

# CALA Workshops Catch the CALA Wave



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CALA is able to deliver customized workshops to meet your requirements This document is a sample of previously offered workshops that CALA has offered. If you do not see the training your facility requires, please contact CALA to discuss your requirements. CALA will develop workshop for staff training. CALA workshops are available for shallow for shallow and deep water, therapy and recreations pools. CALA is able to offer training in English and French.

CALA delivers training through ZOOM (Virtual), Inhouse (live on-site) and Independent Learning (recordings of previously offered workshops and Hybrid (combination of ZOOM and Live)

These workshops can be delivered at a facility or through ZOOM. Some workshops require extensive pool work and are not appropriate for ZOOM delivery. If you see a workshop of interest, please contact CALA to discuss your training interest.

In addition to the following workshops, CALA offers Certification Training and Certification

**Pre-requisite:** Vertical Water

**Specialty Certifications:** CALA Group Aquafitness, CALA Pre/Post Natal, CALA Aqua Infused Yoga, CALA Liquide Barre, CALA Ai-Chi, CALA Aqua Cardio Kickbox, CALA Aqua, CALA Water/Jogging/Running CALA Hydro Rider (future certification: CALA Aqua Matt Aqua CALA Kids, CALA Aqua Older Adults, CALA Aqua Personal Training)

## Some of the CALA Workshops



CALA Aqua Ai Chi



CALA Aqua Sport



Parent and Tot



Aqua Infused Yoga



Aqua Bender Ball



Aqua Noodles



Aqua Water Walking



Aqua Paddles



Aqua Matt



Hydro Rider



Healing Hips



Aqua Hitt Training



Rehab Healing Waters



Deep Water



Shallow Water



Boot Camp

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## A SAMPLING OF CALA WORKSHOPS (155 workshops):

If you identify a workshop that you would like to offer at your facility, please contact CALA for a full description and prices and discuss your requirements. If you do not see the workshop you need at your facility, please contact CALA to discuss customizing a workshop for your facility. You have the choice of staff only attending or opening it up to the public.

1. A.R.T of Aqua Mastery
2. ABS-olutely Core Essentials
3. Advanced HydroRider Workshop
4. Africana
5. Ai Chi Part 1
6. Ai Chi Part 2 (Certification available contact CALA)
7. Amazon Arms
8. Anchor It, Bounce It, Propel It!
9. Anatomy Series: Session 1 of 6 Shoulder Girdle
10. Anatomy Series: Session 2 of 6 Shoulder Joint
11. Aqua Beats
12. Aqua in Four Dimensions
13. Aqua in Motion
14. Aquafitness Clinic Introduction
15. Aquatic Functional Training
16. Arthritis
17. Articulation: Promoting Joint Friendly Movement
18. Back to Basics and Beyond
19. Barre for Functional Strength, Power & Grace
20. Barre/Ai Chi Fusion Introduction
21. Bender Ball
22. Boot Camp – CALA movements combined with drills and use of equipment
23. Boot Camp – Kick Box Combination
24. Brand The NEW YOU
25. Bridging & Linking: Building Smooth Transitions
26. Business side of going private
27. CALA Assessor
28. Canfitpro Conference - Power Motivation
29. Cardio Zen & Mindful Muscle - OAC Workshop
30. Celtic Energy Grooves
31. Changing the Chatter
32. Choreography
33. Choreography, Noodle Challenge, Water Running & Aqua Kick Box
34. Choreography, Noodle, Water Running & Kick Box
35. Class Design (shallow and deep water and therapy and recreational pool)
36. Class Design & Aqua Inspiration
37. Clinic Liquid Barre
38. Combo: Aqua Jogging Formats & Program Design with Warm water Dynamic and Passive Stretching Techniques
39. Core Training with a Twist of Aqua Kick Box
40. Covid Friendly H.I.I.T.
41. Creative Depth Dynamics & Off the Wall
42. Creative Splash with Power Motivation
43. Creative Splash Workshop
44. Cross training – sport teams
45. CUE-riosity
46. Deep & Meaningful -Plyometrics, Pilates, Core Strengthening & Moer
47. Deep and Shallow Water Fusion Fusion en eaux profondes et peu profondes
48. Deep Water Running & Aqua Strength Clinic
49. Designing Creative Movement Patterns with Inspirational Cueing to Revitalize Participants & Re-energize Instructors
50. Designing Creative Movement Patterns with Inspirational Cueing to Revitalize Participants & Re-energize Instructors
51. Designing Creative Movement Patterns with Inspirational Cueing to Revitalize Participants & Re-energize Instructors

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52. Drumming - Aqua Thunder: Drumming Up Waves
53. Equipment Energizer & Aqua HIIT
54. Equipment Extravaganza – Make it Work, Keep it Safe
55. Equipment – Intro to variety of equipment
56. Feast on Form: Increase CALA IQ
57. Fibromyalgia
58. Flow
59. Flow & Flexibility: Aqua Flow and Stretch & Stability
60. Fundamentals of Aquafit
61. Gym Stick
62. Golden Gait
63. Great Canadian Noodle & Navy Seal Boot Camp
64. H.I.I.T - Introduction
65. H.I.I.T Advance Sensation
66. HIIT The Deck & An Intro to Aqua Barre/Ai Chi Fusion
67. H2O Cross Training with HIIT
68. Healing Waters Accommodating Community Members with Chronic Conditions Engaging Participants
69. Healthy Back Part 1
70. Healing Heart – (Post rehab)
71. Healing Hip – (Post rehab)
72. Healing Knee – (Post rehab)
73. Healing Shoulder and Neck – (Post rehab)
74. Healing Arm
75. Healing Lower Extremities
76. Healing Balance and Stability
77. HIIT The Deck – Advance choreography
78. HIIT the Deck + Intro to Aqua Barre & Ai Chi Series
79. HydroRider Clinic Introduction
80. Improve Your Moves
81. Infused Pilates
82. Inspiration Compass 360x180
83. Inspiration: Winning Aqua Warm Ups, Creative Cardio Using Equipment & Technique
84. Integrating Aqua Yoga Poses & Stretches into Aqua Classes: Chest Deep & Deep
85. Intervals
86. Jamming in Water
87. Just a Minute Water Running with a Cardio-Abdominal-Core Combination
88. Just a Minute, Cardio & Abs
89. Keep It Slow
90. Kickbox & Water Running
91. Kickbox Core & Choreography
92. Kickbox Core & Lower Body Focus
93. Kickbox Upper Body (complete Upper body, Lower body and Choreography for Kickbox Certification
94. Kickbox/Navy Seal Bootcamp
95. Latin Dance - Aqua Latino Shake what your Mama gave you.
96. Let's Get This Party Started
97. Liquid Barre
98. Marketing your Aquafit Programs
99. Assessing and introducing new aquafit programs to meet the facilities requirements
100. Matt - Advanced Techniques on the Fluid Floor (Certification available contact CALA)
101. Matt - Jump on the Fluid Floor
102. Matt Refresher
103. Mind Blowing Choreography
104. Movement and Music: A Magical Partnership
105. Movement Matters – Inspiring Seniors
106. Moves and Modifications
107. Muscular Strength & Endurance & Tempo Tree
108. Music & Movement
109. Navigating Uncharted Waters
110. Off the Wall - Simultaneous Chest Deep and Deep Teaching & Off the Wall
111. Oh My Aching Body! Strengthening, Range of Motion & Class Plan Strategies
112. Oh Buoy! Exploring the Value and Versatility of Buoyancy
113. Oh Buoy! What a Workout!
114. Oh! My Aching Body: Aqua Arthritis Focus
115. Older Adults – Forever Young! -Aqua in Motion

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116. Older Adult Functional Movement
117. Over The Deep End
118. Paddle Board - Stand Up - Fluid Floor Clinic
119. Parent & Tot – Dynamic Duel Pelvic Floor
120. Parent & Tot Water Fitness Workshop
121. Partner Aquafit
122. Personal training
123. Pool-Fection
124. Power Motivation - Fully Engaging Participants
125. Pre & Post Natal Clinic
126. PRO Conference – Healing Water session
127. Reconstruction Junction
128. Rehab - Point of Interest and Serious Strength & Aquatic Post Rehab for Lower Extremity and Core Challenges
129. Rehab -Aquatic Post Rehabilitation & Reactivation for People with Common Hip & Knee Joint Problems!
130. Rehab: Building and Strengthening
131. Running
132. Running & Aqua Kick Box combination
133. Series Aqua Variety: Triple Threat: Aqua Yoga, Water Running & Aqua Kick Box AND Land Meets Water Core Conditioning for Functional Strength
134. Shallow & Deep Combo
135. Spot On Choreography
136. Splish! Splash! Play! & Dive In!
137. Stretch Wet, Armed to the Core and Back Splash!
138. Strength – Introduction for general public
139. Serious Strength – for sports cross training
140. Stretch & Stability
141. Surf and turf
142. Super Set Aqua Double the work, Double the Fun, (Just add water)
143. Suspended Circuit Training & Dynamic Stretch & Stability Training
144. Tethered Suspended Training
145. Thank the Plank!
146. Triple Threat: Aqua Yoga, Water Run & Kick Box and Land Meets Water Core Conditioning for Functional Strength
147. Ultimate Aqua Muscle & Core Workshop
148. VWT Tutorial Workshop
149. Warm Water Stretch & Strength
150. Working with low vision and mobility limitations – adapting the moves
151. Yoga & Aqua Choreography
152. Yoga Inspiration (Certification
153. Yoga Inspiration Intro
154. Yoga Restore the Body, Relax the Mind, Release the Spirit
155. Zen