



Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
Toronto, Ontario Canada
cala_aqua@mac.com or 416-751-9823



www.calainc.org

SCHEDULED EVENTS in chronological order Updated March 4, 2021

Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA. AFLCA certified leaders apply directly through the AFLCA website for credits

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

Automatically earn & bank CALA CECs by attending CALA Events. You do not have to be a Member. Use the CECs for recertification, when you get Certified. CALA CECs never expire!

To ensure the safety of our CALA community, during the pandemic, we have postponed classroom/pool events until further notice. CALA continues to provide online training through ZOOM and Independent Learning Recordings through Private Groups in Facebook. A list of the Independent Learning and ZOOM events are listed in [section C](#) in this document.

CALA will continue to work with facilities to reschedule postponed CALA Events when pools reopen. CALA asks that you continue to register for the On-line ZOOM and Independent Learning to earn CECs.

How to Register: Email cala_aqua@mac.com or phone 416-751-9823

Event posters with course/clinic/workshop/certification details, prices, and registration information are posted at www.calainc.org when available.

Payment: New Policy – E-transfer (EFT) only to cala_aqua@mac.com or direct deposit

All training event dates, times and trainer are subject to change.

Note: On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding.



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B. 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.

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



Dylan Harries, CALA Master Trainer and Creative Director, B. Rec., B.Sc. (HK), C.A.T. is a former four-time Canadian Artistic Roller Skating Champion. He travels the world educating and inspiring fitness leaders and athletes with his passion, high energy, sound technique and wild creativity. With 28 years of professional experience, Dylan is the Senior Director for Body Rock Fitness and the Health & Fitness Coordinator at Dovercourt Recreation Centre. In his spare time, he is a renowned athletic trainer and performance coach to national and international level figure and roller skaters (Canada, USA, Germany, Italy and Great Britain). He is CALA (all streams), YMCA (all streams), canfitpro (PTS/FIS), Pilates (YMCA USA/Diane Miller), SPI, TRX, Barre Above & Balletone (Master Trainer), Tabata GX (Master Trainer), Bender Ball (Master Trainer), Spinning, Hydroider (Canadian Master Trainer AquaMat (Canadian Master Trainer), AEA (Aqua Yoga/ Hydrorevolution) and NCCP (Level 2) certified.

Dylan, is available to deliver many workshops

[Download Dylan's list of workshops](#) he can facilitate on ZOOM or On-Site



Jennie Queen, CALA Master Trainer has over 20 years of experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming. Jennie has a passion for everything aquatic & fitness. 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



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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.

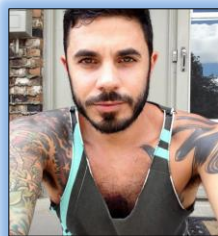
Katherine, is available to deliver many workshops
[Download Katherine's list of workshops](#) she can facilitate on ZOOM or On-Site



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.



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.

If you are interested in joining our CALA Internationally recognized Team of Aquafit Trainers, contact CALA 416-751-9823 cala_aqua@mac.com www.calainc.org



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C. ZOOM Scheduled: Live Online-CALA Training Events (INDEPENDENT LEARNING OPTIONS BELOW)

Register: Complete Registration Form, CALA will email an invoice to you, then please email an E-transfer to cala_aqua@mac.com



zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Cardio Kick Box with Core – Lower Body Focus (Part 2 of Certification)

SPECIAL NOTE: CALA is offering 3 Aqua Kick Box Workshops

February 27, March 13 & April 24.

Complete all 3 workshops & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.

Certification in the Aqua Kick Box Specialty if you complete all three(3) workshops and pay an extra \$25 + tax for the certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

Option to complete on ZOOM or to listen to the FACEBOOK recordings of the ZOOM Sessions

When: Sat Mar 13, 2021, 10:00am – 2:00pm DST (ZOOM from Ottawa, Ontario)

Who: Dylan T. Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax *Register after Mar 8, Add \$15 + tax.

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form \(in development\)](#)



zoom NEW: ZOOM ONLINE

CALA Foundations of Vertical Water Training 2.5-hour Open Book Theory Exam Writing Opportunity

When: Wed Mar 24 from 6pm – 9pm DST (ZOOM from Keswick, ON)

Who: Katherine McKeown (Exam Proctor)

Price: NA. When you registered for the course, you paid for the exam writing. Fees do apply for an exam re-write.



zoom NEW: ZOOM ONLINE

CALA Workshop: Covid Friendly Interval Training

When: Sun Mar 28, from 1pm – 4pm DST (ZOOM from Ottawa, ON)

Who: Kristin Murphy

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after August 7, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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zoom NEW: ZOOM ONLINE

CALA Group Aquafitness Specialty Training and Certification Course. *GAF Refresher Option available for those who would like to earn 12 CECs

When: April 10, 17, 24 & May 1, 8 from 1pm - 5pm DST

Who: Katherine McKeown

Price: CALA Member: \$280 + tax Expired and Non-Members: \$339 + tax

Accreditation: Earn 12 CALA CECs (if this is a refresher course for you) & if you are certified with other organizations, this GAF Course is accredited by BCRPA, YMCA, CFES, SPRA 4 FIS canfitpro. SPRA grants 12CECs for this course

Certification – Part One: Submission of completed GAF Assignment (30-min class plan) on May 29, 2021. Submit in MSWord format to katherine@aquaintensity.com & cc cala_aqua@mac.com

Certification – Part Two: Upon successful completion of GAF Assignment, book a ZOOM practical assessment (30-min class demo) with Katherine McKeown: katherine@aquaintensity.com & cc cala_aqua@mac.com

NOTE: If one of the 4-hour sessions listed above does not fit into your schedule, you are invited to watch the recording of the GAF session to ensure you experience the content you missed

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Ai Chi

When: Sat April 17, from 10am – 1pm DST (ZOOM from Ottawa, ON)

Who: Dylan Harries

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after April 10, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Kick Box Choreography

When: Sat April 24, from 10am – 2pm DST (ZOOM from Ottawa, ON)

Who: Dylan Harries

Price: CALA Member: \$95+ tax / Non-Member: \$115 + tax *Register after April 17, Add \$15 + tax.

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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zoom NEW: ZOOM ONLINE

CALA Workshop: Feast on Form: Increase your CALA IQ

When: Sun May 2, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)

Who: Katherine McKeown

Price: CALA Member: \$75+ tax / Non-Member: \$95 + tax. *Register after April 24. Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Liquid Barre Specialty Training & Certification Course

When: Sat May 15 from 10am-6pm, Sat May 16 from 10am-4pm, Sat May 29 from 10am-1pm DST (ZOOM from Ottawa, ON)

Who: Dylan Harries

Price: CALA Member: \$249 + tax *Register after May 1, Add \$35 + tax.

Accreditation: Earn 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

COMPLETING CALA Group Aquafitness Specialty CERTIFICATION

Who: Katherine McKeown

Certification – Part One: Submission of completed GAF Assignment (30-min class plan) on May 9, 2021. Submit in MSWord format to katherine@aquaintensity.com & cc cala_aqua@mac.com

Certification – Part Two: Upon successful completion of GAF Assignment, book a ZOOM practical assessment (30-min class demo) with or submit a video to Katherine McKeown

katherine@aquaintensity.com & cc cala_aqua@mac.com



zoom NEW: ZOOM ONLINE

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

When: Sun June 13, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax * Register after June 6, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Healthy Back

When: June 19, from 10am – 1pm DST (ZOOM from Ottawa, ON)

Who: Dylan Harries

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after June 12, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Golden Gait – Water Walking

When: Sun July 11, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after July 2, Add \$15 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Functional Aquatic Training

When: Sat August 14, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)

Who: Kristin Murphy

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Register after Mar 21, Add \$15 + tax.

Accreditation: Earn 3 CALA, BCRPA, SPRA, CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



zoom NEW: ZOOM ONLINE

CALA Workshop: Aqua Running (101)

When: Sun Sept 25, 2021, 10:00am – 2:00pm DST (ZOOM from Ottawa, Ontario)

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$1155 + tax *Register after September 18, Add \$15 + tax.

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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D. Independent Online Learning: Private Facebook Page Recording

Register: Complete Registration Form and E-transfer to cala_aqua@mac.com
All events listed below are accredited by Provincial & National Fitness organizations.

Certification Courses available through Private Facebook Recording Independent Learning

Workshop are listed after the Certification Courses

facebook NEW – Private Facebook Recording Independent Learning

CALA (VWT) Vertical Water Training Course - prerequisite for all certification courses (English) Manual will be emailed electronically

Who: Katherine McKeown

Price: CALA Member: \$280 + tax Non-Members: \$339 + tax. Add \$45 + tax to ship a copy of VWT manual.

Refresher fees if repeating the course \$150 + tax

Accreditations: Many accreditation organizations grant CECs for completing the VWT. Refresher (if repeating the course, you will be granted 12 CALA CECs 4 PTS & 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook NEW – Private Facebook Recording Independent Learning

CALA (GAF) Group Aqua-Fitness Certification Course (English)

Manual: Emailed electronically – option to order a hard copy of the manual

Who: Katherine McKeown

Price: CALA Member: \$280 + tax / Non-Member: \$339 + tax Add \$45 + tax to ship a copy of GAF manual

Refresher fees if repeating the course \$150 + tax

Accreditations: Many accreditation organizations grant CECs for completing the GAF. Refresher (if repeating the course, you will be granted 12 CALA CECs 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)



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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Cardio Kick Box with Core - Upper Body Focus (Part 1 of certification)
Complete all 3 workshops (part 1 – Upper Body, part 2 Lower Body, Part 3 Choreography) & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.

Certification in the Aqua Kick Box Specialty if you complete all three(3) workshops and pay an extra \$25 + tax for the certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

Who: Dylan T. Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax *Register after Feb 20, Add \$15 + tax.

Accreditation: Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Aqua Infused Yoga Specialty Training & Certification Course (English)

Prerequisite: Completion of the CALA Foundations of Vertical Water Training Course OR the Letter of Acceptance to Bypass the CALA VWT Course.

Who: Presenters Karl Notargiovanni, Katherine Mckeown, Charlene Kopansky

Price: Full 20-hour course: CALA member: \$399 + tax Add \$45 + tax to ship a copy of Aqua Yoga manual

Accreditations: Earn 12 CALA CECs (if you have already completed a CALA Specialty Course), 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

Workshops available through: Private Facebook Recording Independent Learning

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Kick Box: Upper Body & Core Focus

Who: Dylan Harries

Price: CALA Member: \$95 + tax / Non-Member: \$115 + tax *Join CALA Now \$59 + tax

Accreditation: Earn 4 CALA CECs, 4 SPRA, 4 CFES, 4 BCRPA, 2 PTS & 2 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)



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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Keep it Slow

Who: Kristin Murphy

Price: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Join CALA Now \$59 + tax

Accreditation: Earn 3 CALA CECs, 3 SPRA, 3 CFES, 3 BCRPA, 2 PTS & 2 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Articulation

Who: Katherine McKeown

Price: 3 hours: CALA Member: \$75 + tax / Non-Member: \$95 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua CUE-riosity

Who: Jennie Queen

Price: 2 hours: CALA Member: \$50 + tax / Non-Member: \$60 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 2 CALA, 2 BCRPA, 2 SPRA, 2 CFES & canfitpro CECs, Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: CALA Spot on Choreography

Who: Jennie Queen

Price: 2.5-hours: CALA Member: \$50 + tax / Non-Member: \$60 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 2.5 CALA, 2.5 BCRPA, 2.5 SPRA, 2.5 CFES & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: The A.R.T. of Aqua Mastery

Who: Jennie Queen

Price: 2 hours: CALA Member: \$50 + tax / Non-Member: \$60 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 2 CALA, 2 BCRPA, 2 CFES, 2 SPRA, NSFLA & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: CALA Workshop Brand the NEW YOU

Who: Jennie Queen

Price: 2 hours: CALA Member: \$50 / Non-Member: \$60 (plus tax) *Join CALA Now \$59 plus tax.

Accreditation: Earn 2 CALA, 2 BCRPA, 2 CFES, 2 SPRA, NSFLA & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Navigating Uncharted Waters

Who: Jennie Queen

Price: 2 hours: CALA Member: \$50 + tax / Non-Member: \$60 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 2 CALA, 2 BCRPA, 2 CFES, 2 SPRA, NSFLA & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Change the Chatter

Who: Katherine McKeown

Price: CALA Member: \$75 + tax / Non-Member: \$85 + tax *Join CALA Now \$59 + tax.

Accreditation: 3 CALA CECs, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Integrating Aqua Yoga Poses into Aquafitness Classes

Who: Katherine McKeown

Price: \$75 CALA Member: \$75 + tax / Non-Member: \$85 + tax *Join CALA Now \$59 + tax.

Accreditations: Earn 3 CALA, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Registration Form](#)

facebook **NEW – Private Facebook Recording** Independent Learning

CALA Workshop: Aqua Yoga Inspiration

Who: Presenter Karl Notargiovanni, Guest Presenter: Katherine McKeown

Price: CALA Member: \$40 / Non-Member: \$50 + tax *Join CALA Now \$59 + tax.

Accreditation: Earn 2 CALA, BCRPA, SPRA, CFES, NSFLA & canfitpro CECs. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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E. Private In-house Live CALA Training Events – Confirmed

CALA Foundations of Vertical Water Training Prerequisite Course.

***VWT Refresher Option available for those who would like to earn 12 CECs**

Where: Canada Games Centre, Whitehorse, Yukon

When: May 25 – June 3, (Tues., Thurs., Sat., Tues., Thurs.) Tues. & Thurs from 6pm – 10pm & Sat from 2pm – 8pm)

Who: Nathan Muir-Cressman & Isabel Parkkari

Price: Register through Canada Games Centre

VWT Theory exam writing: To be confirmed with Isabel Parkkari, Canada Games Centre

Accreditation: Earn 12 CALA CECs (refresher course) 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRAP CECs.)

CALA Workshop: Applied Anatomy

Where: Canada Games Centre, Whitehorse, Yukon

When: April 17, 2021 from 2pm – 6pm

Who: Isabel Parkkari (TBC)

Price: Register through Canada Games Centre

Accreditation: 4 CALA, 4 BCRPA, 4 CFES, 4 SPRA, canfitpro (TBC)

CALA Workshop: Aqua Articulation

Where: Canada Games Centre, Whitehorse, Yukon

When: May 18, 2021 from 5pm – 9pm

Who: Nathan Muir-Cressman (TBC)

Price: Register through Canada Games Centre

Accreditation: 4 CALA, 4 BCRPA, 4 CFES, 4 SPRA, canfitpro (TBC)

Note: Once you have registered for an event there are no refunds.

If you are unable to attend a ZOOM session, ask CALA to email you the link to the Private Facebook Recording of the session.

Canadian Aquafitness Leaders Alliance Inc. (CALA)

