



# Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky, President and Founder  
Certifying Internationally Recognized Leaders since 1993  
Toronto, Ontario Canada  
[cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or 416-751-9823



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

**SCHEDULED EVENTS in chronological order** Updated September 15, 2020

**Accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA.**

**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!**

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 section C in this document.

CALA will continue to work with facilities to rescheduled postpone 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](mailto: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](http://www.calainc.org) when available.

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



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### B. ZOOM Scheduled: Live Online-CALA Training Events

**Register:** Complete Registration Form and E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



**zoom NEW** ZOOM ONLINE CALA Workshop: Navigating Uncharted Waters

**When:** Sun Sept 27, 2020, 1pm – 3pm

**Facilitator:** Jennie Queen

**Accreditation:** Earn 2 CALA CECs, 2 BCRPA, 2 CFES, AFLCA & AFLCA, SPRA, NSFLA & canfitpro  
[Registration Form](#)



**zoom NEW** ZOOM ONLINE CALA Workshop: Brand New – Building Your Aqua Legacy

**When:** Sun Oct 18, 2020, 1pm – 3pm

**Facilitator:** Jennie Queen

**Accreditation:** Earn 2 CALA CECs

[Registration Form](#)



**zoom NEW:** ZOOM ONLINE CALA Foundations of Vertical Water Training Prerequisite Course.

**\*VWT Refresher Option available for those who would like to earn 12 CECs**

**When:** Sat Oct 24, Sun Oct 25, Sat Nov 7, Sun Nov 8, Sat Nov 21, 2pm – 6pm EDT.

**Who:** Katherine McKeown

**VWT Theory exam writing via ZOOM:** Wed Dec 2, 6pm – 9pm Open book exam: 2.5 hours

**Accreditation:** Earn 12 CALA CECs (if this is a refresher course for you) 4 PTS & 4 FIS canfitpro

**NOTE:** If one of the four hour sessions listed above does not work for you, then you are able to watch the recording of the VWT session to ensure you experience the content you missed.

[Registration Form](#)



**zoom NEW:** ZOOM ONLINE CALA Workshop The A.R.T. of Aqua Mastery

**When:** Sun Nov 8, 1pm – 3pm

**Who:** Jennie Queen

**Cost:** Early Bird: on or before Oct. 20, 2020. CALA Member: \$50 / Non-Member: \$60 (plus tax)  
Regular Fees – Register after Nov 5 Add \$15 (plus tax).

**Accreditation:** Earn 2 CALA CECs.

[Registration Form](#)



**zoom NEW:** ZOOM ONLINE CALA Group Aquafitness Specialty Training and Certification Course.

**\*GAF Refresher Option available for those who would like to earn 12 CALA CECs and CECs with other organizations**



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**When:** Sat Dec 5, Sun Dec 6, Sat Dec 19, Sun Dec 20, 1pm – 6pm EST.

**Who:** Katherine McKeown

**Accreditation:** Earn 12 CALA CECs (if this is a refresher course for you) & if you are certified with other organizations, this GAF Course is accredited by BCRPA, YMCA, CFES, SPRA 4 FIS canfitpro

**Certification** – Part One: Submission of completed GAF Assignment (30-min class plan) on Jan 6, 2021. Submit in MSWord format to [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) & cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**Certification** – Part Two: Upon successful completion of GAF Assignment, you are advised to book a ZOOM practical assessment (30-min class demo) Coordinate your practical assessment ZOOM booking with Katherine McKeown: [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) & cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**NOTE:** **If one of the four hour sessions listed above does not work for you,** then you are able to watch the recording of the GAF session to ensure you experience the content you missed.

[Registration Form](#)



**zoom NEW: ZOOM ONLINE CALA Group Aquafitness Certification Completion.**

**\*GAF Assignment Submission and Practical Assessment for those who completed the GAF Training previously.**

**When:** Certification – Part One: Submission of completed GAF Assignment (30-min class plan) on Sept15<sup>th</sup>. Submit in MSWord format to [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) & cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**When:** Certification – Part Two: Upon successful completion of GAF Assignment, you are advised to book a ZOOM practical assessment (30-min class) demo Coordinate your practical assessment ZOOM booking with Katherine McKeown: [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) and cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



**zoom NEW UPDATED CERTIFICATION SUBMISSION INFO: ZOOM ONLINE CALA Liquid Barre Certification Opportunity** – Members who completed the CALA Liquid Barre Course

**When:** Certification on or before October 20 Submission of very short Liquid Barre assignment TO BE ANNOUNCED from 12pm – 4pm, practical assessment - **20 min.** demo per person, of a pre-choreographed Liquid Barre routine provided by the presenter, Dylan Harries and submitted using Google Docs to Dylan Harries [bodyrockfit@gmail.com](mailto:bodyrockfit@gmail.com) Complete no later than Jan 20, 2021.

**Who:** Dylan Harries, CALA Assessor

Register through Dylan Harries [bodyrockfit@gmail.com](mailto:bodyrockfit@gmail.com) & cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) o book your practical assessment slot



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### C. Independent Online Learning: **Private Facebook Page**

**Register:** Complete Registration Form and E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)  
All events listed below are accredited by Provincial & National Fitness organizations.



#### **NEW Independent Learning - CALA Change the Chatter Workshop**

**Who:** Katherine McKeown

**CECs:** 3 CALA CECs, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA

**Price:** CALA Member: \$75 / Non-Member: \$85 (plus tax) Join CALA Now (\$59 plus tax)

[Registration Form](#)



#### **NEW Independent Learning CALA Integrating Aqua Yoga Poses into Aquafitness Classes**

**Who:** Katherine McKeown

**CECs:** Earn 3 CALA CECs, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA

**Price:** Cost: \$75 CALA Member: \$75 / Non-Member: \$85 (plus tax)

[Registration Form](#)



#### **NEW Independent Learning CALA Aqua Inspiration Workshop (English)**

**Who:** Presenter Karl Notargiovanni, Guest Presenter: Katherine McKeown

**CECs:** Earn 2 CALA CECs

**Price:** CALA Member: \$40 / Non-Member: \$50 (plus tax)

[Registration Form](#)



#### **NEW Independent Learning CALA (VWT) Vertical Water Training Course - prerequisite for all certification courses (English) Manual will be emailed electronically**

**Who:** Katherine McKeown

**CECs:** Many accreditation organizations grant CECs for completing the VWT. Refresher (if repeating the course, you will be granted 12 CALA CECs 4 PTS & 4 FIS canfitpro.

**Price:** CALA Members: \$280 + tax Non-Members: \$339 + tax. Add \$45 to ship a copy of VWT manual. Refresher fees if repeating the course \$150+tax

[Registration Form](#)



#### **NEW Independent Learning CALA (GAF) Group Aqua Fit Certification Course (English)**

**Manual:** Emailed electronically – option to order a hard copy of the manual

**Who:** Katherine McKeown

**CECs:** Many accreditation organizations grant CECs for completing the VWT. Refresher (if repeating the course, you will be granted 12 CALA CECs 4 FIS canfitpro.



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**Price:** CALA Members: \$280 + tax Expired and Non-Members: \$339 + tax  
Refresher fees if repeating the course \$150+tax

[Registration Form](#)



### **NEW** Independent Learning CALA Aqua Infused Yoga Specialty Training & Certification Course (English)

**Prerequisite:** Completion of the CALA Foundations of Vertical Water Training Course OR the Letter of Acceptance to Bypass the CALA VWT Course.

**Price: Full 20-hour course:** CALA members: \$399 + tax

**CECs:** Earn 12 CALA CECs (if you have already completed a CALA Specialty Course), 4 FIS canfitpro4 FIS canfitpro

**Who:** Presenters Karl Notargiovanni, Katherine Mckeown, Charlene Kopansky

[Registration Form](#)



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### D. Private In-house Live CALA Training Events - Confirmed

#### ONTARIO, STATHROY **Private in-house training**

This is a closed workshop for staff only. I encourage other facilities to consider hosting CALA events for their instructors. Thank you, Teresa Fischtnr, for offering in house training for your CALA Certified instructors – This is a closed workshop for staff only.

**What:** CALA Workshops: Simultaneous Chest Deep and Deep Teaching & Off the Wall

**Where:** Over the Deep End, Strathroy, ON

**When:** September 26, 2020 from 8:30am – 5pm

**Who:** Katherine McKeown

**Accreditation:** 8 CALA CECs & 4 FIS, 4 PTS canfitpro

#### YUKON, WHITEHORSE **Private in-house training**

This is a closed workshop for staff only. I encourage other facilities to consider hosting CALA events for their instructors. Thank you to Isabel Parkkari, for offering in house training for your CALA Certified instructors – This is a closed workshop for staff only.

**What:** CALA Workshop: Improve Your Moves

**Where:** Canada Games Centre, Whitehorse, YK

**When:** October 25, 2020 (4 hours)

**Who:** Nathan Muir-Cressman

**Accreditation:** 4 CALA CECs

#### YUKON, WHITEHORSE **Private in-house training**

This is a closed workshop for staff only. I encourage other facilities to consider hosting CALA events for their instructors. Thank you to Isabel Parkkari, for offering in house training for your CALA Certified instructors – This is a closed workshop for staff only.

**What:** CALA Workshop: Movement & Music: A Magical Partnership

**Where:** Canada Games Centre, Whitehorse, YK

**When:** November 01, 2020 (4 hours)

**Who:** Nathan Muir-Cressman

**Accreditation:** 4 CALA CECs