

Welcome to the Events offered by

Canadian Aquafitness Leaders Alliance (CALA)

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



www.calainc.org



Accredited by CALA, canfitpro, CCAA, BCRPA, SPRA, OFC, CFES, OFC, OHFS, LSS, 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 Recordings using Private Groups in Facebook. See list of the Virtual 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.



CALA Education including 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.

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

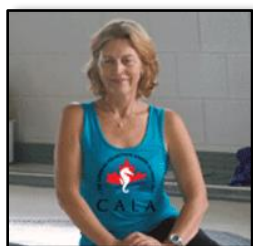
How can CALA help your community experience the joy of movement?

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

Great news! All CALA events are accredited by national & provincial organizations.

Credits = Continuing Education Credits (CECs) can be earned banked with CALA – membership is not mandatory

http://www.calainc.org/Scheduled_Events/Scheduled_Events.htm



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CALA EVENTS (in-person) in Chronological Order **Webinars, Workshops, Courses, Clinics Conferences, Certification** **On-line learning options are available for Workshops & Courses**



Virtual exam writing

What: Open book exam writing on ZOOM for Healing Water (HW)

When: Wednesday, June 11, 2025, 9:00am - 10:30am EDT (Toronto, Ottawa, Montreal time)
Wednesday, July 23, 2025, 9:00am - 10:30am EDT (Toronto, Ottawa, Montreal time)

Where: ZOOM

Email cala_aqua@mac.com to book a space to write the HW



Virtual exam writing

What: Open book exam writing on ZOOM for Vertical Water Training (VWT)

When: Tuesday, May 13, 2025, 9:00am - 10:30am EDT (Toronto, Ottawa, Montreal time)
Sunday, June 15, 2025, 1:00pm - 2:30pm EDT (Toronto, Ottawa, Montreal time)
Sunday, July 27, 2025, 1:00pm - 2:30pm EDT (Toronto, Ottawa, Montreal time)

Where: ZOOM

Email cala_aqua@mac.com to book a space to write the VWT



in person

What: CALA's 32nd Anniversary Conference

When: Saturday May 31, 2025 (full day)

Where: Burnhamthorpe Community Centre, Mississauga

Presenters: Charlene Kopansky, Julie Ito, Dylan Harries, Jennie Queen, Jill Young, Julia Cabral, Katie Flood, Teresa & Malyn Fischtnr, Heather Hadden, & Nav Wirach

CECs: 8CALA, 4canfitpro, 8CFES, 8OFC, 8BCRPA, 8SPRA, YMCA, NSFA, 8NBFA, CPTN, LSS.

Also accredited by: AFLCA, CPTN, OFC, LSS, YMCA, YWCA

Contact CALA cala_aqua@mac.com to express your interest in joining the CALA 2025 Conference Team as a Presenter, Guest Speaker, Trade Show Vendor &/or Volunteer

[Download Brochure and Registration Form](#)



in person

What: CALA Certification – CALA Group Aqua Fitness Training and Certification

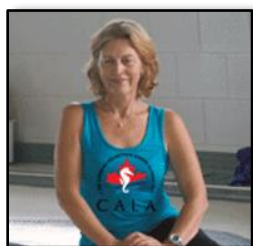
When: Friday, May 30, Saturday, May 31, Sunday June 1, 2025

Where: 14 Wing, Greenwood, Nova Scotia

CALA Trainer: Dianne Levy

CECs: 4canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

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in person

What: CALA Certification – CALA Group Aqua Fitness Training and Certification

When: Friday June 6, Saturday June 7, Sunday June 8 2025 – Tansley Woods CC, Burlington, ON

Where: Tansley Woods Community Centre, 1996 Itabashi Way, Burlington, ON.

CALA Trainer: [Jaye Graham](#)

CECs: 4 canfitpro, 4 CCAA, 8 BCRPA, 8 SPRA, 8 CFES, 8 NBFA, 8 NSFA, 8 OFC, 8 YMCA. If repeating the course earn 8 CALA CECs

[Download Registration Form \(pdf\)](#)

Registration for Burlington staff email the registration form to meagan.laking@burlington.ca

Registration for non-City of Burlington Staff – complete registration form and send to cala_aqua@mac.com



in person

What: CALA HydroRider – Aqua Cycle Fit 2 workshops - Hydro Rider Introduction
Hydro Rider Advance

When: Workshop 1 Saturday, June 21, 2025 Time: 8:45am – 1:00pm

Workshop 2 Saturday, June 21, 2025 Time: 1:45pm – 6:00pm

Where: Mississauga Valley Community Centre, Mississauga, ON

CALA Trainer: [Dylan Harries](#)

CECs: per workshop 4CALA, 2canfitpro., 4CFES, 4OFC, 4BCRPA, 4SPRA, 4YMCA, 4NSFA, 4NBFA, 4CPTN, LSS.

[Download Registration Form \(pdf\)](#)



in person

What: CALA Certification – CALA Foundations of Vertical Water Training Pre-requisite course

When: Friday June 20, Saturday June 21, Sunday June 22, 2025

Where: Burnamthorpe Community Centre, Mississauga, ON

CALA Trainer: Apprentice Trainer, Maria Medina & a CALA Master Trainer

CECs: 4canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

[Download Registration Form \(pdf\)](#)



in person

What: CALA Certification – CALA Foundations of Vertical Water Training Pre-requisite course

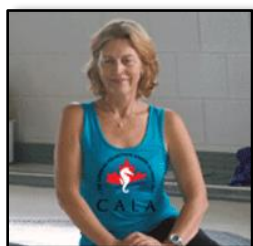
When: Monday June 23, Tuesday June 24, Wednesday (am), June 25, 2025

Where: Elevation Place, Canmore, AB

CALA Trainer: Charlene Kopansky and Kim Leong

CECs: 4canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

[Download Registration Form](#)



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in person

What: CALA Certification – CALA Group Aqua Fitness Training and Certification

When: Wednesday (pm), June 25, Thursday June 26, Friday June 27 (am), 2025

Where: Elevation Place, Canmore, AB

CALA Trainer: Charlene Kopansky and Kim Leong

CECs: 4canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

[Download Registration Form](#)



in person

What: CALA Certification – CALA Healing Waters Aquatic Post Rehabilitation: Aqua Arthritis & Joint Disorders

When: Friday June 27, Saturday June 28, Sunday June 29, 2025

Where: Comox Valley, BC

CALA Trainer: Charlene Kopansky

CECs: 4 canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

[Download Registration Form \(pdf\)](#)



in person

What: CALA Certification – CALA Group Aqua Fitness Training and Certification

When: Friday September 5 (pm), Saturday September 6, Sunday September 7, 2025

Where: Burnamthorpe Community Centre, Mississauga, ON

CALA Trainer: Apprentice Trainer, Maria Medina & a CALA Master Trainer

CECs: 4canfitpro, 4CCAA, 8BCRPA, 8SPRA, 8CFES, 8NBFA. If repeating course earn 8CALA CEC

[Download Registration Form \(pdf\)](#)



in person

What: CALA Workshop - Aqua Mat (SUP) & Ai Chi

When: Saturday, September 20, 2025 from 9am – 2pm

Where: Victoria Park CC, Ingersoll, ON

CALA Trainer: [Dylan Harries](#)

CECs: 5CALA, 2canfitpro, 5CFES, 5OFC, 5BCRPA, 5SPRA, YMCA, , 8NSFA, 8NBFA CPTN, LSS.

[Download Registration Form \(pdf\)](#)



in person

What: CALA HydroRider – Aqua Cycle Fit Clinic

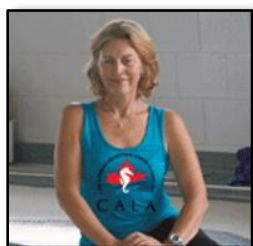
When: Sunday, September 21, 2025 from 8am – 5pm

Where: Dominique Agostino Riverdale Community Centre, 150 Violet Drive, Stoney Creek

CALA Trainer: [Dylan Harries](#)

CECs: 8CALA, 4canfitpro, 8CFES, 8OFC, 8BCRPA, 8SPRA, YMCA, 8NSFA, 8NBFA, CPTN, LSS.

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in person

What: CALA Full Day of workshops (Topics to be confirmed)

When: Saturday, October 4, 2025 from 8:00am – 4:30pm

Where: Annaliese Carr Aquatic Centre, Norfolk County, ON

CALA Trainer: Jaye Graham

CECs: Each four, hour workshop: 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, 4YMCA, N4SFA, 4NBFA, 4CPTN, LSS. Full day (Double the CECs)

Registration form pending



in person

What: CALA West Conference (Topics to be confirmed)

When: Saturday, October 4, 2025

Where: Elevation Place, Canmore, AB

CALA Trainer: Charlene Kopansky, Dylan Harries (TBC)

CECs: Half Day registration: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, 4YMCA, N4SFA, 4NBFA, 4CPTN, LSS. Full day registration (Double the CECs)

Registration form pending



in person

What: CALA Group Aquafitness Booster – Level Up Your Leadership

When: Sunday, November 23, 2025 from 2:30pm – 6pm

Where: Norman Pinky Lewis Recreation Centre 192 Wentworth St N. Hamilton, ON.

CALA Trainer: Jill Young

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, 8NSFA, 8NBFA, CPTN, LSS.

[Download Registration Form \(pdf\)](#)

Online Learning Events (recording of ZOOM session)

Upon registration, you have 3 months access to the recording. If you require three more months access, the extended access fee is \$35 + tax.

Choose from the list of workshops below, then complete the registration form and e-transfer to cala_aqua@mac.com

Certification Pre-requisite

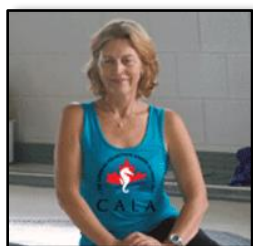
On-line Learning option

What: CALA Foundations of Vertical Water (VWT) Training Prerequisite Course

Who: Katherine McKeown

Credits: 8CALA (if repeating the course), 4canfitpro, 4CCAA, 12CFES, 12OFC, 12BCRPA, 12SPRA, YMCA, NSFA, 8NBFA, CPTN, LSS.

*8 CALA CECs if repeating the course



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[Download registration form](#)

Specialty Certification Courses *On-line Learning option* (recording of CALA live or ZOOM session delivered on Facebook platform)

Certification **On-line Learning option**

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

Who: Katherine McKeown

Credits: 8CALA (if repeating the course), 4canfitpro, 4CCAA, 12CFES, 12OFC, 12BCRPA, 12SPRA, YMCA, NSFA, 8NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA GAF Assessment Preparation (private for CALA members)

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, 2CFES, 2OFC, 2BCRPA, 2SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

Contact CALA

Certification **On-line Learning option**

What: CALA Aqua Kick Box Specialty Training & Certification Course

Who: Dylan Harries

Credits: 4CALA, 2canfitpro, 2CCAA, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, 4NSFA, 4NBFA, CPTN, LSS.

Download Workshop Details and Registration Forms – Aqua Cardio Kick Box Lower Body Part 1 + Aqua Cardio Kick Box Upper Body Part 2 + Aqua Cardio Kick Box Choreography Part 3

[Download registration form](#) (Upper body-Part 1)

[Download registration form](#) (Lower body-Part 2)

[Download registration form](#) (Choreography-Part 3)

Seeking certification complete all three forms above.

Certification **On-line Learning option**

What: CALA Ai Chi Specialty Training & Certification Course

Who: Dylan Harries

Credits: 3CALA, 2canfitpro, 2CCAA, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, 3NSFA, 3NBFA, CPTN, LSS.

Seeking certification complete both forms: Ai Chi [Part 1 Registration](#) & Part 2 [Part 2 Registration](#)

Workshops and Clinics – On-line Learning option

On-line Learning option – Includes handout and short recording

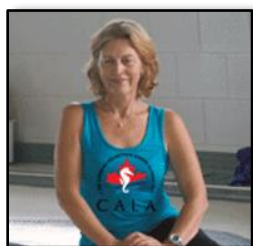
What: Shoulder Posture Core

Who: Julia Ito

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

Also accredited by: AFLCA, CPTN, OFC, LSS, YMCA, YWCA

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On-line Learning option

What: CALA Webinar: - Aqua Pickle Ball Conditioning – Just Add Water

Who: [Dylan Harries](#)

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

[Download Registration Form \(pdf\)](#)

On-line Learning option

What: CALA Webinar: Liquid Barre – Just add water

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

[Download Registration Form \(pdf\)](#)

On-line Learning option

What: CALA Holiday Virtual Webinar Aqua Disco Party-Just Add Water

Who: [Dylan Harries](#)

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

On-line Learning option

What: CALA Webinar: The Portable Weight Room - Land Meets Water - Loop & Band Resistance Training

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

[Download Registration Form \(pdf\)](#)

On-line Learning option

What: CALA Webinar: CALA GAF Assessment Preparation (private for CALA members)

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, 2CFES, 2OFC, 2BCRPA, 2SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

Contact CALA

On-line Learning option

What: CALA Webinar: CALA Aqua HIIT Training - Just Add Water

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

[Download Registration form](#)

On-line Learning option

What: CALA Webinar: CALA Aqua Kick Box Express – Just Add Water

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

[Download registration form](#)

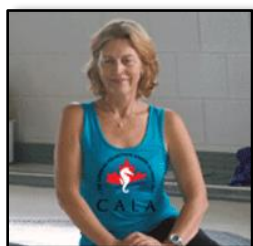
On-line Learning option

What: CALA Webinar: CALA Aqua Strength featuring the Aqualogix Bells – Power Pods

Who: Dylan Harries

CECs: 1CALA, 1canfitpro, CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, 1NSFA, 1NBFA, CPTN, LSS.

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On-line Learning option

What: CALA Super Set Aqua Workshop

Who: Dylan Harries

CECs: 2CALA, 2canfitpro, 2CFES, 2OFC, 2BCRPA, 2SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Dylan Harries

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Dylan Harries

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, 3NSFA, 3NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Dylan Harries

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, 4NSFA, 4NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Dylan Harries

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, 4NSFA, 4NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Dylan Harries

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, 4NSFA, 4NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA ABS-olutely Core Essentials Workshop

Who: Jennie Queen

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, 3NSFA, 3NBFA, CPTN, LSS.

[Download registration form](#)

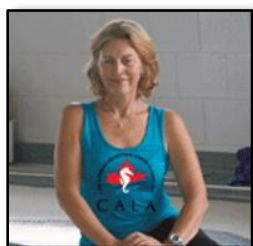
On-line Learning option

What: Aqua Anatomy Workshop Series featuring

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

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- 1: Shoulder Girdle [Download registration form](#)
- 2: Shoulder Joint [Download registration form](#)
- 3: Core [Download registration form](#)
- 4: Global Abdominals [Download registration form](#)
- 5: Erector Spinae & QL [Download registration form](#)
- 6: Hip Abductors [Download registration form](#)
- 7: Hip Adductors [Download registration form](#)
- 8: Gluteus Maximus & Hamstrings [Download registration form](#)
- 9: Hip Flexors & Knee Extensors [Download registration form](#)

On-line Learning option

What: CALA – Aqua Flow™ Program (Warm water specialty class 45 minute created by Katherine McKeown – can be adapted to recreational water – combines multiple disciplines into a slow progressive flowing movement class)

Who: Katherine McKeown

CECs: 1CALA, 1canfitpro, 1CFES, 1OFC, 1BCRPA, 1SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Jennie Queen

CECs: 2CALA, 2canfitpro, 2CFES, 2OFC, 2BCRPA, 2SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Functional Aquatic Training Workshop

Who: Kristin Murphy

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Jennie Queen

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Aqua Zen Workshop

Who: Jennie Queen

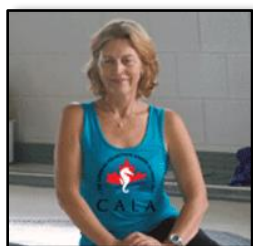
CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Aqua Running (101) Workshop

Who: Dylan Harries



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CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, NSFA, NBFA, CPTN, LSS.
[Download registration form](#)

On-line Learning option

What: CALA Amazon Arms Workshop

Who: Jennie Queen

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Aqua Beats Create CALA Waves Workshop

Who: Jennie Queen

CECs: 3CALA, 2canfitpro,, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Golden Gait – Water Walking Workshop

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Aqua Healthy Back Workshop

Who: Dylan Harries

CECs: 4CALA, 2canfitpro, 4CFES, 4OFC, 4BCRPA, 4SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

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

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Changing the Chatter Workshop

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: CALA Integrating Aqua Yoga Poses into Aquafitness Classes Workshop

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.



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On-line Learning option

What: CALA Workshop: Aqua Articulation Workshop

Who: Katherine McKeown

CECs: 3CALA, 2canfitpro, 3CFES, 3OFC, 3BCRPA, 3SPRA, YMCA, NSFA, NBFA, CPTN, LSS.

[Download registration form](#)

On-line Learning option

What: Aqua Kids™: Aqua Fitness Friendship and Fun™ Clinic

Who: Katherine McKeown

CECs: 8CALA, 4canfitpro, 8CFES, 8OFC, 8BCRPA, 8SPRA, YMCA, NSFA, 8NBFA, CPTN, LSS.

[Download registration form](#)



Welcome to the Events offered by
Canadian Aquafitness Leaders Alliance (CALA)
Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
cala_aqua@mac.com



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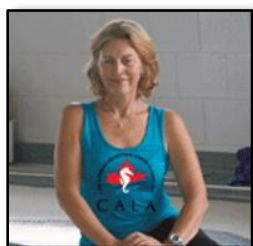
Canadian Aquafitness Leaders Alliance Inc. (CALA)



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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 Matt, HydroRider and Healing Waters:
Aquatic Post Rehabilitation Training and Certification



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



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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 www.calainc.org
CALA is currently pre-screening applicants to join the CAL Team of Trainers.

CALA offers many Workshops that are not on the Upcoming Event Scheduler.
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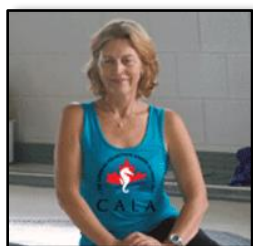
Charlene Kopansky, Founder & President of CALA, B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her 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), Hydorider (Canadian Master Trainer), Balletone (Trainer), Extreme HIIT Chaos (Trainer), Bosu Balance Trainer (Instructor), AEA (Aqua Yoga/ Hydorevolution) 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



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.
Specialty: Pre/Post Natal



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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.

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

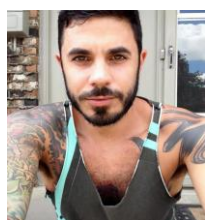
[Download Katherine's list of workshops](#) she can facilitate on ZOOM or On-Site



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.

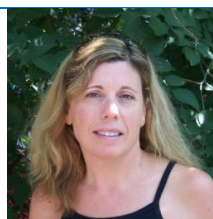


Karl Notargiovanni, CALA Master Trainer, Acupuncturist, B.F.A. Choreography; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Yoga Specialty Course I. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through 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.

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.



Linda Northcott, CALA Trainer

Linda Northcott earned her honours degree from Ontario College of Arts, involved in water – as a lifeguard, instructor & aquatic assistant supervisor. Worked at Oakville Pain Rehab Clinic for 10 years gaining insight in the post rehab field. Specializes in CALA Healing Waters program, also an advanced LSS instructor trainer. Linda programs the only Municipal Therapy Pool in Mississauga.



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Oded Netzer, CALA Trainer from Israel

Oded Netzer, lives in Raanan Town. In the past-long he was a 10k-Marathone distance runner. Works as Fitness coach since 1995 and an Aqua fitness coach since 2001. Oded is AEA and CALA certifications. He has 15 hours of teaching aqua fitness in Raanana and Hertzliya pools, with growing number of participants. Oded is the CALA presenter in Israel since 2010, and promotes the GAF and TFI method in Israel. Until now there are 50 students in Israel that use this method successfully. Every year Oded and The CALA team celebrates the Aquathone day in Raanana and Hertzliya pools.



Dianne Levy CALA Trainer

Active and certified as a CALA aquafitness instructor, developing programs and mentoring new leaders at a variety of pools in Nova Scotia since 2002. Currently teaching at Acadia University and Hants Aquatic Centre. I have been an instructor of aquafit for 35 plus years in Nova Scotia and British Columbia. Instructor-Trainer with the Canadian Aquafitness Leaders Alliance since 1996 and with the Lifesaving Society and the Canadian Red Cross for over 35 years. I have developed comprehensive aquafit programs and aquafit instructor training for the Sackville Sports Stadium in Nova Scotia from 1989 - 1996. Affiliated with BCRPA from 1997 – 2001 providing Basic Fitness Theory and the Aquafitness Specialty at Simon Fraser University, and various facilities on the Sunshine Coast and Vancouver Island as well as delivering aquafit instructor workshops. Taught aquafit at Simon Fraser University and for North Vancouver Recreation. I am Affiliated with the Nova Scotia Fitness Association from 2001 – 2015 as a member of the professional development committee and as a provider of Basic Fitness Theory and the Aquafitness Specialty as well as delivering sessions at conferences and PD days for instructors.