua Intensity Plus</p> <p>4 CALA CECs, Y &amp; canfitpro</p> <p><b>Pending host confirmation</b></p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat Nov 9, 2pm – 6pm</p> <p>4 CALA CECs</p>	<p>CALA Trainer: (TBC)</p>