



CALA

Events include Workshops, Clinics, Conferences & Courses

Updated November 2, 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; 1-888-751-9823 OR 416-751-9823

REGISTER THRU CALA, unless specified otherwise

Current Events	Location	Date & Time	CALA Trainer
CALA Combined Foundations of Vertical Water Training & Group Aquafitness Certification Course AND Total Fitness Aquafitness Certification	<u>Ra'anana, Israel</u> Ra'anana Municipal Pool	Starts October 15, 2018 to January 21, 2019	To register contact CALA Trainer: Oded Netzer in Israel 052 4584589 or e: ODED-NTZrZHAHV.NET.IL Registration Form available through O. Netzer
Open Book Theory exam writing for VWT, HW, HRider, Water Running & GAF Practical Assessment * Register through CALA!	<u>Mississauga, ON</u> Malton Community Centre	Sun Nov 4 Theory exam writing: 1pm – 4pm And Practical assessment: 3pm – 6:30pm	CALA Assessor: Mary Lou Hall
Group Aquafitness Specialty Training & Certification Course	<u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital	Sun Nov 11, 8am – 1pm Sun Nov 18, 8am – 1pm Sun Nov 25, 8am – 1pm Sun Dec 9, 8am – 1pm	CALA Trainers: Katherine McKeown & Julia Ito & Charlene Kopansky
CALA Workshop Aqua Strength Conditioning 4 CALA CECS, Y & canfitpro	<u>Ottawa, ON</u> Ottawa Athletic Club	Sat Nov 17, 1pm – 5pm 4 CALA CECS	CALA Trainer: Kristin Murphy
Introduction to HydroRider Clinic	<u>Mississauga, ON</u> Frank McKechnie Community Centre	Sun Nov 18: 12pm – 9pm 8 CALA CECS	CALA Trainer: Dylan Harries Online registration through City of Mississauga! Barcode: 755440
Foundations of Vertical Water Training Pre-Requisite Course	<u>Aylmer, ON</u> <u>Terrace Lodge</u>	Fri Nov 23, 6pm – 10pm Sat Nov 24, 12pm – 8pm Sun Nov 25, 8am – 5pm 12 CALA CECS for Refresher	CALA Trainers: Katherine McKeown & Julia Ito

<p>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box & GAF Practical Assessments</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat Nov 24: VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 9pm</p>	<p>CALA Assessors: Dylan Harries & Jill Young</p>
<p>Healing Waters Specialty Training & Certification Course</p>	<p><u>Mississauga, ON</u> Malton Community Centre</p>	<p>Fri Nov 30, 6pm - 10pm Sat Dec 1, 9am - 6pm Sun Dec 2, 10:30am - 6:30pm</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Katherine McKeown & Julia Ito Online registration through City of Mississauga! Barcode: 759550</p>
<p>CALA 25th Anniversary Conference Celebration</p>	<p><u>Canmore, AB.</u> Elevation Place</p>	<p>Saturday, December 8, 2018</p> <p>8 CALA CECs, also accredited by AFLCA, canfitpro, CFES, BCRPA, SPRA</p>	<p>Brochure is in process and will be available mid November or earlier.</p>
<p>CALA Workshop Series: <u>Friday January 11</u> 1. Aqua Cardio Combat – Core Fusion with Bridging & Linking And <u>Saturday Jan 12</u> 2. Aqua Equipment Extravaganza 3. Aqua Kick Box Boot Camp with a High Intensity Interval Training Twist 4. Oh My Aching Body! Strengthening, Range of Motion & Class Plan Strategies</p> <p>CALA CECs, Y & canfitpro</p>	<p><u>Kirkland Lake, ON</u> Joe Mavrincac Community Centre</p>	<p>Fri Jan 11, 6pm – 9pm (3 CECs) and Sat Jan 12, 9am – 6:30pm (7 CECs)</p> <p>Total of 10 CALA CECs</p>	<p>CALA Trainer: Jaye Graham</p>
<p>Foundations of Vertical Water Training Pre-Requisite Course</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri Jan 25, 5pm – 9pm (2019) Sat Jan 26, 12pm – 8pm (2019) Sun Jan 27, 12pm – 8pm (2019)</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Jill Young (TBC)</p>
<p>Open Book Theory exam writing for VWT, HW, HydroRider, Water Running, Aqua Kick Box & GAF Practical Assessments</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sun Feb 3: VWT Exam Time: 1pm – 4pm And Practical Assessments: 2:30pm – 8pm</p>	<p>CALA Assessors: Dylan Harries & Jill Young (TBC)</p>

Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Feb 8, 5pm – 9pm (2019) Sat Feb 9, 12pm – 8pm (2019) Sun Feb 10, 12pm – 8pm (2019) 12 CALA CECs for Refresher	CALA Trainer: Jill Young (TBC) Register through CALA
Aqua Yoga Specialty Training & Certification Course (AY) Pending host confirmation	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Mar 8, 5pm – 9pm (2019) Sat Mar 9, 12pm – 8pm (2019) Sun Mar 10, 12pm – 8pm (2019) 12 CALA CECs for Refresher	CALA Trainer: Katherine McKeown Register through CALA
CALA Workshop Series 1. Aqua Arthritis & Joint Disorders 2. Deep Water Workshop – Zero Gravity with Multi-directional Resistance 3. Healthy Hips 4. Building Bones <i>Note: All people are welcome. There are no prerequisites to attend CALA Workshops. Earn & bank CALA CECs by attending</i>	<u>Prince Rupert, BC</u> Earl Mah Aquatics & Fitness Centre	1. Fri April 5, 9:00am-1:00pm 2. Fri April 5, 3:00pm – 7:00pm 3. Sat April 6, 11:00am – 3:00pm 4. Sat April 6, 4:00pm – 8:00pm CALA CECs awarded for each workshop	CALA Trainer: Katherine McKeown & Charlene Kopansky (TBC) Register through CALA See poster attached at www.calainc.org
Mexico City – Conference hosted by Treino-h20 Mexico Potential Workshops: a. H2O Cross Training with HIIT Workshop (3 hrs: 1.5 land, 1.5 H2O) b. Music & Movement Workshop (3 hrs: 1.5 land, 1.5 H2O) c. Aqua Core Training with a Twist of Aqua Kick Box Workshop (3 hrs: 1.5 land, 1.5 H2O)	Golden Sport Club, AVENIDA RIO GUADALUPE NRO.1 PUEBLO SAN JUAN DE ARAGON CDMX GAM	Sat April 6, 2019 Sun April 7, 2019	CALA Presenter: Charlene Kopansky Registration through host organization in Mexico. Details forthcoming.
CALA Workshops Topics to be announced CALA CECs, Y & canfitpro	<u>Merritt, BC</u> Nicola Valley Aquatic Centre	Sat May 3 and Sun May 4, 2019	CALA Trainer: Jane Jones

<p>Foundations of Vertical Water Training Pre-Requisite Course</p> <p>Pending host confirmation</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri June 7, 5pm – 9pm (2019) Sat June 8, 12pm – 8pm (2019) Sun June 9, 12pm – 8pm (2019)</p> <p>12 CALA CECs for Refresher</p>	<p>CALA Trainer: Jill Young (TBC)</p>
<p>CALA Workshop Aqua Thunder – Drumming Comes Alive</p> <p>4 CALA CECs, Y & canfitpro</p> <p>Pending host confirmation</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat July 20, 2pm – 6pm</p> <p>4 CALA CECs</p>	<p>CALA Trainer: Jennie Queen (TBC)</p>
<p>CALA Workshop Aqua Intensity Plus</p> <p>4 CALA CECs, Y & canfitpro</p> <p>Pending host confirmation</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat Nov 9, 2pm – 6pm</p> <p>4 CALA CECs</p>	<p>CALA Trainer: (TBC)</p>