



CALA "Ripples" Upcoming Events

Updated January 17, 2012

Courses and Certifications:

1. Foundations of Vertical Water Training – The Kopansky Method
2. Group Aquafitness Leadership
3. Aqua Jogging & Water Running
4. Centre of Power: Aqua Kick Box
5. Healing Waters Program: Intro to Aquatic Post Rehabilitation Prep
6. Healing Waters: Aqua Arthritis & joint Disorders
7. HydroRider Specialty Training
8. Aqua Personal Training
9. CALA Training for Trainers

and Conferences and Workshops

1 hour of our workshops or courses = 1 CALA CEC
All CALA courses recognized by:
CanFitPro, SPRA, AFLCA accredited
BCRPA Approved

BECOME CALA CERTIFIED!

Have you completed a Foundation or Specialty course, and are you ready for certification? Contact the CALA office today to book your written and practical exam dates.

HOST A CALA EVENT!

If the course or workshop you are looking for is not listed, consider hosting the event at your facility.

Contact the CALA office today to discuss hosting

News & New Merchandise



Check out our **NEW**

- AQX Shoes!
- Aqua Leg Fins
- Aqua Hand Bells
- Pool Sound System
- Aqua Mat

Western Regions

ALBERTA/YUKON/North West Territories & BRITISH COLUMBIA

CALA COURSES

CALA WORKSHOPS

**YOUR FACILITY NAME
COULD BE HERE!
CONTACT THE CALA
OFFICE TO FIND OUT HOW
YOU CAN HOST A CALA
WORKSHOP**

CALA EVENTS BEING PLANNED.....

Whitehorse, YK in Summer 2012

Vertical Water Training
Group Aquafitness Leadership Training
And Workshops
Details being confirmed

Okotoks, AB in 2012 & 2012

Vertical Water Training
Group Aquafitness Leadership Training
Aqua Yoga Specialty
Details being confirmed

CALA CONFERENCES

2012 CALA Spring Conference
Kitchener, ON March 23-25, 2012
Forest Heights Pool

2012 CALA West Conference
Canmore, AB April 14 -15, 2012
Canmore Recreation Centre

TELE-CLASSES

Earn CALA CECs with TeleClasses.
www.waterwaysfitness.com

Resource available! New CALA Vertical Water Training Manual

465-page manual – completely revised... with photos of the CALA moves.

CALA merchandise available

- CALA logo - Tops
- Aqua Bells and Fins for increased calorie expenditure
- MUSIC CDs! - CALA Tidal Wave: Vol. 1, 2 & 3, Celtic Energy
- RYKA AND AQX Water shoes for more resistance – for teaching on deck and using in the water