



CALA EVENTS in chronological order Updated March 20, 2020

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

QUEBEC, MONTREAL –* BILINGUAL- POSTPONED Due to Corona Virus

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

Where: West Island YMCA

When: *We are awaiting new dates

Facilitator: Kristin Murphy

Accreditation: 3 CALA CECs + canfitpro CECs

Register through YMCA (French & English posters available).

ONTARIO, OWEN SOUND - APRIL 4, 2020 – POSTPONED Due to Corona Virus

What: CALA Oh Buoy II Workshop

Where: YMCA Owen Sound Grey Bruce

When: *We are awaiting new dates

Facilitator: Katherine McKeown

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA. Poster available.

ONTARIO, AYLMEYER – APRIL 9, 2020 – POSTPONED Due to Corona Virus

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

Where: “Over the Deep End”, Strathroy, ON

When: *We are awaiting new dates Starting at 1:00pm (2.5 hours of exam writing time)

Who: Proctor: Teresa Fischtner

Register through CALA.

ONTARIO, AYLMEYER – APRIL 16, 2020 – POSTPONED Due to Corona Virus

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

Where: Terrace Lodge, Aylmer, ON

When: *We are awaiting new dates (2.5 hours of exam writing time)

Who: Proctors: Julia Ito and Katherine McKeown

Register through CALA.

ONTARIO, AYLMEYER – APRIL 16, 2020 – POSTPONED Due to Corona Virus

What: Completing Certification: GAF & HW & Aqua Yoga Practical Assessments (30 minutes)

Where: Terrace Lodge, Aylmer, ON **in the Pool**

When: *We are awaiting new dates (45 min per person includes class demo - Pool & CALA Assessor feedback)

Who: HW Assessors: Julia Ito (Apprentice Assessor) and Katherine McKeown

Register through CALA.

ONTARIO, OTTAWA - APRIL 2020 – POSTPONED Due to Corona Virus

What: CALA Group Aquafitness Specialty Training & Certification Course

Where: Ottawa Athletic Club, ON

When: *We are awaiting new dates

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 available.

ONTARIO, OTTAWA – NEW DATES - APRIL 17, 18, 19 - RESCHEDULED

What: CALA Foundations of Vertical Water Training Prerequisite Course

Where: Ottawa Athletic Club, ON

When: ~~Fri. April 3, 5pm-9pm, Sat. April 4, 12pm-8pm & Sun. April 5, 12pm-8pm~~

New Dates: Fri. April 17, 5pm-9pm, Sat. April 18, 12pm-8pm & Sun. April 19, 12-8pm

Facilitator: Jill Young

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

Register through CALA. Poster available.

ONTARIO, LONDON– APRIL 21, 2020

What: CALA Aquafit Teaching Toolkit: Teaching Strategies that Empower, Engage & Inspire

Where: Bostwick Community Centre - YMCA

When: Tues. April 21, 5:30pm - 9:30pm

Facilitator: Linda Jones

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA Poster available.

ONTARIO, HAMILTON – APRIL 25, 26, 2020

What: CALA Introduction to Water Fitness Clinic

Where: Sir Wilfrid Laurier Recreation Centre, Hamilton, ON

When: Sat. April 25, 8:30am-5:00pm, and Sun. April 26, 8:30am-12:30pm

Facilitator: Dylan Harries

Accreditation: Earn 12 CALA CECs for attending the Intro to Water Fitness & canfitpro CECs

Register through CALA. Poster available.

ONTARIO, HAMILTON – APRIL 26, 2020

What: CALA Effective Use of Equipment Workshop

Where: Sir Wilfrid Laurier Recreation Centre

When: Sun. April 26, 1:00pm-5:00pm

Facilitator: Dylan Harries

Accreditation: Earn 4 CALA CECs & canfitpro CECs

Register through CALA. Poster available.

ALBERTA, PONOKA – MAY 1, 2, 3, 2020

What: Foundations of Vertical Water Training Pre-Requisite Course

Where: Ponoka Aquatic Centre

When: Fri, May 1, Sat. May 2 & Sun. May 3, 2020

Facilitator: Michelle McLaren

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

Register through CALA. Poster available.

ALBERTA, PONOKA – MAY 22, 23, 24, 2020

What: Group Aquafitness Specialty Training and Certification Course

Where: Ponoka Aquatic Centre

When: Fri. May 22, Sat. May 23 & Sun. May 24, 2020

Facilitator: Lecia Furber

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

Register through CALA. Poster available.

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. Poster available.

BRITISH COLUMBIA, SUNSHINE COAST, SECHELT – MAY 1, 2, 3 2020: Postponed due to COVID-19, New dates TBA

What: CALA Foundations of Vertical Water Training Prerequisite Course

Where: Sechelt Aquatic Centre

When: *We are awaiting new dates

Facilitator: Deb Cole

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

Register through CALA. Poster available.

BRITISH COLUMBIA, SUNSHINE COAST, SECHELT – MAY 22, 23, 24 2020 Postponed due to COVID-19, New dates TBA

What: CALA Group Aquafitness Specialty Training and Certification Course

Where: Sechelt Aquatic Centre

When: *We are awaiting new dates

Facilitator: Deb Cole

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

Register through CALA. Poster available.

MANITOBA, WINNIPEG - MAY 24, 2020

What: CALA Aqua Barre Workshop + CALA Grounded & Rebounded Workshop

Where: YMCA-YWCA Winnipeg

When: May 24, 2020: 8:30am – 10:30am & 11am – 1pm

Facilitator: Kristin Murphy

Accreditation: Earn 2 CALA CECs per workshop

Register through YMCA-YWCA Winnipeg. Poster in progress.

ONTARIO, OTTAWA – MAY 23, 2020

What: Integrating Aqua Yoga Poses & Stretches into Mainstream Aqua Classes

Where: Ottawa Athletic Club, ON
When: Sat. May 23, 2020, 2pm-6pm (Includes dryland & practical pool sessions)
Who: Katherine McKeown
Accreditation: Earn 4 CALA, canfitpro, YMCA CECs
Register through CALA. Poster available.

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: Sun. May 24, 2020, 10:30am-1:30pm (2.5 hours of writing time)
Who: Proctors: Kristin Murphy and / or Katherine McKeown
Register through CALA.

ONTARIO, OTTAWA – MAY 24, 2020

What: Completing Certification: GAF & HW & Aqua Yoga Practical Assessments (30 minutes)
Where: Ottawa Athletic Club, ON **in the Pool**
When: Sun. May 24, 2020, 2:00pm-8:00pm: 45 minutes per person includes demo & CALA Assessor feedback.
Who: GAF assessor: Kristin Murphy and HW / Aqua Yoga assessor Katherine McKeown
Register through CALA

YUKON, WHITEHORSE – JUNE **DATES TO BE CONFIRMED**

What: CALA Workshops Series
Where: Canada Games Centre, Whitehorse, YT
When: Sat. June 6 or Sun. June 7 or Sat. June 13 or Sun. June 14 (two, four-hour workshops) + a weekday workshop between Mon. June 8 and Fri. June 12 (TBC)
Facilitator: Debbie Cole
Accreditation: Earn 3 CALA CECs for 3 hours of workshops & 2 CALA CECs for 2 hours
Register through City of Whitehorse. Poster available for registration soon.

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 (French & English posters available).

ALBERTA, CALGARY - JUNE 12 & 13, 2020

What: CALA VWT or HW Theory Exam Writing Opportunity for current CALA members
Where: Vecova Centre for Disability Services & Research
When: Fri. June 12, 3:00pm - 6pm or Sat. June 13, 10:30am-12:30pm
Assessor – Exam Proctor: Katherine McKeown
Register through CALA.

ALBERTA, CALGARY - JUNE 14, 2020

What: CALA GAF or HW Practical Assessment Opportunity for current CALA members
Where: Vecova Centre for Disability Services & Research

When: Sun. June 14, 7pm-9pm
Assessor: Katherine McKeown
Register through CALA.

ALBERTA, CALGARY - JUNE 12, 13, 14, 2020

What: CALA Aqua Yoga Specialty Training & Certification Course
Where: Vecova Centre for Disability Services & Research
When: Fri. June 12, 6pm-9:30pm, Sat. June 13, 12:30pm-9pm & Sun. June 14, 11am-7pm
Facilitator: Katherine McKeown
Accreditation: 12 CALA CECs for repeating Aqua Yoga Course or if you have completed more than one CALA Course & 4FIS, 4PTS, 4 HWL canfitpro, AFLCA, BCRPA, SPRA
Register through CALA. Poster available.

ONTARIO, HAMILTON - JUNE 20, 2020

What: CALA BOOT CAMP – High Intensity Interval Training
Where: Stoney Creek Recreation Centre
When: Sat. June 20, 12:30pm-4:30pm
Facilitator: Dylan Harries
Accreditation: Earn 4 CALA CECs & canfitpro CECs
Register through CALA (Poster in progress).

ONTARIO, OTTAWA - JUNE 28, 2020 – Proposed Awaiting final confirmation

What: CALA Introduction to Aqua Pre and Postnatal Specialty
Where: Minto Recreation Complex
When: Sun. June 28, 2pm-10pm (TBC)
Facilitator: Jennie Queen
Accreditation: Earn 8 CALA CECs & canfitpro CECs
Register through City of Ottawa - only available for a total of 30 people who are on staff with the City of Ottawa - Proposed Awaiting final confirmation

ONTARIO, OTTAWA – JULY 12, 2020

What: Topics to be confirmed
Where: Ottawa Athletic Club, ON
When: Sunday July 12, 12pm-8pm
Facilitator: To be confirmed
Register through CALA (Poster in progress).

YUKON, WHITEHORSE – JULY 25, AUGUST 1, AUGUST 8, 2020

What: CALA Foundations of Vertical Water Training Prerequisite Course
Where: Canada Games Centre, Whitehorse, YT
When: Sat. July 25, 10am – 6pm & Sat. Aug. 1, 10am – 6pm & Sat. Aug. 8 10am – 6pm
Facilitator: Nathan Muir-Cressman
Accreditation: Earn 12 CALA CECs for repeating VWT & canfitpro CECs
Register through City of Whitehorse. Poster available.

YUKON, WHITEHORSE – AUGUST 10, 11, 12, 13, 2020

What: CALA Group Aquafitness Specialty Training and Certification Course

Where: Canada Games Centre, Whitehorse, YT

When: Mon. Aug. 10 & Tues. Aug. 11 & Wed. Aug. 12 & Thurs. Aug 13 ALL from 2pm – 7pm

Facilitator: Isabel Parkari

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

Register through City of Whitehorse. Poster available.

ONTARIO, TORONTO– AUGUST 14, 15, 16, 2020

What: canfitpro 2020 – LIVE YOUR PASSION Conference- CALA is proud to support canfitpro 2020 with two fabulous workshops

Where: Toronto Convention Centre

When: Fri. Aug 14 Aqua Pre and Postnatal with Jennie Queen, Sat. Aug 15 Aqua

Choreography: Moves & Grooves with Dylan Harries

Facilitators: CALA Trainers: Jennie Queen and Dylan Harries

Accreditation CALA CECs for & canfitpro CECs

Register through canfitpro – BROCHURE now available through canfitpro.

ONTARIO, NORFOLK COUNTY - SIMCOE – Potential new date waiting for confirmation

What: CALA FULL DAY OF WORKSHOPS

Workshop One: Aqua Shallow & Deep Simultaneous Teaching

Workshop Two: The Liquid A.B.S Program with Safe & Successful Integration of Equipment

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

When: Potential New Date: Saturday, September 12, 2020

Facilitator: Dylan Harries

Accreditation: Earn 8 CALA CECs & canfitpro CECs

Register through CALA. Poster will be available when date is confirmed.

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

What: CALA Foundations of Vertical Water Training Prerequisite Course

Where: Ottawa Athletic Club, ON

When: Fri. 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 available

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

What: CALA Group Aquafitness Specialty Training & Certification Course

Where: Ottawa Athletic Club, ON

When: Fri. 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.

ONTARIO, OTTAWA – NOVEMBER 14, 2020

What: CALA Hydro Strength Training Clinic includes a 10-week Program Design

Where: Ottawa Athletic Club, ON

When: Sat. Nov 14, 2020, 10am-7pm (includes one hour break): Pool is available after 2pm.

Facilitator: Dylan Harries

Accreditation: Earn 8 CALA CECs & earn canfitpro CECs

Register through CALA (Poster in progress)

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: Sun. 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: Sun. 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...

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: Kristin Murphy

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: Kristin Murphy

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