



*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](mailto:cala_aqua@mac.com)



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

Accredited by CALA, canfitpro, 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 Independent Learning Recordings using Private Groups in Facebook. See list of the Independent Learning and ZOOM events below.

**To register:** Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Event posters and registration information are posted at [www.calainc.org](http://www.calainc.org)

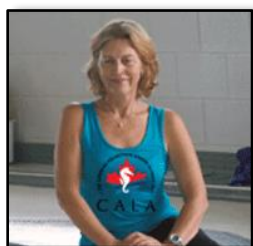
**Payment: E-transfer or EFT only** to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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



**Table of Contents**

1. What's New .....	2
2. Practical Assessments and Written Exams .....	4
3. Conferences .....	5
4. Courses to become CALA Certified.....	5
i. Pre-requisite for all Specialty Certification Courses .....	5
ii. Specialty Certification Courses .....	6
5. Workshops & Clinics Earn credits (CECs) in person options.....	7
6. Independent Online Learning Options (Recording of original ZOOM session) .....	8
7. Meet the CALA Team of Trainers.....	13



*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](mailto:cala_aqua@mac.com)



**CALA**  
 31<sup>th</sup> Anniversary



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

**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](mailto:cala_aqua@mac.com)

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

**1. What's New**



**in person option**

**What** CALA Intensive Combination Vertical Water Training & Group Aquafitness Clinic - Option to Achieve CALA Certification in Group Aquafitness Specialty

**When:** Saturday June 1 & Sunday June 2, (8 hrs per day)

**Where:** Norman Pinky Community Centre, Hamilton, ON

**CALA Trainer:** Jaye Graham

**Credits (CECs):** 8 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

**Registration for non-City of Hamilton Staff opens May 7, 2024: Stay tuned for further info**



**Pre-requisite in person option**

**What:** CALA Conference: Spring into Summer

**When:** Saturday June 8, 8am – 5:30pm

**Where:** Burnamthorpe Community Centre, Mississauga ON

**Who:** Charlene Kopansky and Fabulous Team of Presenters including Dylan Harries, Jennie Queen, Julia Cabral, Katherine McKeown, Amelia Holden, Jaye Graham

**Credits (CECs): Full Day:** 8 CALA, 4 canfitpro, 8 BCRPA, 8 SPRA, 8 CFES, 8 NSFA, OFC, LSS, YMCA, NBFA

**Credits (CECs): Half Day:** 4 CALA, 2 canfitpro, 4 BCRPA, 4 SPRA, 4 CFES, 4 NSFA, OFC, LSS, YMCA, NBFA

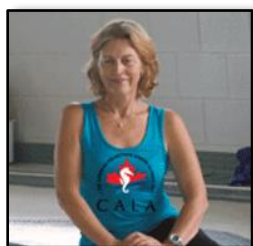
[Download Registration Form \(pdf\)](#)



**in person option**

**What** CALA Group Aquafitness Booster Workshop

**When:** Sunday June 9, 12:30pm – 4:45pm



*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](mailto:cala_aqua@mac.com)



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

**Where:** Riverdale Community Centre, Hamilton, ON

**CALA Trainer:** Jaye Graham

**Credits (CECs):** 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

**Registration for non-City of Hamilton Staff opens May 17, 2024: Stay tuned for further info**



**Pre-requisite in person option**

**in person option**

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

**When:** June 21, 22, 23, 2024

**Where:** Cawthra Community Centre, Mississauga, ON

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

**Download Registration Form (pdf) in development**



**Virtual on ZOOM**

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

**When:** June 23, 2024

**Where:** ZOOM

**Who:** Dylan Harries

**Credits 2 CALA CECs:** Canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

**Download Registration Form (pdf) in development**



**in person option**

**What:** CALA Aqua HIIT Power Workshop

**When:** Sunday September 29, 12:45pm – 7pm

**Where:** Westmount Community Centre, Hamilton, ON

**CALA Master Trainer:** Dylan Harries

**Credits (CECs):** 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

**Registration for non-City of Hamilton Staff opens September 8, 2024: Stay tuned for further info**

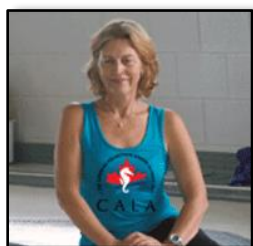


**Certification in person option**

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

**When:** TBA

**Where:** Mississauga, ON



*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](mailto:cala_aqua@mac.com)



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

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

**Download Registration Form (pdf) – in development**



**Certification** in person option

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

**When:** TBA

**Where:** Mississauga, ON

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

**Download Registration Form (pdf) – in development**

## 2. Practical Assessments and Written Exams

**Certification**

**Assessment**

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

**What:** Open book, in person, theory exam writing for VWT and HW  
**Book ahead! First come, first served!**

**When:** Friday May 3, 6:30pm – 8pm

**Where:** Burnamthorpe Community Centre, Mississauga, ON

**Who:** Maria Medina (Exam Proctor)

Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book a space to write the open book VWT or HW Theory exam

**What:** Practical Assessments for Group Aquafitness & Healing Waters (30- minute mini-class)  
**Limited Spots available. Book ahead! First come, first served!**

**When:** Saturday May 4, 12:30pm – 2:45pm (4 assessment spots available)

Sunday May 5, 12pm – 4pm (7 assessment spots available)

**Where:** Mississauga Valleys Community Centre, Mississauga, ON

Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book a space for your 30-minute GAF Practical Assessment or a HW Practical Assessment

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

**When:** Wednesday, June 5, 2024, 9:00am - 10:30am EDT (Ontario time)

**Where:** ZOOM

Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book a space to write the HW

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

**When:** Sunday, June 9, 2024, 1:00pm - 2:30pm EDT (Ontario time)

**Where:** ZOOM

Email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) to book a space to write the HW





*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](mailto:cala_aqua@mac.com)



**CALA**  
 31<sup>th</sup> Anniversary



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

### 3. Conferences

**What:** CALA Eastern Conference Keeping the Party Going in 2024

**When:** Saturday, June 8, 8am – 5:30pm

**Where:** Burnamthorpe Community Centre, Mississauga ON

**Who:** Charlene Kopansky and Fabulous Team of Presenters including Dylan Harries, Jennie Queen, Julia Cabral, Katherine McKeown, Leah Widnynowski, Amelia Holden, Jaye Graham

**Credits (CECs):** 8 CALA (full day) 4 CALA (per half day), 4 canfitpro, 8 BCRPA, 8 SPRA, 8 CFES, 8 NSFA, OFC, LSS, YMCA, NBFA

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



[Details about the conference](#)

### 4. Courses to become CALA Certified

#### \* In person and independent learning options

- Attend in person
- Choose independent learning with three months access to the recording
- Repeat a course & earn 8 CALA CECs & credits with other organizations.
- Experienced leaders can bypass the prerequisite Foundations of Vertical Water Training Course. Complete the Letter of Acceptance. [Bypass Letter for VWT Course](#)

#### i. Pre-requisite for all Specialty Certification Courses



**Pre-requisite** in person option

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

**When:** June 21, 22, 23, 2024 (To Be Confirmed)

**Where:** Carmen Corbasson Community Centre, Mississauga, ON

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

[Download Registration Form \(pdf\)](#) – in development

**Pre-requisite** Independent learning option

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

**Who:** Katherine McKeown

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

\*8 CALA CECs if repeating the course

[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](mailto:cala_aqua@mac.com)



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

## ii. Specialty Certification Courses



**Certification** in person option

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

**When:** TBA

**Where:** Mississauga, ON

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

**[Download Registration form \(in development\)](#)**

**Certification** Independent learning option

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

**Who:** Katherine McKeown

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

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

**[Download registration form](#)**



**Certification** in person option

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

**When:** TBA

**Where:** Mississauga, ON

**Who:** Katherine McKeown

**Credits (CECs):** 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12BCRPA, OFC, YMCA, NSFA, NBFLA

\*8 CALA CECs if repeating the course or if you have already completed another CALA Specialty

**[Download Registration form](#)**

**Certification** Independent learning option

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

**Who:** Jennie Queen

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

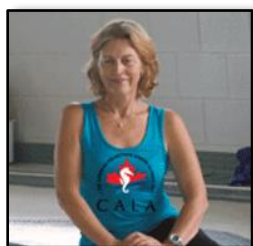
\*8 CALA CECs if you have already completed CALA Certification in another specialty

**[Download registration form](#)**

**Certification** Independent learning option

**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



*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](mailto:cala_aqua@mac.com)



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

**Who:** Dylan Harries

**Credits (CECs) per workshop:** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA

**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 Independent learning option**

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

**Who:** Dylan Harries

**Credits (CECs) per workshop:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA

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

## 5. Workshops & Clinics Earn credits (CECs) in person options.



**Virtual on ZOOM**

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

**When:** June 23, 2024

**Where:** ZOOM

**Who:** Dylan Harries

**Credits 2 CALA CECs:** Canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

Download Registration Form (pdf) in development

**NEW** **What** CALA Intensive Combination Vertical Water Training & Group Aquafitness Clinic - Option to Achieve CALA Certification in Group Aquafitness Specialty

**When:** Saturday June 1 & Sunday, June 2, (8 hrs per day)

**Where:** Norman Pinky Community Centre, Hamilton, ON

**CALA Trainer:** Jaye Graham

**Credits (CECs):** 8 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

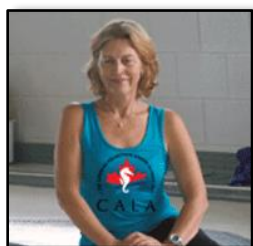
**Registration for non-City of Hamilton Staff opens May 7, 2024: Stay tuned for further info**

**NEW** **What** CALA Group Aquafitness Booster Workshop

**When:** Sunday, June 9, 12:30pm – 4:45pm

**Where:** Riverdale Community Centre, Hamilton, ON

**CALA Trainer:** Jaye Graham



*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](mailto:cala_aqua@mac.com)



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



**Credits (CECs):** 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

**Registration for non-City of Hamilton Staff opens May 8, 2024: Stay tuned for further info**

**NEW What CALA Aqua HIIT Power Workshop**

**When:** Sunday, September 29, 12:45pm – 7:00pm

**Where:** Westmount Community Centre, Hamilton, ON

**CALA Master Trainer:** Dylan Harries

**Credits (CECs):** 4 CALA, canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, LSS, AFLCA, CFES.

**Registration for non-City of Hamilton Staff opens August 29, 2024: Stay tuned for further info**

## 6. Independent Online Learning Options (Recording of original ZOOM session)

Upon registration, you have **three 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](mailto:cala_aqua@mac.com)

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

**Who:** Dylan Harries

**Credits (CECs):** 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download Registration form](#)

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

**Who:** Dylan Harries

**Credits (CECs):** 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download registration form](#)

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

**Who:** Dylan Harries

**Credits (CECs):** 1 CALA, 1 BCRPA, 1 SPRA, 1 CFES, OFC, 1 NSFA, NBFA, YMCA

[Download registration form](#)

**What:** CALA Super Set Aqua Workshop

**Who:** Dylan Harries

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

[Download registration form](#)

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

**Who:** Dylan Harries

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

[Download registration form](#)

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





*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](mailto:cala_aqua@mac.com)



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

**Who:** Dylan Harries

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

[Download registration form](#)

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

**Who:** Dylan Harries

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

[Download registration form](#)

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

**Who:** Dylan Harries

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

[Download registration form](#)

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

**Who:** Dylan Harries

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

[Download registration form](#)

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

**Who:** Jennie Queen

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

[Download registration form](#)

**What:** Aqua Anatomy Workshop Series featuring

**Who:** Katherine McKeown

**Credits (CECs): per workshop:** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, 2 NSFA canfitpro, 2 OFC, YMCA, NBFA

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](#)

**What:** CALA – Aqua Flow™ Workshop

**Who:** Katherine McKeown

**Credits (CECs):** 1 CALA, canfitpro, BCRPA, SPRA, CFES, OFC, NSFA, NBFA, YMCA

[Download registration form](#)

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

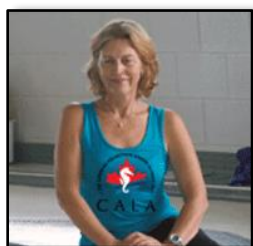
**Who:** Jennie Queen

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

[Download registration form](#)

**What:** CALA Functional Aquatic Training Workshop

**Who:** Kristin Murphy



*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](mailto:cala_aqua@mac.com)



**CALA**

31<sup>th</sup> Anniversary



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

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Jennie Queen

**Credits (CECs):** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 4 NSFA, NBFA, YMCA  
[Download registration form](#)

**What:** CALA Aqua Zen Workshop

**Who:** Jennie Queen

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Dylan Harries

**Credits (CECs):** 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

**What:** CALA Amazon Arms Workshop

**Who:** Jennie Queen

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Jennie Queen

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Katherine McKeown

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

**What:** CALA Aqua Healthy Back Workshop

**Who:** Dylan Harries

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Katherine McKeown

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

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

**Who:** Katherine McKeown

**Credits (CECs):** 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES, canfitpro, OFC, 3 NSFA, NBFA, YMCA  
[Download registration form](#)

**What:** CALA Changing the Chatter Workshop



*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](mailto:cala_aqua@mac.com)



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

**Who:** Katherine McKeown

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

[Download registration form](#)

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

**Who:** Katherine McKeown

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

[Download registration form](#)

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

**Who:** Katherine McKeown

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

[Download registration form](#)

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

**Who:** Katherine McKeown

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

[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](mailto:cala_aqua@mac.com)



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

## Canadian Aquafitness Leaders Alliance Inc. (CALA)



**Canadian Aquafitness Leaders Alliance Inc. (CALA)**  
**Charlene Kopansky**  
 CALA President and Founder  
 CanFit Pro Lifetime Achievement Award  
 416-751-9823  
[cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)  
[www.calainc.org](http://www.calainc.org)  
**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)





*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](mailto:cala_aqua@mac.com)



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

## 7. Meet the CALA Team of Trainers

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

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



# 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](mailto:cala_aqua@mac.com)



# CALA

31<sup>th</sup> Anniversary



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

**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.**



**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, canfitpro FIS**

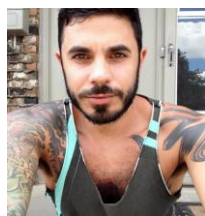
Before graduating from Foothills College of Massage Therapy in 2003, Michelle finished a degree in Kinesiology from McMaster University and a diploma in Athletic Therapy from Mount Royal College. She has also been active in the fitness industry for the past 33 years, travelling across Canada, teaching CALA instructor courses and facilitating workshops. With her strong background in Kinesiology and Massage therapy, Michelle has a profound understanding of the human body, allowing her to create innovative and functional movement patterns and class designs. She currently resides in Canmore, AB, where she works as a Fitness and Pilates Instructor.



**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.




*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](mailto:cala_aqua@mac.com)




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

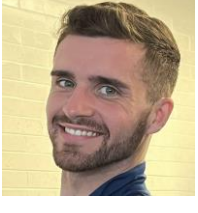
**CALA offers many Workshops that are not on the Upcoming Event Scheduler. Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.**



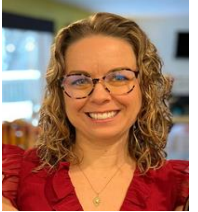
**Mary Lou Hall CALA Trainer**, Fitness Specialist, George Brown College: VWT, GAF & HydroRider. CALA certified in VWT, GAF, HydroRider & Healing Waters: Aquatic Post Rehab. Mary Lou brings 28+ years experience from the fitness & wellness industry. She teaches a variety of classes each week that include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




**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.



**Nathan Muir-Cressman CALA Trainer**  
 Nathan has been working in aquatics since 2014. Nathan became CALA Certified in Group Aquafitness in 2016 and earned status as a CALA Trainer in Vertical Water Training and Group Aquafitness. Nathan has also facilitated CALA workshops to inspire instructors. His passions include swimming, hiking, dancing and running. Currently, Nathan is pursuing a degree in Management Finance and Economics at the University of Guelph. Born and raised in Whitehorse, Yukon Nathan's goal is to improve the active life of people in the North through aquatics



**Leah Widynowski CALA Trainer CALA Trainer (VWT, GAF) | B. Comm**  
 Marketing is her day job, but fitness is her passion. As a certified aqua fitness instructor for almost 25 years, Leah has been sharing her love for water and wellness by training instructors, facilitating workshops, and evaluating leaders across Canada for CALA. She is also a certified and fitness instructor. Her participants love her infectious energy and authentic personality. When she is not building brands, executing marketing plans, or instructing fitness at her local YMCA, she is chasing after her two boys at the park, on the ski hill, or around the camp ground. She currently resides in Edmonton, AB.



**Janet Davis CALA Trainer**  
 Janet Davis graduated as a Physiotherapist in 1986 from U of T. She is one of the owners and operators of a sports physiotherapy clinic, Club Physio Plus. Janet has her sports certificate from the Sports Physiotherapy Division and treats athletes at the provincial, national, and international level in various sports. She is also a STOTT certified Pilates instructor in reformer and mat and Pilates certification specialist for CPTN. She is a CALA certified Aquafitness and Aquatic Post Rehabilitation instructor and Trainer and is an international course conductor in Aquatherapy. With her involvement as a clinical lecturer at U of T and lecturing for various affiliations such as CAN-FITPRO, CPTN, and CALA, education and exercise to prevent injury and enhance performance has become one of her major lifetime goals.





*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](mailto:cala_aqua@mac.com)



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

**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.**



**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.



**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.