

CALA EVENTS in chronological order

Updated May 14, 2019



Accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS & YMCA, YWCA. Earn CALA CECs automatically by attending CALA Events. You do not have to be a Member to earn & to bank CECs. Use the CECs for recertification, when you decide to get Certified. CALA CECs never expire!

Register through CALA, unless otherwise specified.
Call or email cala_aqua@mac.com; 416-751-9823

Posters available www.calainc.org

MANITOBA – WINNIPEG - MAY 24 & 25

What: CALA Workshops: Deep Water Running, Aqua H.I.I.T... and more

Where: Winnipeg YMCA-YWCA of Winnipeg

When: Fri May 24, 6pm – 8pm & Sat May 25, 8am – 10:45am & 11:30am – 2:15pm

Facilitator: Kristin Murphy

Accreditation: Earn 7 CALA CECs

Register through the YMCA-YWCA of Winnipeg

ONTARIO – WATERLOO - MAY 25

What: CALA Introduction to HydroRider Clinic

Where: Waterloo Swimplex, Waterloo, ON

When: Sat May 25, 2pm – 10pm

Facilitator: Mary Lou Hall

Accreditation: Earn canfitpro CECs. Earn 8CALA CECs

Register through CALA Inc

ONTARIO – OWEN SOUND - MAY 25

What: CALA Workshop – Oh Buoy! Exploring the Value and Versatility of Buoyancy

Where: YMCA of Owen Sound Grey Bruce, Owen Sound, ON

When: Sat May 25, 9am – 1pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro CECs. Earn 4CALA CECs

Register through CALA Inc

QUEBEC – MONTREAL - JUNE 9 * BILINGUAL

What: CALA Aqua H.I.I.T Workshop

Where: YMCA Centreville

When: Sun, June 9 from 9am – 12pm

Facilitator: Kristin Murphy

Accreditation: 3 CALA CECs + canfitpro CECs

Register through YMCA Centreville

English: <https://inscription.ymcaquebec.org/Activities/ActivitiesAdvSearch.asp?UseLink=true&Course=true&cid=98409>

French: <https://inscription.ymcaquebec.org/Activities/ActivitiesAdvSearch.asp?UseLink=true&LanguageId=2&LanguageIndex=2&Course=true&cid=98409>

ONTARIO – OTTAWA - JUNE 7, 8, 9

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Ottawa Athletic Club, ON

When: Fri June 7, 5pm - 9pm & Sat June 8, 12pm - 8pm & Sun June 9, 12pm - 8pm

Facilitator: Jill Young

Accreditation: Earn canfitpro CECs. Earn canfitpro CECs. Earn 12CALA CECs if repeating the VWT Course.

Register through CALA Inc

BRITISH COLUMBIA – DAWSON CREEK - JUNE 8 & 9

What: Two CALA Workshops focusing on Older Adult Aquafitness:

1. Saturday June 8: Aqua In Motion
2. Sunday June 9: Movement Matters

Where: Kenn Borek Aquatic Centre

When: June 8 & 9 (8am – 12pm each day)

Facilitator: Katherine McKeown

Accreditation: 4 CALA CECs + canfitpro CECs per workshop

Register through Dawson Creek, Ken Borek Aquatic Centre

ALBERTA – CANMORE - JUNE 14

What: Open book theory exam writing for current members who need to complete their VWT theory exam. You must register to write the VWT theory exam through CALA to secure your spot on or before June 13.

Where: Room 114, Elevation Place, Canmore, AB

When: Fri June 14 from 1:30pm – 4:30pm

Proctor: Lecia Furber

Register through CALA Inc

ALBERTA – CANMORE - JUNE 14, 15, 16

What: CALA Group Aquafitness Specialty Training & Certification Course: GAF

Where: Elevation Place, Canmore, AB

When: Fri June 14, 5pm – 9pm, Sat June 15, 9am – 5pm & Sun June 16, 9am – 5pm.

Facilitator: Michelle McLaren & Lecia Furber (apprentice trainer)

Accreditation: Earn canfitpro CECs. Earn 12CALA CECs if repeating the GAF Course.

Register through CALA Inc

YUKON – DAWSON CITY - JUNE 12 & 13

What: CALA Introduction to Group Aquafitness Clinic

Where: Dawson City Pool

When: June 12 from 3pm – 7pm and June 13 from 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn 8 CALA CECs, BCRPA, AFLCA CECs

Registration through Marta Selassie at (867) 993-7400 ext. 204 or marta.selassie@cityofdawson.ca

NOVA SCOTIA – WATERVILLE - COUNTY OF KINGS - June 14, 15, 16

Note: GAF Date to be confirmed

What: CALA Group Aquafitness Specialty Training and Certification Course (GAF)

Where: Waterville Pool and 14 Wing Greenwood Pool (at the base)

When: Fri June 14, 5pm - 9pm, Sat June 15, 9am – 5pm & Sun June 16, 9am – 5pm.

*start and end times to be confirmed

Facilitator: Trainer to be announced and Dawn Lea Greer (apprentice trainer)

Accreditation: Earn canfitpro & NSFLA CECs.

Earn 12CALA CECs if repeating the GAF Course.

Register through CALA Inc

YUKON – WHITEHORSE - JUNE 15, 16, 17

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 10am – 6pm, Sun June 16, 10am – 6pm, Mon June 17, 10am – 2pm

Facilitator: Katherine McKeown, Apprentice trainers: Isabel Parkari and Nathan Muir-Cressman

Accreditation: Earn canfitpro CECs.

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

YUKON – WHITEHORSE - JUNE 15, 16, 17 * for those who are repeating the VWT

What: **REFRESHER** CALA Foundations of Vertical Water Training: VWT

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 10am – 6pm, Sun June 16, 10am – 6pm, Mon June 17, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro CECs and earn 12CALA CECs if repeating the VWT.

Registration through CALA for a refresher: cala_aqua@mac.com or 1-888-751-9823

YUKON – WHITEHORSE - JUNE 15

What: CALA Workshop: Power Motivation – Fully Engaging Participants

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 7pm – 10pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA CECs, BCRPA, AFLCA CECs

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

ONTARIO – HAMILTON - JUNE 15

What: [Open Book Theory exam writing](#)

Where: Ryerson Recreation Centre, Hamilton, ON

When: Sat June 15 Exam writing between 12pm – 3pm

Proctor: Dan Konior

Register through CALA Inc

YUKON – WHITEHORSE - JUNE 17

What: CALA Workshop: Becoming a CALA Assessor

Where: Canada Games Centre – Whitehorse Lions Pool

When: Mon June 17, 3pm – 7pm

Facilitator: Katherine McKeown

Accreditation: Earn 4 CALA CECs, BCRPA, AFLCA CECs

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

YUKON – WHITEHORSE - JUNE 18, 19, 20

What: CALA Group Aquafitness Specialty Training and Certification Course: GAF

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 10am – 6pm, Wed June 19, 10am – 6pm, Thurs June 20, 10am – 2pm

Facilitator: Katherine McKeown, Apprentice trainers: Isabel Parkari and Nathan Muir-Cressman

Accreditation: Earn canfitpro CECs, BCRPA CECs

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

YUKON – WHITEHORSE - JUNE 18, 19, 20

What: **REFRESHER** CALA Group Aquafitness Specialty Training & Certification Course

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 10am – 6pm, Wed June 19, 10am – 6pm, Thurs June 20, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro CECs and 12CALA CECs if repeating the GAF Course.

Register through CALA Inc

YUKON – WHITEHORSE - JUNE 18

What: CALA Workshop: Movement Matters – Inspiring Seniors

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 7pm – 10pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA CECs, BCRPA, AFLCA CECs

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

YUKON – WHITEHORSE - JUNE 20

What: CALA Workshop: Integrating Aqua Yoga Poses & Stretches

Where: Canada Games Centre – Whitehorse Lions Pool

When: Thurs June 20, 3pm – 6pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA CECs, BCRPA, AFLCA CECs

Registration through City of Whitehorse at Whitehorse.ca/alo or 867-668-8360

ONTARIO – TORONTO - JUNE 23

What: CALA Workshop: Great Canadian Noodle Challenge & Navy Seal Boot Camp

Where: Holland Bloorview Kid's Rehab Hospital

When: Sun June 23, 12pm – 5:30pm

Facilitator: Dylan Harries

Accreditation: Earn 5 CALA CECs, canfitpro CECs

Register through CALA Inc

ONTARIO – OTTAWA - JUNE 21, 22, 23

What: CALA Group Aquafitness Specialty Training and Certification Course: GAF

Where: Ottawa Athletic Club, ON

When: Fri June 21, 5pm - 9pm & Sat June 22, 12pm - 8pm & Sun June 23, 12pm - 8pm

Facilitator: Jill Young

Accreditation: Earn canfitpro CECs. Earn 12CALA CECs if repeating the GAF Course

Register through CALA Inc.

ALBERTA – CALGARY - JUNE 21, 22, 23 Earn 12 AFLCA CECs

What: CALA Healing Waters Specialty Training & Certification Course: HW

Where: Vecova Recreation Centre, Calgary, AB

When: Fri June 21, 5pm – 9pm, Sat June 22, 1pm – 9pm & Sun June 23, 1pm – 9pm.

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs. Earn 12CALA CECs if repeating the GAF & earn 12 AFLCA CECs if you are AFLCA certified & earn canfitpro CECs

Register through CALA Inc.

ONTARIO – HAMILTON - JULY 7

What: [GAF, HW & Aqua Yoga Practical Assessments](#)

You must book your spot through CALA to do your practical assessment (30 minutes)

- You submit & pass your GAF and/or HW assignment or your Aqua Yoga Journal on or before June 15, 2019
- You must book your practical assessment spot through CALA on or before June 30

Where: Ryerson Recreation Centre, Hamilton, ON

When: Sun July 7 Practical assessments between 8am – 5pm

Assessors: Katherine McKeown

Register through CALA Inc

ONTARIO – OTTAWA - JULY 21

What: CALA Workshops: Water Running & Aqua Kick Box

Where: City of Ottawa, Bob McQuarrie Pool, Orleans, ON

When: Sun July 21, 8am – 12pm & 1pm – 5pm

Facilitator: Dylan Harries and possibly Charlene Kopansky

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through City of Ottawa – for City of Ottawa instructors only

ONTARIO – OTTAWA – new date TBA

What: [Open Book Theory exam writing & GAF Practical Assessments](#)

- You must book your spot through CALA to write one of the above exams
- You must submit & pass your GAF and/or HW assignment on or before TBA
- You must book your practical assessment spot through CALA on or before TBA

Where: Ottawa Athletic Club

When: TBA Exam writing between 1pm – 8pm & TBA GAF Practical assessments between 2:30pm – 8pm

Assessors: Jill Young

Note: You may write the exam first, then complete your GAF Practical Assessment after completing the exam or vice versa.

Register through CALA Inc

NOVA SCOTIA – WATERVILLE - COUNTY OF KINGS - JULY 21

What: [Open Book Theory exam writing & GAF Practical Assessments](#)

- You must book your spot through CALA to write one of the above exams
- You must submit & pass your GAF and/or HW assignment on or before July 1, 2019
- You must book your practical assessment spot through CALA on or before July 7

Where: Waterville Aquatic Centre

When: Sun July 21 Exam writing between 1pm – 4pm & Sun July 21 GAF Practical assessments between 4pm – 8pm

Assessors: Video submissions to cala_aqua@mac.com (TBC)

Register through CALA

BRITISH COLUMBIA, VANCOUVER ISLAND, COMOX - AUGUST 1

Poster in progress

What: CALA Water Running & Aqua Kick Box Workshop

Where: Comox Valley Sports Centre

When: August 1, 2019 from 9am – 5pm

Facilitator: Dylan Harries or Charlene Kopansky

Accreditation: Earn canfitpro. BCRPA, AFLCA, CFES, SPRA & 8 CALA CECs

Register through Comox Valley Regional District at 250-334-9622

BRITISH COLUMBIA, VANCOUVER ISLAND, COMOX - AUGUST 6, 7, 8, 9, 10

What: Combined Foundations of Vertical Water Training Pre-Requisite Course and Group Aquafitness Specialty Training and Certification Course

Where: Comox Valley Sports Centre

When: Tues August 6 to Sat August 10, 2019 from 9am – 5pm

Facilitator: Regan Jamieson

Accreditation: Earn canfitpro CECs, Earn CALA CECs if repeating the VWT and/or the GAF Course.

Register through Comox Valley Regional District at 250-334-9622

ALBERTA – CANMORE - OCTOBER 5 & 6

What: CALA Conference

Where: Elevation Place, Canmore, AB

When: Saturday October 5 & 6th

Facilitator: Team of Presenters

Accreditation: Earn canfitpro cecs. Earn 8 - 12 CALA CECs

Brochure in process

ONTARIO – AYLMER – New dates to be confirmed shortly

What: CALA Healing Waters: Aquatic Post Rehab Specialty Training & Certification

Where: Terrace Lodge, Elgin County

When: Fri, 6pm -10pm & Sat, 12pm - 8pm & Sun, 8am - 5pm

Facilitator: Julia Ito

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if repeating the HW Course.

ONTARIO – AYLMER – New dates to be confirmed shortly

What: HW & Aqua Yoga Practical Assessments

You must book your spot through CALA to do your practical assessment (30 minutes)

- You must have submitted & passed your Aqua Yoga Journal and/or HW assignment
- You must book your practical assessment spot through CALA on or before June 30

Where: Terrace Lodge, Elgin County

When: TBA

Assessors: Katherine McKeown & Julia Ito

ONTARIO – OTTAWA - NOVEMBER 9

What: CALA Workshop: TBA

Where: Ottawa Athletic Club, ON

When: Sat Nov 9, 2pm – 6pm

Facilitator: TBA

Accreditation: Earn 4 CALA CECs & canfitpro cecs

ONTARIO – OTTAWA - NOVEMBER 22, 23, 24

What: CALA Healing Waters: Aquatic Post Rehab Specialty Training & Certification

Where: Ottawa Athletic Club, ON

When: Fri Nov 22, 5pm – 9pm, Sat Nov 23, 12pm – 8pm, Sun Nov 24, 12pm – 8pm

Facilitator: Katherine McKeown

Accreditation: Earn 12 CALA CECs for repeating this course & earn 12 CALA CECs if you have completed more than one CALA Specialty Course & earn canfitpro cecs