



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 (On-site, ZOOM and Independent Learning) in chronological order

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](#).

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!

[Meet the team of CALA Trainers at the end of this list of upcoming events.](#)

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 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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Note: Proof of full vaccination may be required in order to attend the LIVE sessions of all CALA Events including Hybrid

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

CALA encourages Facilities to establish inhouse customized training for their staff. CALA is able to deliver a wide variety of accredited continuing education workshops and specialty certification programs including, Aqua Personal Training, Aqua Pre/Post Natal, Group Aqua Fitness, Water Running, Aqua Kick Box, Infused 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. You will develop Aquafitness Instructors at a level of professionalism. Your instructors will be able to offer a wide variety of Aquafitness classes for all levels of abilities that no other facility offers. Your Aquafitness classes will gain a reputation throughout the industry. Participants will brag about the Aquafitness classes and the instructors. Your facility will draw participants who may never have considered Aquafitness before. Because Aquafitness offer the perfect cross training environment, this will draw sports teams to your facility.

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.

Call 416-751-9823, E: cala_aqua@mac.com

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.

CALA is in the process of developing new and exciting workshops and clinics. As they are finalized, they will be posted here, on the CALA website www.calainc.org, on the CALA Facebook page and on Instagram. If your facility would like to host a Course or Workshop, please contact CALA to discuss your training requirements.

Visit http://www.calainc.org/Workshops/CALA_workshops.htm to view some of the past CALA workshops that CALA is pleased to offer if there is interested.

Currently offered workshops and courses are listed at

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



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1. Practical Assessments



Certification

Assessment

Contact CALA to arrange Certification Assessment time and date for the following:

- Liquid Barré
- Healing Waters
- Ai-Chi
- Kick Box
- Aqua Pre-Post Natal
- Group Aquafitness (GAF)
- Aqua Infused Yoga Specialty

Contact CALA for online ZOOM open book VWT dates

2. Courses to become CALA Certified.

Also, repeat the course to review the content & refresh your knowledge.



Certification

Peterborough, Ontario

What: CALA Combined Foundations of Vertical Water Training and Group Aquafitness Specialty Training & Certification Course

When: June 24, 25, 26, 2022

Where: Peterborough Sport and Wellness Centre

Who: Jaye Graham

Credits: 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

Niagara Falls, Ontario

What: CALA Foundations of Vertical Water Training Prerequisite Course

When: July 8, 9, 10

Where: Indigo Aquatics Canada

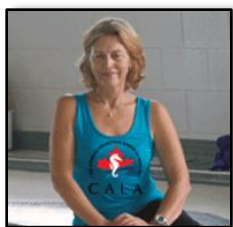
Who: Charlene Kopansky

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

*8 CALA CECs if repeating the course

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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



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Certification

Niagara Falls, Ontario

What: CALA Group Aquafitness Specialty Training & Certification Course

When: August 12, 13, 14, 2022

Where: Indigo Aquatics Canada

Who: Charlene Kopansky

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

*8 CALA CECs if repeating the course

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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



Certification

Niagara Falls, Ontario

What: CALA Healing Waters Program: Aquatic Post Rehab: Aqua Arthritis & Joint Disorders Specialty Training & Certification

When: Sept 9, 10, 11

Where: Indigo Aquatics Canada

Who: Charlene Kopansky

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

*8 CALA CECs if repeating the course

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

3. Workshops & Clinics: Earn credits and get inspired.

What: CALA Ultimate Aqua Muscle & Core Workshop

When: Sat, May 28 from 2:30pm – 5:30pm EST

Where: Malton Community Centre, Mississauga, ON

Who: Charlene Kopansky

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

What: CALA Older Adult Functional Movement Workshop

When: Sun, May 29 from 3:30pm – 6:30pm EST

Where: Clarkson Community Centre, Mississauga, ON

Who: Charlene Kopansky

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

What: CALA Aqua Kids™ Workshop

When: Mon, Aug 29 from 11am – 7:30pm EST (starts at 8am BC time)

Where: On ZOOM

Who: Katherine McKeown

Credits: 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES, canfitpro, OFC

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



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What: CALA HIIT Workshop

*****Note:** CALA is awaiting approval from City of Hamilton to open this workshop up to non-City of Hamilton Staff, please connect with CALA after August 30.

When: Sat, Sept 17 from 1pm – 5pm EST (starts at 10am BC time)

Where: Sir Allan McNabb Recreation Centre, Hamilton, ON.

Who: Dylan Harries

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA canfitpro, 4 OFC

What: CALA Warm Water Workshop

*****Note:** CALA is awaiting approval from City of Hamilton to open this workshop up to non-City of Hamilton Staff, please connect with CALA after August 30.

When: Sun, Oct 2 from 1:30pm – 5:30pm EST (starts at 10:30am BC time)

Where: Sir Allan McNabb Recreation Centre, Hamilton, ON.

Who: Katherine McKeown

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA canfitpro, 4 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy Session One of Eight: Muscles of the Shoulder Girdle Workshop

When: Sun, Nov 6 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Parent & Tot Workshop

*****Note:** CALA is awaiting approval from City of Hamilton to open this workshop up to non-City of Hamilton Staff, please connect with CALA after August 30.

When: Sat, Nov 26 from 9am – 1pm EST (starts at 6am BC time)

Where: Dominic Agostino Riverdale Community Centre, Hamilton, ON.

Who: Jennie Queen

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA canfitpro, 4 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy Session Two of Eight: Muscles of the Shoulder Joint Workshop

When: Sun, Dec 4 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy Session Three of Eight: Muscles of the Upper Arm & Lower Arm & Hand Workshop

When: Sun, Jan 8, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3CFES, 3 NSFA canfitpro, 3 OFC



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What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy
Session Four of Eight: Muscles of the Abdominals & Core Workshop

When: Sun, Feb 5, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy
Session Five of Eight: Muscles of the Anterior & Posterior Torso (not including the Shoulder Girdle, Abdominals & Core) Workshop

When: Sun, Mar 5, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy
Session Six of Eight: Muscles of the Hip & Pelvic Floor Workshop

When: Sun, Apr 2, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy
Session Seven of Eight: Muscles of the Upper Leg (Thigh) Workshop

When: Sun, May 7, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA canfitpro, 3 OFC

What: CALA Triple 'A' Super Sunday ZOOM Series: Applied Aqua Anatomy
Session Eight of Eight: Muscles of the Lower Leg (Shin) & Feet Workshop

When: Sun, June 4, 2023 from 1pm – 4 EST (starts at 10am BC time)

Where: on ZOOM

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 3 NSFA canfitpro, 3 OFC



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4. Train the Trainer (T4T)



Certification

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

What: CALA T4T – Train the Trainer

When: Fall of 2022

Where: Somewhere beautiful – For a Retreat Style Experience

Who: Charlene Kopansky

[Download the Pre-Screen Process](#) & submit to cala_aqua@mac.com on or before Sept 1, 2022

5. Independent Online Learning

When: Upon registration, you have three months access to the recording.

Where: Choose your own location suitable for independent study.

Complete the registration form & e-transfer to cala_aqua@mac.com

(1) **Independent Learning linked to a Private Facebook Recording**

What: CALA Foundations of Vertical Water Training Prerequisite Course

Who: Katherine McKeown

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

*8 CALA CECs if repeating the course

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(2) **Certification** Independent Learning linked to a Private Facebook Recording

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

Who: Jennie Queen

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

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

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(3) **Certification** Independent Learning linked to a Private Facebook Recording

What: CALA Liquid Barre Specialty Training & Certification Course

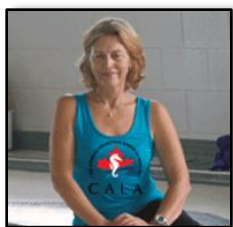
Who: Dylan Harries

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

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

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(4) **Certification** Independent Learning linked to a Private Facebook Recording

What: CALA Group Aquafitness Specialty Training Certification Course

Who: Katherine McKeown

Credits: 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA, OFC

*8 CALA CECs if you have already completed CALA Certification in another specialty or are repeating the course.

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(5) Independent Learning linked to a Private Facebook Recording

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

*Opportunity for Ai Chi Certification * See below (7)

Who: Dylan Harries

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(6) Independent Learning linked to a Private Facebook Recording

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

*Opportunity for Ai Chi Specialty Certification * See below (7)

Who: Dylan Harries

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(7) **Certification** Independent Learning linked to a Private Facebook Recording

What: CALA Ai Chi Specialty Training & Certification Course

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

(8) Independent Learning linked to a Private Facebook Recording

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

*Opportunity for Aqua Kick Box Specialty Certification * See below

Who: Dylan Harries

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(9) Independent Learning linked to a Private Facebook Recording

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

*Opportunity for Aqua Kick Box Specialty Certification * See below

Who: Dylan Harries

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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



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(10) Independent Learning linked to a Private Facebook Recording

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

*Opportunity for Aqua Kick Box Specialty Certification * See below

Who: Dylan Harries

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(11) **Certification** Independent Learning linked to a Private Facebook Recording

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

Download the Registration Forms Upper Body, [Download the Registration and Course Details Form Upper Body](#) Lower Body [Download the Registration and Course Detail Form](#) and Choreography [Download the Registration and Course Details Form](#)

(12) Independent Learning linked to a Private Facebook Recording

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

Who: Jennie Queen

Credits: 2 CALA, 2 BCRPA, 2 SPRA, 2 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(13) Independent Learning linked to a Private Facebook Recording

What: CALA ABS-olutely Core Essentials Workshop

Who: Jennie Queen

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(14) Independent Learning linked to a Private Facebook Recording

What: CALA Aqua Infused Yoga Workshop - BCRPA Conference

Who: Charlene Kopansky

Credits: Earn 1 CALA CECs

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

(15) Independent Learning linked to a Private Facebook Recording

What: CALA Functional Aquatic Training Workshop

Who: Kristin Murphy

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(16) Independent Learning linked to a Private Facebook Recording

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



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Who: Jennie Queen

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(17) Independent Learning linked to a Private Facebook Recording

What: CALA Aqua Zen Workshop

Who: Jennie Queen

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(18) Independent Learning linked to a Private Facebook Recording

What: CALA Aqua Running (101) Workshop

Who: Dylan Harries

Credits: 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(19) Independent Learning linked to a Private Facebook Recording

What: CALA Amazon Arms Workshop

Who: Jennie Queen

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(20) Independent Learning linked to a Private Facebook Recording

What: CALA Aqua Beats Create CALA Waves Workshop

Who: Jennie Queen

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(21) Independent Learning linked to a Private Facebook Recording

What: CALA Golden Gait – Water Walking Workshop

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(22) Independent Learning linked to a Private Facebook Recording

What: CALA Aqua Healthy Back Workshop

Who: Dylan Harries

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

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(23) Independent Learning linked to a Private Facebook Recording

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

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition applications](#)

[Download Registration and Course Details Form](#)

(24) Independent Learning linked to a Private Facebook Recording

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

Who: Katherine McKeown

Credits: 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(25) Independent Learning linked to a Private Facebook Recording

What: CALA Changing the Chatter Workshop

Who: Katherine McKeown

Credits: 3 CALA, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(26) Independent Learning linked to a Private Facebook Recording

What: CALA Integrating Aqua Yoga Poses into Aquafitness Classes Workshop

Who: Katherine McKeown

Credits: 3 CALA, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA, OFC

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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

(27) Independent Learning linked to a Private Facebook Recording

What: CALA Workshop: Aqua Articulation Workshop

Who: Katherine McKeown

Credits: Earn 3 CALA CECs.

Use this link to petition for AFLCA Credits: [AFLCA CEC petition application](#)

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6. Private Closed Events

Facilities who would like to schedule a closed event for their staff, should contact CALA to discuss their requirements. CALA can design customized in-house, zoom, and hybrid (combination of zoom and on-site session).

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.

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



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7. CALA Conference



On Site CONFERENCE

Lacombe Kinsmen Aquatic Centre, Lacombe, Alberta, Canada

What: CALA Conference "Freedom at Last! Let's Celebrate"

When: Sat, June 4, from 8am – 6:15pm

Who: Charlene Kopansky and Dylan Harries

Credits: 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES, canfitpro, OFC

Registration: [Download full Conference Brochure](#) [Download Registration Form](#)

To reserve your spot, complete the registration form and email it to CALA cala_aqua@mac.com

e-transfer your payment to cala_aqua@mac.com
Payment must be received at time of registration.



[Download full Conference Brochure](#)



[Download Registration Form](#)



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 (On-site, ZOOM and Independent Learning) in chronological order

8. 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 416-751-9823 cala_aqua@mac.com 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), Hydorider (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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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



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.