



**CALA**

Events include Workshops,  
Clinics, Conferences & Courses

Updated December 31, 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

**REGISTER through CALA, unless specified otherwise**  
**Registration forms available on [www.calainc.org](http://www.calainc.org)**

Current Events	Location	Date & Time	CALA Trainer
CALA Workshop: in house for City of Whitehorse staff Reconstruction Junction	<u>Whitehorse, YT</u> Canada Games Centre, Whitehorse Lions Pool,	Sun Jan 2 4 hours CALA CECS	Katherine McKeown (Master Training) guiding from afar... Nathan Muir-Cressman and Isabel Parkari (Apprentice CALA Trainers) CALA Workshop: in house for City of Whitehorse staff
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	<u>Kirkland Lake, ON</u> Joe Mavrinc Community Centre	Fri Jan 11, 6pm – 9pm (3 CECS) and Sat Jan 12, 9am – 6:30pm (7 CECS)  Total of 10 CALA CECS, canfitpro credits	CALA Trainer: Jaye Graham  Register through CALA
CALA Workshop: Aqua in Motion: Gait Training and Balance with Strength Training Sequences Designed for Warm Water  CALA, AFLCA, BCRPA, CECS, Y & canfitpro	<u>Owen Sound, ON</u> The Owen Sound YMCA	Sun Jan 20, 9am – 12pm  3 CALA CECS, canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA Poster in progress

Introduction to HydroRider Clinic CALA, AFLCA, BCRPA, CECs, Y & canfitpro	<u>Calgary, AB</u> The Glencoe Club	Sat Jan 26, 12pm – 8:30pm  8 CALA CECs, canfitpro credits	CALA Trainer: Michelle McLaren  Register through CALA
CALA Workshop Series: 1. Aqua Variety: Triple Threat: Aqua Yoga, Wa- ter Running & Aqua Kick Box 2. Land Meets Water Core Conditioning for Func- tional Strength CALA CECs, Y & canfitpro	<u>Cornwall, ON</u> NAV Centre	Sun Jan 27, 8am – 12:30pm & Sun Jan 27, 1pm – 5:30pm  Total of 8 CALA CECs, 4 CECs per workshop, can- fitpro credits	CALA Trainer: Dylan Harries  Register through CALA
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Jan 25, 5pm – 9pm Sat Jan 26, 12pm – 8pm Sun Jan 27, 12pm – 8pm  12 CALA CECs for re- freshers, canfitpro credits	CALA Trainer: Jill Young  Register through CALA
<a href="#">Open Book Theory exam writing for VWT, HW, Water Running, Aqua Kick Box &amp; GAF Practical Assessments</a> • You must book your spot through CALA to write one of the above exams • You must have submitted & passed your GAF an/or HW assignment on or before Jan 17, 2019 • You must book your practical assessment spot through CALA on or before Jan 24, 2019!	<u>Ottawa, ON</u> Ottawa Athletic Club	Sun Feb 3: VWT Exam Time: Between 1pm – 8pm And Practical Assess- ments: 2:30pm – 8pm  <b>Note:</b> You may write the exam first, then complete your GAF Practical As- sessment after completing the exam or vice versa.	CALA Assessors: Jill Young and Dylan Harries  Register through CALA
Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri Feb 8, 5pm – 9pm Sat Feb 9, 12pm – 8pm Sun Feb 10, 12pm – 8pm  12 CALA CECs for Re- freshers, canfitpro credits	CALA Trainer: Jill Young  Register through CALA
<a href="#">Open Book Theory exam writing for VWT, HW, Water Running, Aqua Kick Box &amp; GAF Practical Assessments</a> • You must book your spot through CALA to write one of the above exams	<u>Ottawa, ON</u> Ottawa Athletic Club	Sun Mar 3: VWT & HW Exam Time: Between 1pm – 8pm And Practical Assess- ments: 2:30pm – 8pm	CALA Assessors: Jill Young and Dylan Harries

<ul style="list-style-type: none"> <li>You must have submitted and passed your GAF an/or HW assignment on or before February 20, 2019</li> </ul> <p>You must book your practical assessment spot through CALA on or before Feb 26, 2019!</p>		<p><b>Note:</b> You may write the exam first, then complete your GAF Practical Assessment after completing the exam or vice versa.</p>	Register through CALA
<p>CALA Workshop: Just a Minute Water Running with a Cardio-Abominal- Core Combination</p> <p>CALA, AFLCA, BCRPA, CFES-CECs, Y &amp; canfitpro</p>	<p><u>Sechelt, BC</u> Sechelt Aquatic Centre</p>	<p>Sun Feb 24, 10am – 2pm</p> <p>4 CALA CECs, canfitpro credits</p>	<p>CALA Trainer: Deb Cole</p> <p>Register through CALA Poster in progress</p>
<p>Aqua Yoga Specialty Training &amp; Certification Course (AY)</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri Mar 8, 5pm – 9pm Sat Mar 9, 12pm – 8pm Sun Mar 10, 12pm – 8pm</p> <p>12 CALA CECs for re-fresher, canfitpro credits</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Register through CALA</p>
<p>CALA Basic Group Aquafitness Training</p>	<p><u>Ottawa, ON</u> Brewer Pool</p>	<p>Sat Mar 23, Time tbc Sun Mar 24, Time tbc</p> <p>12 CALA CECs for re-fresher, canfitpro credits</p>	<p>CALA Trainer: tbc</p> <p>Register through CALA</p>
<p><u>GAF &amp; HW &amp; Aqua Yoga Practical Assessments</u></p> <ul style="list-style-type: none"> <li>You must have submitted &amp; passed your Aqua Yoga Journal, GAF and/or HW assignment on or before March 1, 2019</li> <li>You must book your practical assessment spot through CALA on or before March 11, 2019!</li> </ul>	<p><u>Toronto, ON</u> Holland-Bloorview Kids Rehabilitation Hospital</p>	<p>Sun March 17, 8am – 3pm</p>	<p>CALA Assessor: Katherine McKeown</p> <p>Register through CALA</p>
<p>CALA Workshop Series</p> <ol style="list-style-type: none"> <li>Bridging &amp; Linking: Building Smooth Transitions</li> <li>Oh! My Aching Body: Aqua Arthritis Focus</li> <li>Becoming a Strong Fitness Instructor: Aqua Infused Pilates</li> <li>Mind Blowing Choreography!</li> </ol>	<p><u>Prince Rupert, BC</u> Earl Mah Aquatics &amp; Fitness Centre</p>	<ol style="list-style-type: none"> <li>Fri April 5, 9:00am-1:00pm</li> <li>Fri April 5, 3:00pm – 7:00pm</li> <li>Sat April 6, 7:30am – 11:30am</li> <li>Sat April 6, 2:00pm – 6:00pm</li> </ol> <p>4 CALA CECs awarded for each workshop, canfitpro credits</p>	<p>CALA Trainer: Michelle McLaren</p> <p>Register through CALA</p> <p>See poster attached at <a href="http://www.calainc.org">www.calainc.org</a></p>

		<i>Note: All people are welcome. There are no pre-requisites to attend CALA Workshops. Earn &amp; bank CALA CECs by attending</i>	
<p>Mexico City – Conference hosted by Treino-h20 Mexico</p> <p>Potential Workshops:</p> <ol style="list-style-type: none"> <li>H2O Cross Training with HIIT Workshop (3 hrs: 1.5 land, 1.5 H2O)</li> <li>Music &amp; Movement Workshop (3 hrs: 1.5 land, 1.5 H2O)</li> <li>Aqua Core Training with a Twist of Aqua Kick Box Workshop (3 hrs: 1.5 land, 1.5 H2O)</li> </ol>	<p>Golden Sport Club, Avenida Rio Guadalupe NRO.1 Pueblo San Juan De Aragon CDMX GAM</p>	<p>Sat April 6, 2019 Sun April 7, 2019</p> <p>CALA CECs awarded for each workshop, canfitpro credits</p>	<p>CALA Presenter: Charlene Kopansky</p> <p>Registration through host organization in Mexico.</p> <p>Details forthcoming.</p>
<p>Combined Foundations of Vertical Water Training Pre-Requisite Course and Group Aquafitness Specialty Training and Certification Course</p>	<p><u>Hamilton, ON</u></p>	<p>April and May 2019 Dates to be confirmed</p> <p>24 CALA CECs for Refresher, canfitpro credits</p>	<p>CALA Trainer: TBC</p> <p>Register through CALA</p>
<p><a href="#">Water Running, Aqua Kick Box &amp; GAF, Aqua Yoga, &amp; Healing Water Practical Assessments</a></p> <ul style="list-style-type: none"> <li>You must book your spot through CALA to write one of the above exams</li> <li>You must have submitted &amp; passed your Aqua Yoga Journal, Aqua Kick Box, GAF and/or HW assignment on or before April 1, 2019</li> </ul> <p>You must book your practical assessment spot through CALA on or before April 1, 2019!</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sun April 14: VWT &amp; HW Exam Time: 1pm – 8pm And Practical Assessments: 2:30pm – 8pm</p> <p><b>Note:</b> You may write the exam first, then complete your GAF or HW or Aqua Kick Box or Aqua Yoga Practical Assessment after completing the exam or vice versa.</p>	<p>CALA Assessors: Katherine McKeown and Dylan Harries</p> <p>Register through CALA</p>
<p>CALA Workshop Day:</p> <p>1. Aqua Inspiration: Winning Aqua Warm Ups, Creative Cardio Using Equipment &amp; Technique Tips</p>	<p><u>Merritt, BC</u> Nicola Valley Aquatic Centre</p>	<p>Sat May 4 1. Aqua Inspiration: 8am – 12pm 2. Aqua Combo: 1pm – 5pm</p> <p>4 CALA CECs awarded for</p>	<p>CALA Trainer: Jane Jones</p> <p>Register through CALA</p>

2. Aqua Combo: Aqua Jogging Formats & Program Design with Warm Water Dynamic and Passive Stretching Techniques		each workshop, canfitpro credits	
CALA CECs, Y & canfitpro			
Foundations of Vertical Water Training Pre-Requisite Course	<u>Ottawa, ON</u> Ottawa Athletic Club	Fri June 7, 5pm – 9pm Sat June 8, 12pm – 8pm Sun June 9, 12pm – 8pm  12 CALA CECs for refresher & canfitpro credits	CALA Trainer: TBC  Register through CALA
CALA Workshop: Power Motivation – Fully Engaging Participants	<u>Whitehorse, YT</u> Canada Games Centre	Sat June 15, 7pm – 10pm  3 CALA CECs, BCRPA, AFLCA, & canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA
Foundations of Vertical Water Training Pre-Requisite Course	<u>Whitehorse, YT</u> Canada Games Centre	Sat June 15, 10am – 6pm Sun June 16, 10am – 6pm Mon June 17, 10am – 2pm  12 CALA CECs for refresher & canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA
CALA Workshop: Becoming a CALA Assessor	<u>Whitehorse, YT</u> Canada Games Centre	Mon June 17, 3pm – 7pm  4 CALA CECs, BCRPA, AFLCA, & canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA
CALA Workshop: Movement Matters –Inspiring Seniors	<u>Whitehorse, YT</u> Canada Games Centre	Tues June 18, 7pm – 10pm  3 CALA CECs, BCRPA, AFLCA, & canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA
Group Aquafitness Specialty Training & Certification Course (GAF)	<u>Whitehorse, YT</u> Canada Games Centre	Tues June 18, 10am – 6pm Wed June 19, 10am – 6pm Thurs June 20, 10am – 2pm  12 CALA CECs for refresher & canfitpro credits	CALA Trainer: Katherine McKeown  Register through CALA

<p>CALA Workshop: Integrating Aqua Yoga Poses &amp; Stretches into Aquafitness Classes</p>	<p><u>Whitehorse, YT</u> Canada Games Centre</p>	<p>Thurs June 20, 7pm – 10pm</p> <p>3 CALA CECs, BCRPA, AFLCA, &amp; canfitpro credits</p>	<p>CALA Trainer: Katherine McKeown</p> <p>Register through CALA</p>
<p>Group Aquafitness Specialty Training &amp; Certification Course (GAF)</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Fri June 21, 5pm – 9pm Sat June 22, 12pm – 8pm Sun June 23, 12pm – 8pm</p> <p>12 CALA CECs for refresher &amp; canfitpro credits</p>	<p>CALA Trainer: TBC</p> <p>Register through CALA</p>
<p><a href="#">Water Running, Aqua Kick Box &amp; GAF Practical Assessments</a></p> <ul style="list-style-type: none"> <li>You must book your spot through CALA to write one of the above exams</li> <li>You must have submitted &amp; passed your Aqua Kick Box, GAF and/or HW assignment on or before July 1, 2019</li> </ul> <p>You must book your practical assessment spot through CALA on or before July 1, 2019!</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sun July 21: VWT &amp; HW Exam Time: Between 1pm – 8pm And Practical Assessments: 2:30pm – 8pm</p> <p><b>Note:</b> You may write the exam first, then complete your GAF or HW or Aqua Kick Box or Aqua Yoga Practical Assessment after completing the exam or vice versa.</p>	<p>CALA Assessors: Jill Young and Dylan Harries</p> <p>Register through CALA</p>
<p>CALA Workshop Aqua Thunder: Where Heart meets Hand</p> <p>4 CALA CECs, Y &amp; canfitpro</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat July 20, 2pm – 6pm</p> <p>4 CALA CECs &amp; canfitpro credits</p>	<p>CALA Trainer: Jennie Queen</p> <p>Register through CALA</p>
<p>CALA Workshop Aqua Intensity Plus</p> <p>4 CALA CECs, Y &amp; canfitpro</p>	<p><u>Ottawa, ON</u> Ottawa Athletic Club</p>	<p>Sat Nov 9, 2pm – 6pm</p> <p>4 CALA CECs and canfitpro credits</p>	<p>CALA Trainer: TBC</p> <p>Register through CALA</p>