



CALA EVENTS in chronological order
Updated October 18, 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.

416-751-9823 or cala_aqua@mac.com

ONTARIO – HAMILTON - OCTOBER 26 **There are a few spaces that have opened up!**

What: CALA Workshop – Warm Water Workshop

Where: Bernie Morelli Rec Centre, Hamilton, ON

When: Saturday Oct 26, 11am-3pm

Facilitator: Jaye Graham

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA.

416-751-9823 or cala_aqua@mac.com

ONTARIO – OTTAWA - OCTOBER 27 YMCA-YWCA

What: CALA Workshop at the Fall Fitness Summit: Pool-Fection with Jennie Queen
AND

What: CALA Workshop at the Fall Fitness Summit: Super Set Aqua (Double the Work, Double the Fun with Dylan Harries

Where: Taggart Family YMCA

When: Sunday Oct 27, 11am-3pm

Accreditation: Earn 1.5 CALA CECs & Y CECs for each workshop.

Register through the YMCA-YWCA of the National Capital Region

ONTARIO – AYLMEER - OCTOBER 25, 26, 27

What: CALA Healing Waters: Aquatic Post Rehab Specialty Course

Where: Terrace Lodge, Elgin County

When: Friday Oct 25, 6pm-10pm & Sat Oct 26, 12pm - 8pm &
Sunday Oct 27 8am-5pm

Facilitator: Julia Ito & Katherine McKeown

Accreditation: Earn 12 CALA CECs if repeating HW or if you have completed more than one CALA Course & canfitpro CECs

Register through CALA

BRITISH COLUMBIA – KAMLOOPS - NOVEMBER 3

What: Jump on the Fluid Floor – Aqua Matt Clinic

Where: YMCA-YWCA Kamloops – Downtown Y

When: Sun Nov 3, 9am-5pm

Facilitator: Jane Jones

Accreditation: Earn 8 CALA & BCRPA CECs, also CFES & canfitpro CECs

Register through CALA, if you are not a staff member at the YMCA-YWCA Kamloops

ONTARIO – OWEN SOUND - NOVEMBER 3

What: Oh Buoy! What a Workout! Workshop

Where: YMCA of Owen Sound Grey Bruce, ON

When: Sun Nov 3, 9am-1pm

Facilitator: Katherine McKeown

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA

ONTARIO – OTTAWA – NOVEMBER 3 * Note the exam is 2.5 hours in length

What: CALA Open Book Vertical Water Training Theory Exam Writing

Where: Ray Friel Recreation Complex, Ottawa ON

When: Sunday November 3, 3:30pm-7:30pm

Assessor- Proctor: Kristin Murphy

Register through CALA. * You must be a current member who has completed the VWT Course or the Letter of Acceptance to Bypass the VWT Course

ONTARIO – OTTAWA - NOVEMBER 9

What: CALA Workshop – Cardio Zen & Aqua Muscle

Where: Ottawa Athletic Club, ON

When: Sat Nov 9, 2pm-6pm

Facilitator: Jennie Queen

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA

ONTARIO – MISSISSAUGA- NOVEMBER 16

What: CALA Workshop

Where: Meadowvale Community Centre

When: Sat Nov 16, 11:30am-3:45pm

Facilitator: TBC

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA - Poster in progress

ONTARIO – OTTAWA – NOVEMBER 17 * Note the Group Aquafitness Practical Assessment is 45 minutes per person: This includes a 30-minute mini-class & 15 minutes of feedback. You must also participate in classes taught by other instructors

What: CALA Group Aquafitness Practical Assessment Day

Where: Ray Friel Recreation Complex, Ottawa ON

When: Sunday November 17, 9am-12pm

Assessor- Proctor: Kristin Murphy

Register through CALA. * You must be a current member who has completed the GAF Course. Limited Space is available

ONTARIO – OTTAWA - NOVEMBER 22, 23, 24

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

Where: Ottawa Athletic Club, ON

When: Friday Nov 22, 5pm-9pm, Saturday Nov 23, 12pm-8pm & Sunday Nov 24, 12pm-8pm

Facilitator: Katherine McKeown

Accreditation: Earn 12 CALA CECs for repeating HW or if you have completed more than one CALA Course & canfitpro CECs

Register through CALA

ONTARIO – AMHERSTVIEW *10 minutes from Kingston - NOVEMBER 24

What: CALA Aqua Equipment Energizer & Aqua HIIT

Where: W. J. Henderson Recreation Centre, Amherstview, ON

When: Sunday Nov 24, 8am – 5pm

Facilitator: Kristin Murphy

Accreditation: Earn 8 CALA CECs & canfitpro CECs

Register through W. J. Henderson Recreation Centre (poster is available soon – registration is not open yet)

ONTARIO – TORONTO – DECEMBER 7, 2019

What: CALA Workshop Series Theme: Flow & Flexibility

1. Integrating Aqua Yoga Poses & Stretches into Aqua Classes: Chest Deep & Deep
2. Aqua Choreography

Where: Holland Bloorview Kid's Rehab Hospital

When: Saturday December 7 from 8:30am – 12:30pm & 12:45pm – 4:45pm

Facilitator: Katherine McKeown & Dylan Harries

Accreditation: 8 CALA cecs + canfitpro

Register through CALA

ONTARIO – OTTAWA - FEBRUARY 23, 2020

What: CALA Aqua Pre & Post Natal Clinic

Where: Ottawa Athletic Club, ON

When: Sunday Feb 23, 12pm-8pm

Facilitator: Jennie Queen

Accreditation: Earn 8 CALA CECs & canfitpro CECs

Register through CALA

ONTARIO – NORFOLK COUNTY - SIMCOE - MARCH 21, 2020

What: CALA FULL DAY OF WORKSHOPS

Where: Annaliese Carr Aquatic Centre, Norfolk County, Simcoe, ON

When: Saturday March 21, 8:30am-5:00pm

Facilitator: Dylan Harries

Accreditation: Earn 8 CALA CECs & canfitpro CECs

Register through CALA

QUEBEC – MONTREAL – MARCH 22, 2020 * BILINGUAL

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

Where: West Island YMCA

When: Sunday, March 22 from 9am – 12pm

Facilitator: Kristin Murphy

Accreditation: 3 CALA CECs + canfitpro CECs

Register through YMCA Centreville (Registration is NOT open yet)

ONTARIO – OTTAWA - APRIL 3, 4, 5, 2020

What: CALA Foundations of Vertical Water Training Prerequisite Course

Where: Ottawa Athletic Club, ON

When: Friday April 3, 5pm-9pm, Sat April 4, 12pm-8pm &
Sun April 5, 12pm-8pm

Facilitator: Jill Young

Accreditation: Earn 12 CALA CECs for repeating VWT & canfitpro CECs

Register through CALA. Poster now available for registration.

ONTARIO – OTTAWA - APRIL 17, 18, 19, 2020

What: CALA Group Aquafitness Specialty Training & Certification Course

Where: Ottawa Athletic Club, ON

When: Friday April 17, 5pm-9pm, Sat April 18, 12pm-8pm &
Sun April 19, 12pm-8pm

Facilitator: Jill Young

Accreditation: Earn 12 CALA CECs for repeating GAF or if you have completed more than one CALA Course & canfitpro CECs

Register through CALA. Poster now available for registration.

BRITISH COLUMBIA – MERRITT - MAY 2, 2020

What: CALA FULL DAY OF WORKSHOPS

Where: Nicola Valley Aquatic Centre

When: Saturday May 2, 8:30am-5:00pm (Time to be confirmed)

Facilitator: Jane Jones

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

Register through CALA

ONTARIO – OTTAWA – MAY 24, 2020

What: CALA Completing Certification: Open Book VWT &/or HW Theory Exams

Where: Ottawa Athletic Club, ON **in the OAC Board Room**

When: Sunday May 24, 2020, 10:30am-1:30pm (2.5 hours of writing time)

Register through CALA

ONTARIO – OTTAWA – MAY 24, 2020

What: CALA Completing Certification: Group Aquafitness Practical Assessment (30 minutes)

Where: Ottawa Athletic Club, ON **in the Pool**

When: Sunday May 24, 2020, 2:00pm-8:00pm (45 minutes per person includes class demo (Pool) & CALA Assessor feedback)

Register through CALA

QUEBEC – MONTREAL – JUNE 7, 2020 * BILINGUAL

What: CALA Aqua Equipment Extravaganza – Make it Work, Keep it Safe Workshop

Where: Downtown YMCA

When: Sunday June 7 from 9am – 12pm

Facilitator: Kristin Murphy

Accreditation: 3 CALA CECs + canfitpro CECs

Register through YMCA Centreville (Registration is NOT open yet)

ONTARIO – OTTAWA – JULY 12, 2020

What: CALA Deep Water Running & Aqua Strength Clinic

Where: Ottawa Athletic Club, ON

When: Sunday July 12, 12pm-8pm

Facilitator: Possibly Jennie Queen & Kristin Murphy (TBC)

Accreditation: Earn 8 CALA CECs & canfitpro CECs

Register through CALA

ONTARIO – OTTAWA - OCTOBER 2, 3, 4, 2020

What: CALA Foundations of Vertical Water Training Prerequisite Course

Where: Ottawa Athletic Club, ON

When: Friday Oct 2, 5pm-9pm, Sat Oct 3, 12pm-8pm & Sun Oct. 4, 12pm-8pm

Facilitator: Kristin Murphy

Accreditation: Earn 12 CALA CECs for repeating VWT & canfitpro CECs

Register through CALA. Poster now available for registration.

ONTARIO – OTTAWA - OCTOBER 16, 17, 18, 2020

What: CALA Group Aquafitness Specialty Training & Certification Course

Where: Ottawa Athletic Club, ON

When: Friday Oct 16, 5pm-9pm, Sat Oct 17, 12pm-8pm & Sun Oct 18, 12pm-8pm

Facilitator: Kristin Murphy

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

Register through CALA. Poster now available for registration.

ONTARIO – OTTAWA – NOVEMBER 15, 2020

What: CALA Completing Certification: Open Book VWT &/or HW Theory Exams

Where: Ottawa Athletic Club, ON **in the OAC Board Room**

When: Sunday Nov 15, 2020, 10:30am-1:30pm (2.5 hours of writing time)

Register through CALA

ONTARIO – OTTAWA – NOVEMBER 15, 2020

What: CALA Completing Certification: Group Aquafitness Practical Assessment (30 minutes)

Where: Ottawa Athletic Club, ON **in the Pool**

When: Sunday Nov 15, 2020, 2:00pm-8:00pm (45 minutes per person includes class demo (POOL) & CALA Assessor feedback)

Register through CALA

In the planning stage...

ONTARIO – AYLMER

What: HW & Aqua Yoga Practical Assessments

- You must book your practical assessment spot through CALA
- You must submit & pass your Aqua Yoga journal and/or HW assignment

Where: Terrace Lodge, Elgin County

When: TBC

Assessors: Katherine McKeown & Julia Ito

Register through CALA when dates are confirmed

QUEBEC – BEACONSFIELD - * BILINGUAL

What: CALA Workshop To be confirmed

Where: Beaconsfield Leisure Centre

When: To be Confirmed

Facilitator: To be Confirmed

Accreditation: 3 CALA cecs + canfitpro cecs

ALBERTA, PONOKA

What: Foundations of Vertical Water Training Pre-Requisite Course

Where: Ponoka Aquatic Centre

When: TBC

Facilitator: Michelle McLaren

Accreditation: Earn 12 CALA CECs if repeating VWT course & earn canfitpro CECs

Register through CALA when dates are confirmed

ALBERTA, PONOKA

What: Group Aquafitness Specialty Training and Certification Course

Where: Ponoka Aquatic Centre

When: TBC

Facilitator: Michelle McLaren

Accreditation: Earn 12 CALA CECs if repeating GAF course & earn canfitpro CECs

Register through CALA when dates are confirmed

BRITISH COLUMBIA, VANCOUVER ISLAND, COMOX

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

Where: Comox Valley Sports Centre

When: TBC

Facilitator: Regan Jamieson

Accreditation: Earn 12 CALA CECs if repeating VWT &/or GAF course & canfitpro CECs

Register Comox Valley Regional District when dates are confirmed at 250-334-9622

ONTARIO – PETERBOROUGH

What: Foundations of Vertical Water Training Pre-Requisite Course

Where: Peterborough Sport & Wellness Centre

When: TBC

Facilitator: TBC

Accreditation: Earn 12 CALA CECs if repeating VWT Course & earn canfitpro CECs

Register through CALA when dates are confirmed

ONTARIO – PETERBOROUGH

What: Group Aquafitness Specialty Training and Certification Course

Where: Peterborough Sport & Wellness Centre

When: TBC

Facilitator: TBC

Accreditation: Earn 12 CALA CECs if repeating GAF Course & earn canfitpro CECs
Register through CALA when dates are confirmed

ONTARIO – COLLINGWOOD

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

Where: Centennial Aquatic Centre

When: TBC

Facilitator: Katherine McKeown

Accreditation: Earn 12 CALA CECs if repeating GAF Course & earn canfitpro CECs

Register through CALA when dates are confirmed

ONTARIO – PETERBOROUGH - [Open Book VWT 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
- You must book your practical assessment through CALA

Where: Peterborough Sport & Wellness Centre

When: exam writing between TBD (exam 2.5 hours, 15 minute set up and take down time) & GAF practical assessments starting at 1pm

Assessors: Video submissions to cala_aqua@mac.com

Register through CALA when dates are confirmed

BRITISH COLUMBIA – PRINCE RUPERT – MAY 2020

What: 8 – 16 hours of CALA Workshops

Where: Earl Mah Aquatic Centre

When: May 2020

Facilitator: Deb Cole

Accreditation: Earn 4 CALA CECs, BCRPA, CFES & earn canfitpro CECs

Register through CALA when dates and topics are confirmed