



**CALA**

Events include Workshops, Clinics, Conferences & Courses

Updated May 9, 2018

CALA Events are accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS & YMCA, YWCA. You will earn CALA CECS automatically by attending CALA Events. You do not have to be a CALA Member to earn & to bank CECs. You can use the CECs for recertification, when you decide to get CALA Certified. CALA CECs never expire!

Call or email for more information [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com); 1-888-751-9823 OR 416-751-9823  
<http://www.calainc.org/Upcoming/upcoming.htm>

Current Events	Location	Date & Time	CALA Trainer
<p>Group Aquafitness Specialty Training &amp; Certification Course (GAF)</p> <p><i>Note: Vertical Water Training (VWT) is a pre-requisite for GAF Specialty</i></p>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatics &amp; Fitness Centre</p>	<p>Fri May 25, 9am-1pm &amp; 3pm – 7pm Sat May 26, 9am- 6pm Sun May 27, 9am- 6pm</p> <p>12 CALA CECs for Refresher (Repeating the GAF Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA</p> <p>See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>
<p>TWO CALA-BCRPA Approved Workshops: Aqua Cardio-Combat with Bridging &amp; Linking AND / OR Oh My Aching Body – Strengthening, Range of Motion and Class Planning Strategies</p>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatics &amp; Fitness Centre</p>	<p>Sun May 27, 9am- 1pm &amp; / OR Sun May 27, 1pm - 6pm</p> <p>4 CECs per workshop, BCRPA, CFES, canfitpro and CALA CECs</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA</p> <p>See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>
<p>GAF &amp; HW Practical Assessment And Open Book Theory exam writing for VWT, HW, HydroRider, Water Running</p> <p>* Register through CALA!</p>	<p><u>Mississauga, ON</u> Huron Park Community Centre</p>	<p>Sun May 27, 2018 Exam Writing: 1pm – 6pm &amp; Practical assessments for GAF or HW: Time: 3pm – 6pm</p>	<p>CALA Assessor: Katherine McKeown</p> <p>Proctor: Huron Park Staff</p> <p>Register through CALA</p>
<p>Vertical Water Training (VWT) Intensive Version</p>	<p><u>Barrhead, AB</u> Barrhead Regional Aquatic Centre</p>	<p>Thurs May 31, 3:30pm – 9:30pm Fri June 1, 3:30pm – 9:30pm</p> <p>8 CALA CECs (if repeating the VWT-FT Intensive Course)</p>	<p>CALA Trainer: Charlene Kopansky</p> <p>Register through CALA</p> <p>See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>

Introduction to Group Aquafitness Clinic- Bilingual!	<u>Montreal, QC</u> Dollard-Des-Ormeaux Aquatic Centre	Sat June 2 <sup>nd</sup> , 11am-4pm	CALA Trainers: Patrick Levesque & Annalie Cooperman  Register through CALA!
Group Aquafitness Specialty Training & Certification Course (GAF)  <i>Note: Vertical Water Training (VWT) is a pre-requisite for GAF Specialty</i>	<u>Barrhead, AB</u> Barrhead Regional Aquatic Centre	Sat June 2, 8:30am – 5:30pm Sun June 3, 8am – 4:30pm  12 CALA CECs (if repeating the GAF Course)	CALA Trainer: Charlene Kopansky  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
CALA Workshop: Anchor Management – Powerful Aqua Moves	<u>Whitehorse, YT</u> Canada Games Centre	Thurs June 7, 7pm – 9pm  7pm – 7:30pm: Active Theory 7:30pm- 8:10pm: Pool 8:10pm – 8:55pm: Join Class 8:55pm – 9pm: Q & A  2 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
CALA Workshop: All About Ai Chi	<u>Mississauga, ON</u> Clarkson Community Centre	Saturday June 9, 5:30pm- 9:30pm  5:30pm – 9:30pm: Access to active theory room – Margaret Marland Room 7:30pm – 9:30pm: Access to pool	CALA Presenter: Dale Douglas Register through City of Mississauga Bar Code: 775733  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
<a href="#">Open Book Theory exam writing for VWT. 2.5 hour open book exam</a>  <b>* Register through CALA!</b>	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun June 10, 2pm – 5pm Or Sun July 8, 2pm – 5pm	CALA Proctor: Christina Neumann  Register through CALA!
Foundations of Vertical Water Training Pre-Requisite Course (VWT)	<u>Whitehorse, YT</u> Canada Games Centre	Fri June 8, 5pm – 9pm Sat June 9, 8am - 5pm Sun June 10, 8am - 5pm  12 CALA CECs for Refresher (Repeating the VWT Course)	CALA Trainer: Charlene Kopansky & Katherine McKeown  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>

Group Aquafitness Specialty Training & Certification Course	<u>Whitehorse, YT</u> Canada Games Centre	Mon June 11, 5pm – 9pm Tues June 12, 8am - 5pm Wed June 13, 8am - 5pm  12 CALA CECs for Refresher (Repeating the GAF Course)	CALA Trainer: Charlene Kopansky & Katherine McKeown  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
CALA Workshop: Aqua Core Conditioning – Water Running Fusion	<u>Whitehorse, YT</u> Canada Games Centre	Wed June 13, 5pm – 8pm 5:00pm – 6:30pm: Active Theory 6:30pm- 7:25pm: Pool 7:25pm – 7:55pm: Join Class 7:55pm – 8pm: Q & A  3 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
CALA Workshop: Off The Wall: Chest Deep and Deep Simultaneous Teaching	<u>Whitehorse, YT</u> Canada Games Centre	Thurs June 14, 5pm – 8pm 5:00pm – 6:30pm: Active Theory 6:30pm- 7:25pm: Pool 7:25pm – 7:55pm: Join Class 7:55pm – 8pm: Q & A  3 CALA CECs	CALA Trainer: Charlene Kopansky & Katherine McKeown  Register through CALA  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
GAF Practical Assessment Each assessment is 30 minutes + 10-15 minutes of feedback <b>* Register through CALA!</b>	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Fri June 15, 4pm – 9pm Or Fri June 22, 4pm – 9pm	CALA Assessor: TBD  Register through CALA!
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment <b>* Register through CALA!</b>	<u>Mississauga, ON</u> Huron Park Community Centre	Sun June 24 Theory exam: 12:30pm – 3:30pm and Practical assessment: Time: 3:30pm – 7pm	CALA Assessor: To be confirmed  Register through CALA
Introduction to Healing Waters Clinic	<u>Fredericton, NB</u> Fredericton Indoor Pool	June 25: 8:00am – 4:30pm  8 CALA CECs	CALA Trainer: Katherine McKeown  Register through City of Fredericton
CALA Trainer for Trainers Specialty Course (For CALA Certified Leaders with exceptional leadership skills who envision presenting & training CALA Courses &/or workshops	<u>Barrhead, AB</u> <u>Barrhead Regional Aquatic Centre</u>	Fri June 22: 12pm – 5pm Sat June 23: 8am – 5pm Sun June 24: 8am – 5pm Mon June 25: 8am – 12pm	CALA Trainer: Charlene Kopansky  Register through CALA See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>

GAF Practical Assessment Each assessment is 30 minutes + 10 minutes of feedback	<u>Fredericton, NB</u> Fredericton Indoor Pool	June 25, 4:30 – 6:30pm June 26, 4:30 – 6:30pm	CALA Assessor: Katherine McKeown  Register through Fredericton Indoor Pool
Introduction to HydroRider Clinic	<u>Essex, ON</u> Essex Recreation Complex	Sat July 7 <sup>th</sup> , 8:00am-4:30pm	CALA Trainer: Dylan Harries  Register through CALA!
Open Book Theory exam writing for VWT. 2.5 hour open book exam	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun July 8, 2pm – 5pm	CALA Proctor: Christina Neumann  Register through CALA!
Group Aquafitness Specialty Training & Certification Course	<u>Mississauga, ON</u> Mississauga Valley Community Centre – Terry Fox Pool	Fri July 13, 6:00pm – 10:00pm Sat July 14, 9:00am – 6:30pm Sun July 15, 9:00am – 6:30pm  12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown  Online registration through City of Mississauga! Barcode: 748608  See poster attached at <a href="http://www.calainc.org">www.calainc.org</a>
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri August 17, 5:00pm – 9:00pm Sat August 18, 12:00pm – 8pm Sun August 19, 12:00pm – 8pm <b>Dates and Times TBC</b> 12 CALA CECs for Refresher	Trainer: Jill Young  Register through CALA  <b>Poster in progress</b>
CALA Conference <b>Celebrating 25 years!</b>	<u>Cornwall, ON</u> NAV Canada	Sat Aug 25 & Sun Aug 26, 2018	CALA Presenter Team Conference Details – in the planning stage <b>Poster in progress</b>
CALA Conference II <b>Celebrating 25 years!</b>	<u>Mississauga, ON</u> Huron Park	Sat September 16 or Sat November 3 or Sunday November 4  <b>Tentative Booking – NOT YET confirmed</b>	CALA Presenter Team Conference Details – in the planning stage  <b>Poster in progress</b>
Foundations of Vertical Water Training Pre-Requisite Course	<u>Mississauga, ON</u> Malton Community Centre	Fri Sept 21, 6:00pm – 10:00pm Sat Sept 22, 9:00am – 6:00pm Sun Sept 23, 10:30am – 7:30pm  12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown  Online registration through City of

			Mississauga! Barcode: 759549  See poster attached at www.calainc.org
CALA Aqua Kick Box Specialty Training & Certification CALA CECs, Y & canfitpro accredited <b>Pre-requisite: Completion of VWT and GAF Training</b>	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Sept 29, 12:00pm – 8:00pm Sun Sept 30, 12:00pm – 8:00pm <b>Dates and Times TBC</b> 12 CALA CECs for Refresher (Repeating the GAF Course) 12 CALA CECs for Refresher	CALA Trainer: Dylan Harries  <b>Poster in progress</b>
<b>Open Book Theory exam writing for VWT, HW, HRid- er, Water Running &amp; GAF Practical Assessment</b> <b>* Register through CALA!</b>	<u>Mississauga, ON</u> Malton Community Centre	Sun November 4, 2018 Theory exam writing: 1:00pm – 4:00pm And Practical assessment: 3:00pm – 6:30pm	CALA Assessor: Katherine McKeown  Register through CALA
CALA Workshop Aqua Strength Conditioning 4 CALA CECs, Y & canfitpro accredited	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Nov 18, 1pm – 5pm  4 CALA CECs	Presenter: Kristin Murphy  Register through CALA  See poster attached at www.calainc.org
Introduction to HydroRider Clinic	<u>Mississauga, ON</u> Frank McKechnie Community Centre	Sun Nov 18, 2018: 12:00pm – 9:00pm  8 CALA CECs	CALA Trainer: Dylan Harries or Mary Lou Hall (TBC)  Online registration through City of Mississauga! Barcode: 755440  See poster attached at www.calainc.org
<b>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box &amp; GAF Practical Assessments</b>  <b>* Register through CALA!</b>	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat November 24, 2018 VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 9pm <b>Dates and Times TBA</b>	CALA Assessor: Dylan Harries & Jill Young  Register through CALA

<p>Healing Waters Specialty Training &amp; Certification Course</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Fri Nov 30, 6:00pm-10:00pm Sat Dec 1, 9:00am-6:00pm Sun Dec 2, 10:30am-6:30pm</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Katherine McKeown Online registration through City of Mississauga! Barcode: 759550</p> <p>See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>
<p>Foundations of Vertical Water Training Pre-Requisite Course (VWT)</p>	<p><u>Hawkesbury, ON</u> Robert Hartley Sports Complex</p>	<p>Planning dates for late 2018 or early 2019</p> <p>12 CALA CECs for Refresher (Repeating the VWT Course)</p>	<p>CALA Trainer: Jennie Queen</p> <p>Register through CALA</p> <p>Poster in progress <a href="http://www.calainc.org">www.calainc.org</a></p>
<p>Group Aquafitness Specialty Training &amp; Certification Course (GAF)</p>	<p><u>Hawkesbury, ON</u> Robert Hartley Sports Complex</p>	<p>Planning dates for late 2018 or early 2019</p> <p>12 CALA CECs for Refresher (Repeating the VWT Course)</p>	<p>CALA Trainer: Jennie Queen</p> <p>Register through CALA</p> <p>poster in progress <a href="http://www.calainc.org">www.calainc.org</a></p>