

 <p>CALA Events include Workshops, Clinics, Conferences & Courses Updated November 26, 2018</p>		<p>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!</p> <p>Call or email for more information cala_aqua@mac.com; 1-888-751-9823 OR 416-751-9823</p> <p>REGISTER through CALA, unless specified otherwise</p>	
Current Events	Location	Date & Time	CALA Trainer
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
CALA 25 th Anniversary Conference Celebration Aqua Thunder: Drumming Up Waves Anchored Aqua + Complete Choreography Sequences	<u>Canmore, AB</u> Elevation Place	Saturday, December 8, 2018 8 CALA CECs, also accredited by AFLCA, canfitpro, CFES, BCRPA, SPRA	CALA Presenter: Jennie Queen Brochure attached
Group Aquafitness Refresher Opportunity for CALA GAF Grads – Earn 4 CECs per day.	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun Dec 9, 8am – 1pm 4 CALA CECs per day (refresher opportunity)	CALA Trainer: Katherine McKeown
<u>Open Book Theory exam writing for VWT, HW, HydroRider, or Water Running</u> • You must book your spot through CALA to write one of the above exams	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun Dec 9, 1:30pm – 4:00pm	CALA Assessor: Katherine McKeown
CALA Workshop Series: <u>Friday January 11</u> 1. Aqua Cardio Combat – Core Fusion with Bridging & Linking And <u>Saturday Jan 12</u> 2. Aqua Equipment Extravaganza	<u>Kirkland Lake, ON</u> Joe Mavrinac Community Centre	Fri Jan 11, 6pm – 9pm (3 CECs) and Sat Jan 12, 9am – 6:30pm (7 CECs) Total of 10 CALA CECs	CALA Trainer: Jaye Graham

<p>3. Aqua Kick Box Boot Camp with a High Intensity Interval Training Twist</p> <p>4. Oh My Aching Body! Strengthening, Range of Motion & Class Plan Strategies</p> <p>CALA CECs, Y & canfitpro</p>			
<p>Introduction to HydroRider Clinic</p> <p>CALA, AFLCA, BCRPA, CECs, Y & canfitpro</p>	<p><u>Calgary, AB</u> The Glencoe Club</p>	<p>Sat Jan 26, 12pm – 8:30pm</p> <p>Total of 8 CALA CECs</p>	<p>CALA Trainer: Michelle McLaren</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri Jan 25, 5pm – 9pm Sat Jan 26, 12pm – 8pm Sun Jan 27, 12pm – 8pm</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: TBC</p>
<p>Workshop: 1 Aqua Variety Plus</p> <p>2 Land Meets Water Core Conditioning For Functional Strength</p> <p>You have the option of attending one or both workshops</p>	<p><u>Cornwall, ON</u> NAV Fit Canada,</p>	<p>Sun Jan 27, 2019 8:00am - 5:30pm</p> <p>Total of 8 CALA CECs</p> <p>Workshop One: Aqua Variety: Triple Threat from 8am- 12:30pm 4 CECS</p> <p>Workshop Two: Core Conditioning for Functional Strength from 1pm -5:30pm 4 CECS</p>	<p>CALA Trainer: Dylan Harries)</p>
<p>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box & GAF Practical Assessments</p> <ul style="list-style-type: none"> You must book your spot through CALA to write one of the above exams You must have submitted & passed your GAF an/or HW assignment on or before Jan 17, 2019 You must book your 	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sun Feb 3: VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 8pm</p>	<p>CALA Assessors: TBC</p>

practical assessment spot through CALA on or before Jan 24, 2019!			
Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Feb 8, 5pm – 9pm Sat Feb 9, 12pm – 8pm Sun Feb 10, 12pm – 8pm 12 CALA CECs for Refresher	CALA Trainer: TBC Register through CALA
Aqua Yoga Specialty Training & Certification Course (AY)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Mar 8, 5pm – 9pm Sat Mar 9, 12pm – 8pm Sun Mar 10, 12pm – 8pm 12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown Register through CALA
CALA Basic Group Aquafitness Training	<u>Ottawa, ON</u> Brewer Pool	Sat Mar 23, Time tbc Sun Mar 24, Time tbc	CALA Trainer: tbc Register through CALA
GAF & HW Practical Assessments <ul style="list-style-type: none"> You must have submitted & passed your GAF an/or HW assignment on or before March 1, 2019 You must book your practical assessment spot through CALA on or before March 11, 2019! 	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun March 17, 8am – 3pm	CALA Assessor: Katherine McKeown
CALA Workshop Series <ol style="list-style-type: none"> Bridging & Linking: Building Smooth Transitions Oh My Aching Body: Aqua Arthritis Focus Becoming a Strong Fitness Instructor: Aqua Infused Pilates Mind Blowing Choreography! 	<u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre	<ol style="list-style-type: none"> Fri April 5, 9:00am-1:00pm Fri April 5, 3:00pm – 7:00pm Sat April 6, 7:30am – 11:30am Sat April 6, 2:00pm – 6:00pm 4 CALA CECs awarded for each workshop <i>Note: All people are welcome. There are no pre-requisites to attend CALA Workshops. Earn & bank CALA CECs by attending</i>	CALA Trainer: Michelle McLaren Register through CALA See poster attached at www.calainc.org

<p>Mexico City – Conference hosted by Treino-h20 Mexico</p> <p>Potential Workshops:</p> <ul style="list-style-type: none"> a. H2O Cross Training with HIIT Workshop (3 hrs: 1.5 land, 1.5 H20) b. Music & Movement Workshop (3 hrs: 1.5 land, 1.5 H20) c. Aqua Core Training with a Twist of Aqua Kick Box Workshop (3 hrs: 1.5 land, 1.5 H20) 	<p>Golden Sport Club, AVENIDA RIO GUA- DALUPE NRO.1 PUEBLO SAN JUAN DE ARAGON CDMX GAM</p>	<p>Sat April 6, 2019 Sun April 7, 2019</p>	<p>CALA Presenter: Charlene Kopansky</p> <p>Registration through host organization in Mexico.</p> <p>Details forthcoming.</p>
<p>CALA Workshops Topics to be announced CALA CECs, Y & 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 Wa- ter Training Pre-Requisite Course</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: TBC</p>
<p>CALA Workshop Aqua Thunder – Drumming Comes Alive</p> <p>4 CALA CECs, Y & canfitpro</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</p>
<p>CALA Workshop Aqua Intensity Plus</p> <p>4 CALA CECs, Y & canfitpro</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>