



Welcome to 2023 dear CALA Friends and Family

Canadian Aquafitness Leaders Alliance (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
cala\_aqua@mac.com



www.calainc.org



CALA 29th Anniversary

Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA. AFLCA certified leaders apply via AFLCA CEC Petition Application. All CALA workshop, clinic & conference participants will earn & bank CALA CECs regardless of membership status. CALA CECs never expire!

Meet the team of CALA Trainers at the end of this list of upcoming events.

CALA continues to provide online training through ZOOM and Independent Learning Recordings using Private Groups in Facebook. See list of the Independent Learning and ZOOM events below.

To register: Email cala\_aqua@mac.com

Event posters and registration information are posted at www.calainc.org

Payment: E-transfer or EFT only to cala\_aqua@mac.com

Note: On rare occasions, it is necessary to shift CALA Training dates, times, and topics.



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[www.calainc.org](http://www.calainc.org)



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29th Anniversary

### CALA OFFERS CUSTOMIZED Education including Hybrid ZOOM + on site training.

CALA encourages Facilities to establish inhouse customized training for their staff. CALA delivers a wide variety of accredited continuing education workshops and specialty certification programs including, Aqua Pre & Post Natal, Group Aqua Fitness, Water Running, Aqua Kick Box, Aqua Yoga, Ai Chi, HydroRider, Healing Waters: Aquatic Post Rehabilitation, Liquid Barré, Aqua Matt. The CALA Vertical Water Training Course is pre-requisite for all specialty certifications.

#### Centre of Excellence

Customized CALA Training will create a Centre of Excellence for your community.

#### How can CALA help your community experience the joy of movement?

Our holistic philosophy encourages the mind to discover, the body to move and the spirit to soar. Let's work together to create an amazing, dedicated team of instructors who inspire the community to pursue health and happiness. [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

[http://www.calainc.org/Scheduled\\_Events/Scheduled\\_Events.htm](http://www.calainc.org/Scheduled_Events/Scheduled_Events.htm)

## 1. Practical Assessments and Written Exams

Certification

Assessment

Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to organize a practical assessment (30-minute demo) in person or on ZOOM or by submitting of a video



### Virtual Online Healing Waters Open book theory exam

**What:** Open book exam writing on ZOOM

**When:** Wednesday, Mar. 22, 8:00am - 9:00am EDT (Ontario time) (one hour)

**Where:** ZOOM

**Who:** Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book your exam writing space



### Virtual Online Vertical Water Training Open book theory exam

**What:** Open book exam writing on ZOOM

**When:** Sunday, Mar. 26, 1:00pm - 4:00pm EDT (Ontario time) (2.5 hours)

**Where:** ZOOM

**Who:** Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book your exam writing space

## 2. Courses to become CALA Certified

**Option:** Repeat a course to review the content, refresh your knowledge & earn 8 CALA CECs plus credits with other organizations.

**Option:** Experienced leaders can bypass the Foundations of Vertical Water Training Course.

Complete the Letter of Acceptance. [\*\*Bypass Letter for VWT Course\*\*](#)



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### Certification

**Live On-site, Comox, Vancouver Island, British Columbia**

**What:** CALA Healing Waters Specialty (HW) Training & Certification Course

**When:** March 31, April 1 & 2, 2023

**Where:** Comox Valley Recreation Centre

**Who:** Charlene Kopansky, CALA Founder & President, Katherine McKeown & Mary Lou Hall

**Credits:** Earn 8 CALA CECs (if this is a refresher or you have completed more than one Specialty), 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC, YMCA, NBFA, \*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

[Download Course details and Registration Form](#)



### Pre-requisite

**Live On-site, Ottawa, Ontario**

**What:** Pre-requisite: CALA Vertical Water (VWT)

**When:** July 7, 8, 9, 2023

**Where:** Dovercourt Recreation Centre, Ottawa, Ontario

**Who:** [Kristin Murphy](#)

**Credits:** Earn 8 CALA CECs, 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC \*8 CALA CECs if repeating the course

[Download the Registration Form and Course Details](#)



### Certification

**Live On-site, Ottawa, Ontario**

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

**When:** August 11, 12, 13, 2023

**Where:** Dovercourt Recreation Centre

**Who:** Kristin Murphy, CALA Trainer

**Credits:** Earn CECs, 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC, YMCA, NBFA, \*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

[Download the Registration Form and Course Details](#)

## 3. Conference

**What:** CALA Conference featuring a Variety of Workshops (Topics to be confirmed)

**When:** Sat. October 14 from 12:30pm – 4:30pm **Alberta time**

**AND** Sun. October 15 from 11:00am – 4:30pm **Alberta time**

**Where:** LIVE at Elevation Place, Canmore, Alberta

**Who:** Charlene Kopansky & a team of presenters

**Credits:** Per Day: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA, canfitpro, 4 OFC, YMCA, NBFA

Download Brochure, Registration Form and Conference Details (pdf) In development





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### 4. Workshops and Clinics

**Earn credits (CECs), get inspired and have fun!**

**What:** CALA HydroRider Clinic

**When:** Saturday April 1, 2023 from 9:15am – 6:30pm

**Where:** Westmount Recreation Centre, Calgary, AB.

**Who:** Dylan Harries

**Credits:** 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES, 8 NSFA, canfitpro, 8 OFC, 8 NBFA, 8 YMCA

[Download Clinic details and Registration Form](#)

**What:** Let's Get this Party Started! Workshop

**When:** Sunday April 2, 2023 from 9am – 1pm

**Where:** Dalewood Recreation Centre, 1150 Main Street West, Hamilton, ON

**Who:** Dylan Harries

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA, canfitpro, 4 OFC, 4 NBFA, 4 YMCA

[Download Clinic details and Registration Form](#)

**What:** CALA HydroRider Introductory Workshop

**When:** Friday April 14 from 4pm – 8pm

**Where:** Westside Recreation Centre, Calgary, AB

**Who:** Mary Lou Hall

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA, canfitpro, 4 OFC, 4 NBFA, 4 YMCA

[Download workshop details and registration form](#)

**What:** Anatomy Series Workshop – Session Five Erector Spinae and QL Muscles

**When:** Sunday, April 16, 2023 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA

[Download workshop details and registration form](#)

**What:** CALA Anatomy Series Workshop - Session Six Hip Abductors: Glut Med & Min, TFL, IT Band

**When:** Sunday, May 7, 2023 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA

[Download workshop details and registration form](#)

**What:** CALA Anatomy Series Workshop – Session Seven All Five Hip Adductors

**When:** Sunday, June 4, 2023 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA

[Download workshop details and registration form](#)



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**What:** CALA Anatomy Series Workshop – Session Eight Glut Max & Hamstrings

**When:** Sunday, July XX, 2023 (TBC) from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA  
Download workshop details and registration form (Contact CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) )

**What:** CALA Anatomy Series Workshop – Session Nine Hip Flexors and Quadriceps

**When:** Sunday, September 17, 2023 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA  
Download workshop details and registration form (Contact CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) )

**What:** CALA Anatomy Series Workshop Session Ten Lower Leg and Foot

**When:** Sunday, October 22, 2023 from 1pm – 4pm

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA  
Download workshop details and registration form (Contact CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) )

**What:** CALA Anatomy Series Workshop – Session Eleven Muscles of Forearm & Hand

**When:** Sunday, November 5 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA  
Download workshop details and registration form (Contact CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) )

**What:** CALA Anatomy Series Workshop – Session Twelve Muscles of the Neck

**When:** Sunday, December 3, 2023 from 1 pm – 4 pm EST

**Where:** ZOOM

**Who:** Katherine McKeown

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA  
Download workshop details and registration form

## 5. Train the Trainer (T4T)



**Certification**

**NEW ZOOM + On Site Hybrid CALA Course – OPEN for Registrations**

**What:** CALA T4T – Train the Trainer

**When:** TBC Most likely October 2023

**Where:** Somewhere beautiful – For a Retreat Style Experience with a ZOOM option

**Who:** Charlene Kopansky, CALA Founder & President

[Download the Pre-Screen Process](#) & submit to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



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### 6. Independent Online Learning

**When:** Upon registration, you have **three months access** to the recording. Complete the registration form & e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**What: Anatomy Session One - CALA Applied Anatomy: Shoulder Girdle Workshop**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 2 NSFA canfitpro, 2 OFC, YMCA, NBFA

[Download Course details and Registration Form](#)

**What: Anatomy Session Two - CALA Applied Anatomy: Shoulder Joint Workshop**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 2 NSFA canfitpro, 2 OFC, YMCA, NBFA

[Download the Registration Form and Course details](#)

**What: Anatomy Session Three - CALA Applied Anatomy: Core Muscles Workshop**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA

[Download workshop details and registration form](#)

**What: Anatomy Session Four - CALA Applied Anatomy: Muscles of the Trunk: Global Abdominals (Extrinsic Core) and Back Erector Spinae & Quadratus Lumborum Muscles**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA, canfitpro, 3 OFC, 3 NBFA, 3 YMCA

[Download workshop details and registration form](#)

**What: CALA Super Set Aqua Workshop**

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 2 CALA, 2 BCRPA, 2 SPRA, 2 CFES, canfitpro, OFC, 2 NSFA, YMCA, NBFA

[Download workshop details and registration form](#)

**What: Launch of Aqua Kids™: Aqua Fitness Friendship and Fun™ Clinic**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES, canfitpro, OFC, YMCA, NBFA

[Download the Registration Form and Course details](#)

**What: Conference: "Freedom at Last" Lacombe AB June 4, 2022**

- Let's Get this Party Started! Jump in the Pool! (1 CALA CEC) = \$25 + tax
- The HIIT Wave with Dylan (2 CALA CECS) = \$50 + tax
- Older Adult Functional Movement with Charlene (2 CALA CECS) = \$50 + tax
- Ultimate Aqua Muscle & Core with Dylan & Charlene (2 CALA CECS) = \$50 + tax



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**Who:** Charlene Kopansky and Dylan Harries

**Where:** Independent Learning online

**Credits:** CALA, canfitpro, SPRA, CFES, BCRPA, OFC, NSFA, YMCA, NBFA

[Download the Registration and Course Details Form](#)

### Pre-requisite

**What:** Pre-Requisite for all Certifications

**CALA Foundations of Vertical Water Training Prerequisite Course**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

\*8 CALA CECs if repeating the course

[Download the Registration and Course Details Form](#)

### Certification

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

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

\*8 CALA CECs if you have already completed CALA Certification in another specialty

[Download the Registration and Course Details Form](#)

### Certification

**What:** CALA Aqua Pre and Post Natal Specialty Training & Certification Course

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC, 12 NSFA, NBFA, YMCA

\*8 CALA CECs if you have already completed CALA Certification in another specialty

[Download the Registration and Course Details Form](#)

**What:** CALA Ai Chi – The Dance of Life Workshop Part 1

\*Opportunity for Ai Chi Certification \* See below

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form Part 1](#)

**What:** CALA Ai Chi - The Dance of Life Workshop Part 2

\*Opportunity for Ai Chi Specialty Certification \* See below

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form Part 2](#)

### Certification

**What:** CALA Ai Chi Specialty Training & Certification Course

**Complete both Workshops:** Ai Chi [Part 1 Registration](#) & Part 2 [Part 2 Registration](#)



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### **What:** CALA Aqua Cardio Kick Box with Core - Upper Body Focus Workshop Part 1

\*Opportunity for Aqua Kick Box Specialty Certification \* See below

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form Upper Body](#)

### **What:** CALA Aqua Cardio Kick Box with Core - Lower Body Focus Workshop Part 2

\*Opportunity for Aqua Kick Box Specialty Certification \* See below

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form Lower Body](#)

### **What:** CALA Aqua Cardio Kick Box with Core -Choreography Focus Part 3

\*Opportunity for Aqua Kick Box Specialty Certification \* See below

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form \(Choreography\)](#)

#### Certification

### **What:** CALA Aqua Kick Box Specialty Training & Certification Course

**Complete all three Workshops:** Aqua Cardio Kick Box Lower Body Part 1 + Aqua Cardio Kick Box Upper Body Part 2 + Aqua Cardio Kick Box Choreography Part 3

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits: Per workshop:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

[Download the Registration Forms Upper Body, Lower Body, Choreography](#)

### **What:** CALA – Your Compass to Inspiration: 360 x 180 degrees Workshop

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 2 CALA, 2 BCRPA, 2 SPRA, 2 CFES, canfitpro, OFC, 2 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

### **What:** CALA ABS-olutely Core Essentials Workshop

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

### **What:** CALA Aqua Infused Yoga Workshop - BCRPA Conference

**Who:** Charlene Kopansky

**Where:** Independent Learning online

**Credits:** Earn 1 CALA CECs

[Download the Registration and Course Details Form](#)





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**What: CALA Functional Aquatic Training Workshop**

**Who:** Kristin Murphy

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Aqua Pre & Post Natal Pelvic Floor & Core Foundations & Dynamic Duo (Parent & Tot/Diaper Fit) Workshop**

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Aqua Zen Workshop**

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Aqua Running (101) Workshop**

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Amazon Arms Workshop**

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Aqua Beats Create CALA Waves Workshop**

**Who:** Jennie Queen

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Golden Gait – Water Walking Workshop**

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What: CALA Aqua Healthy Back Workshop**

**Who:** Dylan Harries

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)



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**What:** CALA Muscle Strength & Endurance with the CALA Tempo Tree Workshop

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download Registration and Course Details Form](#)

**What:** CALA Feast on Form: Increase your CALA IQ Workshop

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What:** CALA Changing the Chatter Workshop

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, canfitpro, 3 BCRPA, 3 CFES, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What:** CALA Integrating Aqua Yoga Poses into Aquafitness Classes Workshop

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, canfitpro, 3 BCRPA, 3 CFES, 3 SPRA, OFC, 3 NSFA, NBFA, YMCA

[Download the Registration and Course Details Form](#)

**What:** CALA Workshop: Aqua Articulation Workshop

**Who:** Katherine McKeown

**Where:** Independent Learning online

**Credits:** 3 CALA, canfitpro, 3 BCRPA, 3 CFES, 3 SPRA, OFC, 3 NSFA, NBFA, YMCA

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**Charlene Kopansky**  
CALA President and Founder  
CanFit Pro Lifetime Achievement Award  
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**CALA**  
Gold Standard in Aquafit Specialty Certifications

Water Running, Kick Box, Aquafitness, Ai Chi, Pre-Post Natal,  
Liquid Barré, Fluid Floor: Aqua Malt, HydroRider and Healing Waters:  
Aquatic Post Rehabilitation Training and Certification




[Visit the CALA website](http://www.calainc.org)



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## 7. Meet the CALA Team of Trainers

The team of CALA trainers blend a professional commitment and personal compassion when facilitating the highest quality workshops, clinics, conferences and courses. Their enthusiasm and extensive, diverse expertise unite experience and technical skills. They have a thorough knowledge of the body and how movement in water lifts the spirit, strengthens the body and activates the mind. Close attention ensures that all participants with a wide variety of abilities are provided with modifications and options to ensure a joyful and fulfilling movement experience.

If you are interested in joining our CALA Internationally recognized Team of CALA Trainers, contact CALA [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) [www.calainc.org](http://www.calainc.org)  
CALA is currently pre-screen applicants to join the CAL Team of Trainers.

**CALA offers many Workshops that are not on the Upcoming Event Scheduler.**

**Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.**



**Charlene Kopansky, Founder & President of CALA**, B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her skills in dance choreography, water running, personal training, fitness and aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' and Presenter of the Year-Germany, Volunteer Recognition and Leadership Awards-OFC, Who's Who of Canadian Women in Fitness- Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year canfitpro & SAFS Beta, Germany, canfitpro Lifetime Achiever Award, BCRPA Trainer  
**Specialties:** Aqua Cardio Kick Box, Aqua Running, Aqua Infused Yoga



**Dylan Harries, CALA Master Trainer and Creative Director**, B. Rec., B.Sc. (HK), C.A.T. Dylan is a former competitive figure skater & 4-time Canadian Artistic Roller-Skating Champion. He travels the world educating & inspiring fitness leaders and athletes with his passion, high energy, sound technique & wild creativity. With 28 years of professional experience, Dylan is the Specialty Master Trainer for CALA Inc., the Senior Director at Body Rock Fitness & the Health, Fitness & Sports Manager at Dovercourt Recreation Centre. He is a renowned athletic trainer & performance coach to national & international level figure & roller skaters. He is canfitpro (PTS/FIS), CALA (all streams), Pilates (YMCA USA), Barre Above (Master Trainer), Tabata GX (Master Trainer), SPI (Level 2), YMCA (all streams), Bender Ball (Master Trainer), Spinning (Star 2), TRX (Level 1), Hydorrider (Canadian Master Trainer), Balletone (Trainer), Extreme HIIT Chaos (Trainer), Bosu Balance Trainer (Instructor), AEA (Aqua Yoga/ Hydrorevolution) and NCCP (Level 2 – Inline & Roller) certified  
**Specialties:** Liquid Barré, Aqua Cardio Kick Box, Ai-Chi, Hydro Rider Recreational and Therapy Hydro Rider, Aqua Running  
**Dylan, is available to deliver many workshops**  
[Download Dylan's list of workshops](#) he can facilitate on ZOOM or On-Site



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Canadian Aquafitness Leaders Alliance (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
cala\_aqua@mac.com



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Jennie Queen, CALA Master Trainer has over 20 years of experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming. Jennie is a true visionary & leader in the industry & a Recreation Supervisor with the City of Ottawa. Along with her many aquatic related certifications, she is a certified Aqua fitness Leader, Assessor & Trainer with CALA, & a Group Fitness Instructor & Personal Trainer CFP and SPI & holds a Diploma in Fitness & Lifestyle Management. Jennie enjoys continually educating & challenging herself to stay informed & up to date with the fitness industry. Specialty: Pre/Post Natal



Katherine McKeown, CALA Master Trainer is a very proud member of the CALA Trainer Team. Katherine brings an infectious enthusiasm, sense of humour and a deep desire to further her own learning every day. Her greatest strength is her insatiable curiosity about how concepts can be presented with relevance and heart in limitless ways according to the unique creativity which resides in all of us. Having been a fulltime teacher for 30 years, she brings considerable insight into the process of learning and the critical importance of celebrating the gifts, skills and abilities of all learners through a Holistic lens. Katherine offers numerous workshops that you can host at your facility. Katherine can create a workshop specific to the needs of your facility. Specialties: Vertical Water Training, Group Aqua Fit Certification, Aqua Infused Yoga CALA Healing Waters/Aqua Post Rehabilitation - arthritis Katherine, is available to deliver many workshops Download Katherine's list of workshops she can facilitate on ZOOM or On-Site



Michelle McLaren, CALA Master Trainer, B.Kin, RMT, STOTT Pilates Instructor, CanFit Pro FIS. Michelle has been active in the fitness industry for the past 30 years. She has been an instructor trainer for the Canadian Aquafitness Leaders Alliance for 19 years, travelling all over Canada teaching Aquafit instructor courses and various workshops at fitness conferences. She is also a Certified Matwork Level 1 & 2 STOTT Pilates Instructor and a Fitness Instructor Specialist with CanFit Pro. With her strong background in Kinesiology and Massage therapy, Michelle has profound understanding of the human body.



Kristin Murphy, CALA Trainer has been passionately involved in the fitness industry for two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Degree in Translation, which helps in her day -to-day work as a Project and Policy Coordinator with Transportation Services at the City of Ottawa. She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Fitness Instructor Specialist (CFP). She is now a Master Trainer for Tabata Bootcamp™ and Barre Above™ as well as a trainer, presenter and assessor for CALA. She continuously finds ways to help her participants and students challenge and better themselves. As a wife and mother of 2 young girls, Kristin is always on the go, incorporating fitness into every aspect of her life. Kristin is available to deliver many workshops Download Kristin's list of workshops she can facilitate on ZOOM or On-Site.



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Karl Notargiovanni, CALA Master Trainer, Acupuncturist, B.F.A. Choreography; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Yoga Specialty Course I. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for many years, he has developed a unique perspective in his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops. Specialty: Aqua Infused Yoga



Jaye, Graham, CALA Trainer. Jaye is the owner of "H2O Works Canada" since 2010. Jaye has worked extensively with those having degenerative conditions, spinal cord injuries, stroke, frozen shoulder issues, surgeries such as hip and knee replacements, athletes and ageing individuals. She is a CALA, Trainer, Facilitator, and Assessor for Group Aqua Fitness, Water Running, and Healing Waters: Post Rehab. Jaye is the lead instructor for the University of Guelph for their Water Rehabilitation program and instructs a variety of aquafitness classes for the university plus the City of Guelph. Jaye is a Third-Degree Black Belt Sensei, enjoys hosting International Students, has 2 grown children plus 2 fur babies.



Mary Lou Hall CALA Trainer, Fitness Specialist, George Brown College: VWT, GAF & HydroRider. CALA certified in VWT, GAF, HydroRider & Healing Waters: Aquatic Post Rehab. Mary Lou brings 28+ years experience from the fitness & wellness industry. She teaches a variety of classes each week that include HydroRider, Boot Camp, Aqua Arthritis, MS & Stroke Re-motion, General Fitness and Personal Training. Delivering her classes in the Burlington, Oakville & Mississauga Region, Mary Lou shares her enthusiasm & passion about the benefits of moving in water & connecting the body, mind & spirit.