



Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky, President and Founder
Certifying Internationally Recognized Leaders since 1993
Toronto, Ontario Canada
cala_aqua@mac.com or 416-751-9823



www.calainc.org

SCHEDULED EVENTS in chronological order Updated October 21, 2020

Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA. Contact AFCLA to petition CECs [CEC petition application](#) and [learning outcomes chart](#)

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 postponed 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 or phone 416-751-9823

Event posters with course/clinic/workshop/certification details, prices, and registration information are posted at www.calainc.org when available.

Payment: New Policy – E-transfer (EFT) only to 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



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 EST (ZOOM from Keswick, ON)

Who: Katherine McKeown

Cost: CALA Members: \$280 + tax Non-Members: \$339 + tax

VWT Theory exam writing via ZOOM: Wed Dec 2, 6pm – 9pm EST 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 your missed.

[Registration Form](#)



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

When: Sun Nov 8, 1pm – 3pm EST (ZOOM from Ottawa)

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 Clinic: A Return to Aqua Yoga – Exclusive offer for CALA members who have completed the CALA Aqua Infused Yoga Specialty Training & Certification Course

When: Sat Nov 14 and Sun Nov 15 from 2pm – 6pm EST (ZOOM from Montreal and Toronto)

Who: Karl Notargiovanni & Charlene Kopansky

Cost: CALA Members only; **\$99 + tax** (add \$20 after Nov 3)
Regular Fees – Register after Nov 5 Add \$15 (plus tax).

Accreditation: Earn 8 CALA CECs & canfitpro etc.

NOTE: A ZOOM link to the CLINIC Sessions will be emailed one day before the event starts.
If you need to miss a part of the training, you will be provided access to a recording on Facebook.



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

Cost: CALA Members: \$280 + tax Expired and Non-Members: \$339 + tax

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 & cc 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 & cc 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 Theory exam writing – open book

When: Wed Dec 2, 6pm – 9pm EST Open book exam: 2.5 hours (ZOOM from Keswick, ON)

Who: Katherine McKeown

Cost: CALA Members: contact CALA



zoom NEW: ZOOM ONLINE CALA Workshop Spot on Choreography

When: Sun Dec 6, 10am – 12:30pm EST (ZOOM from Ottawa)

Who: Jennie Queen

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

Accreditation: Earn 2.5 CALA CECs.

[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 Sept15th. Submit in MSWord format to katherine@aquaintensity.com & cc 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 and cc cala_aqua@mac.com



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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 November 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 Complete no later than Jan 20, 2021.

Who: Dylan Harries, CALA Assessor

Register through Dylan Harries bodyrockfit@gmail.com & cc cala_aqua@mac.com o book your practical assessment slot



zoom NEW: ZOOM ONLINE CALA Workshop: Aqua Cue-riosity

When: Sun Jan 10 2021, 1:00pm – 3:00pm EST (ZOOM from Ottawa)

Who: Jennie Queen

Cost: Early Bird: on or before Jan 3, 2021. CALA Member: \$50 / Non-Member: \$60 (plus tax) Regular Fees – Register after Jan 3, 2021, Add \$15 (plus tax).

Accreditation: Earn 2 CALA CECs.

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

Register: Complete Registration Form and E-transfer to 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](#)



NEW Independent Learning CALA Workshop: Navigating Uncharted Waters

Price: 2-hours : CALA Member: \$50 / Non-Member: \$60 (plus tax)

CECs: Earn 2 CALA CECs, 2 BCRPA, 2 CFES, SPRA, NSFLA & canfitpro

Who: Jennie Queen

[Registration Form](#)



NEW Independent Learning CALA Workshop: CALA Workshop Brand the NEW YOU

Price: 2-hours : CALA Member: \$50 / Non-Member: \$60 (plus tax)

CECs: Earn 2 CALA CECs, 2 BCRPA, 2 CFES, SPRA, NSFLA & canfitpro

Who: Jennie Queen

[Registration Form](#)



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

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

AND

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

**Note: Once you have registered for an event there are no refunds.
If you are unable to attend a ZOOM session, ask CALA to email you the link to
the Private Facebook Recording of the session.**