



CALA EVENTS in chronological order

Updated March 15, 2019

Accredited by CALA, canfitpro, AFLCA, BCRPA, SPRA, OFC, CFES, OFC, OHFS & YMCA, YWCA. Earn CALA CECs automatically by attending CALA Events. You do not have to be a Member to earn & to bank CECs. Use the CECs for recertification, when you decide to get Certified. CALA CECs never expire!

Register through CALA, unless otherwise specified. Call or email cala_aqua@mac.com; 416-751-9823

REGISTER through CALA, unless specified otherwise
Posters available www.calainc.org

ONTARIO – COLLINGWOOD - MARCH 22, 23, 24

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Centennial Pool

When: Fri Mar 22, 6pm - 10pm & Sat Mar 23, 9:30am – 5:30pm & Sun Mar 24, 9:30am – 5:30pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the VWT Course.

QUEBEC – BEACONSFIELD - MARCH 30 * BILINGUAL

What: CALA Workshop CALA Designing Creative Movement Patterns with Inspirational Cueing to Revitalize Participants & Re-energize Instructors

Créer des modèles de mouvements créatifs avec repérages inspirants pour revitaliser les participants et redynamiser les moniteurs

Where: Beaconsfield Leisure Centre

When: Sat Mar 30, 9am – 12pm

Facilitator: Jennie Queen

Accreditation: 3 CALA cecs + canfitpro cecs

BRITISH COLUMBIA – TERRACE - APRIL 4, 5, 6, 7, 8

What: CALA Combination Foundations of Vertical Water Training (pre-requisite course): VWT and CALA Group Aquafitness Specialty Training and Certification Course

Where: Terrace & District Aquatic Centre, Terrace, BC

When: Thursday April 4 - Monday April 8, 2019 from 9am - 5pm (start and end times)

Facilitator: Charlene Kopansky

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the VWT or the GAF Course.

Register through Terrace & District Aquatic Centre

ONTARIO – TORONTO - APRIL 6

What: CALA Workshop Series Theme: Flow & Flexibility

1. Aqua Flow – 4 CECs
2. Stretch & Stability – 4 CECs

Where: Holland Bloorview Kid's Rehab Hospital

When: Sat April 6 from 8:30am – 12:30pm & 1pm – 5pm

Facilitator: Julia Ito & Katherine McKeown

Accreditation: 4 - 8 CALA cecs + canfitpro

BRITISH COLUMBIA – PRINCE RUPERT - APRIL 5, 6

What: CALA Workshop Series:

3. Bridging & Linking: Building Smooth Transitions
4. Oh! My Aching Body: Aqua Arthritis Focus
5. Becoming a Strong Fitness Instructor: Aqua Infused Pilates
6. Mind Blowing Choreography

Where: Earl Mah Aquatics & Fitness Centre

When: Fri April 5 from 9am – 1pm & Fri April 5 from 3pm – 7pm & Sat April 6 from 7:30am – 11:30am & Sat April 6 from 2pm – 6pm

Facilitator: Michelle McLaren

Accreditation: 4-16 CALA cecs + canfitpro + BCRPA + AFLCA cecs

ONTARIO – HAMILTON - APRIL 7, 14, 28 & MAY 5, 26 & JUNE 2

What: Combined Foundations of Vertical Water Training Pre-Requisite Course and Group Aquafitness Specialty Training and Certification Course

Where: Ryerson Recreation Centre & Westmount Recreation Centre

When: Sundays from 8am – 5pm on April 7, 14, 28, May 5, 26, June 2, 2019

Facilitator: Katherine McKeown

Register through City of Hamilton

Online: <https://rec.hamilton.ca/enterprise/account/login> - Search Program Barcode 00021173

E-Mail: recreation@hamilton.ca

Phone: 905-546-3747

Or Visit any of a City of Hamilton Recreation facility in person during business hours.

Accreditation: Earn canfitpro cecs

ONTARIO – HAMILTON - APRIL 7, 14, 28

What: **REFRESHER** Foundations of Vertical Water Training Pre-Requisite Course

Where: Ryerson Recreation Centre & Westmount Recreation Centre

When: Sundays from 8am – 5pm on April 7, 14, 28, 2019

Facilitator: Katherine McKeown

Register through CALA

Accreditation: Earn 12 CALA CECs + canfitpro cecs

ONTARIO – AYLMEER - April 8

What: [Open Book Theory exam writing for VWT and HW](#)

- You must book your spot through CALA to write one of the above exams

Where: Terrace Lodge, Aylmer, ON

When: Mon April 8 Exam writing between 9am & 12pm

Proctor: Dawn Burridge

ONTARIO – OTTAWA in APRIL 13

What: Off the Wall – Wake up Your Workout Workshop

Where: Ottawa Athletic Club - **Confirmed**

When: Sat Apr 13, 2pm – 6pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro & Y cecs. Earn 4 CALA CECs.

ONTARIO – OTTAWA in APRIL 14

What: [Open Book Theory exam writing & GAF, HW & AYoga Practical Assessments](#)

- You must book your spot through CALA to write one of the above exams
- You must have submitted & passed your GAF and/or HW assignment on or before Apr 1, 2019
- You must book your practical assessment spot through CALA on or before Apr 1

Where: Ottawa Athletic Club

When: Sun Apr 14 Exam writing between 1pm – 8pm AND Sun Apr 14 Practical assessments between 2:30pm – 8pm

Assessors: Jill Young and Katherine McKeown

Note: You may write the exam first, then complete your GAF Practical Assessment after completing the exam or vice versa.

MEXICO CITY in APRIL 13, 14 – Conference hosted by Treino-h20 Mexico

What: Potential Workshops:

- a. H2O Cross Training with HIIT (3 hrs: 1.5 land, 1.5 H2O)
- b. Music & Movement (3 hrs: 1.5 land, 1.5 H2O)
- c. Aqua Core Training with a Twist of Aqua Kick Box (3 hrs: 1.5 land, 1.5 H2O)

Where: Golden Sport Club, Avenida Rio Guadalupe NRO.1 Pueblo San Juan De Aragon CDMX GAM

When: Sat April 13 & Sun April 14, 2019

Facilitator: Charlene Kopansky

Accreditation: 4 CALA cecs + canfitpro + BCRPA + AFLCA cecs

BRITISH COLUMBIA – MERRITT in MAY 4

What: CALA Workshop Series:

1. Aqua Inspiration: Winning Aqua Warm Ups, Creative Cardio Using Equipment & Technique Tips
2. Aqua Combo: Aqua Jogging Formats & Program Design with Warm water Dynamic and Passive Stretching Techniques

Where: Nicola Valley Aquatics & Fitness Centre

When: Sat May 4 from 8am – 12pm & 1pm – 5pm

Facilitator: Jane Jones

Accreditation: 4-8 CALA cecs + canfitpro + BCRPA + AFLCA cecs

ONTARIO – OTTAWA in MAY 5

What: YMCA Spring Fitness Summit: Two CALA Workshops: Topics to be confirmed

Where: YMCA Ottawa

When: Sun May 5,

Facilitator: Jennie Queen & Nancy Peever

Accreditation: Earn 1.5 CALA CECs per workshop

ONTARIO – HAMILTON in MAY 5, 26 & JUNE 2

What: [REFRESHER](#) Group Aquafitness Specialty Training and Certification Course

Where: Ryerson Recreation Centre & Westmount Recreation Centre, Hamilton ON

When: Sundays from 8am – 5pm on May 5, 26, June 2, 2019

Facilitator: Katherine McKeown

Accreditation: Earn 12 CALA CECs + canfitpro cecs

Register through CALA

NOVA SCOTIA – KENTVILLE - COUNTY OF KINGS in MAY 10, 11, 12

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Waterville Pool and Greenwood Pool (at the base)

When: Fri May 10, 5pm - 9pm, Sat May 11, 9am – 5pm, & Sun May 12, 9am – 5pm.

*start and end times to be confirmed

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro & NSFLA cecs.

Earn 12CALA CECs if you are repeating the VWT.

Register through Municipality of the County of Kings (poster in progress – course is confirmed)

ALBERTA – CANMORE in MAY 10, 11, 12

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Elevation Place, Canmore, AB

When: Fri May 10, 5pm - 9pm, Sat May 11, 9am – 5pm, & Sun May 12, 9am – 5pm.

Facilitator: Michelle McLaren & Lecia Furber (apprentice trainer)

Accreditation: Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the VWT.

QUEBEC – MONTREAL - JUNE 9 * BILINGUAL

What: CALA Aqua H.I.I.T Workshop

Where: YMCA Centreville

When: Sun, June 9 from 9am – 12pm

Facilitator: Kristin Murphy

Accreditation: 3 CALA cecs + canfitpro cecs

Register through YMCA Centreville (poster in progress – workshop is confirmed)

ONTARIO – OTTAWA in JUNE 7, 8, 9

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Ottawa Athletic Club, ON

When: Fri June 7, 5pm - 9pm & Sat June 8, 12pm - 8pm & Sun June 9, 12pm - 8pm

Facilitator: Jill Young

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the VWT Course.

ONTARIO – AYLMER in JUNE 7, 8, 9

What: CALA Healing Waters: Aquatic Post Rehabilitation Specialty Training & Certification

Where: Terrace Lodge, Elgin County

When: Fri June 7, 6pm -10pm & Sat June 8, 12pm - 8pm & Sun June 9, 8am - 5pm

Facilitator: Julia Ito

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the HW Course.

BRITISH COLUMBIA – DAWSON CREEK in JUNE 8 & 9

What: Two CALA Workshops focusing on Older Adult Aquafitness:

1. Saturday June 8: Aqua In Motion
2. Sunday June 9: Movement Matters

Where: Kenn Borek Aquatic Centre

When: June 8 & 9 (8am – 12pm each day)

Facilitator: Katherine McKeown

Accreditation: 4 CALA cecs + canfitpro cecs per workshop

ALBERTA – CANMORE in JUNE 14

What: Open book theory exam writing for current members who need to complete their VWT theory exam. You must register to write the VWT theory exam through CALA to secure your spot on or before June 13.

Where: Room 114, Elevation Place, Canmore, AB

When: Fri June 14 from 1:30pm – 4:30pm

ALBERTA – CANMORE in JUNE 14, 15, 16

What: CALA Group Aquafitness Specialty Training & Certification Course: GAF

Where: Elevation Place, Canmore, AB

When: Fri June 14, 5pm – 9pm, Sat June 15, 9am – 5pm & Sun June 16, 9am – 5pm.

Facilitator: Michelle McLaren & Lecia Furber (apprentice trainer)

Accreditation: Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the GAF.

YUKON – DAWSON CITY in JUNE 12, 13 or 15th (TBC)

What: CALA Workshops: TBC

Where: Dawson City Pool

When: TBC

Facilitator: Katherine McKeown

Accreditation: Earn 4-8 CALA cecs, BCRPA, AFLCA cecs

Registration TBC

YUKON – WHITEHORSE in JUNE 15, 16, 17

What: CALA Foundations of Vertical Water Training (pre-requisite course): VWT

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 10am – 6pm, Sun June 16, 10am – 6pm, Mon June 17, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs.

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at

Whitehorse.ca/alo or by calling 867-668-8360

YUKON – WHITEHORSE in JUNE 15, 16, 17 * for those who are repeating the VWT

What: **REFRESHER** CALA Foundations of Vertical Water Training: VWT

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 10am – 6pm, Sun June 16, 10am – 6pm, Mon June 17, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs and earn 12CALA CECs for repeating the VWT.

Registration is through CALA for a refresher: cala_aqua@mac.com or 1-888-751-9823

YUKON – WHITEHORSE in JUNE 15

What: CALA Workshop: Power Motivation – Fully Engaging Participants

Where: Canada Games Centre – Whitehorse Lions Pool

When: Sat June 15, 7pm – 10pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA cecs, BCRPA, AFLCA cecs

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at Whitehorse.ca/alo or by calling 867-668-8360

ONTARIO – HAMILTON in JUNE 15

What: [Open Book Theory exam writing](#)

Where: Ryerson Recreation Centre, Hamilton, ON

When: Sat June 15 Exam writing between 12pm – 3pm

Proctor: Dan Konior

Registration is through CALA for this open book theory exam writing.

YUKON – WHITEHORSE in JUNE 17

What: CALA Workshop: Becoming a CALA Assessor

Where: Canada Games Centre – Whitehorse Lions Pool

When: Mon June 17, 3pm – 7pm

Facilitator: Katherine McKeown

Accreditation: Earn 4 CALA cecs, BCRPA, AFLCA cecs

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at Whitehorse.ca/alo or by calling 867-668-8360

YUKON – WHITEHORSE in JUNE 18, 19, 20

What: CALA Group Aquafitness Specialty Training and Certification Course: GAF

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 10am – 6pm, Wed June 19, 10am – 6pm, Thurs June 20, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs.

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at Whitehorse.ca/alo or by calling 867-668-8360

YUKON – WHITEHORSE in JUNE 18, 19, 20

What: **REFRESHER** CALA Group Aquafitness Specialty Training & Certification Course

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 10am – 6pm, Wed June 19, 10am – 6pm, Thurs June 20, 10am – 2pm

Facilitator: Katherine McKeown

Accreditation: Earn canfitpro cecs and 12CALA CECs if you are repeating the GAF.

Registration is through CALA for a refresher: cala_aqua@mac.com or 1-888-751-9823

YUKON – WHITEHORSE in JUNE 18

What: CALA Workshop: Movement Matters – Inspiring Seniors

Where: Canada Games Centre – Whitehorse Lions Pool

When: Tues June 18, 7pm – 10pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA cecs, BCRPA, AFLCA cecs

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at Whitehorse.ca/alo or by calling 867-668-8360

YUKON – WHITEHORSE in JUNE 20

What: CALA Workshop: Integrating Aqua Yoga Poses and Stretches into Aquafitness Classes

Where: Canada Games Centre – Whitehorse Lions Pool

When: Thurs June 20, 3pm – 6pm

Facilitator: Katherine McKeown

Accreditation: Earn 3 CALA cecs, BCRPA, AFLCA cecs

Registration is through the City of Whitehorse and starts March 5 at 4:30pm at Whitehorse.ca/alo or by calling 867-668-8360

ONTARIO – OTTAWA in JUNE 21, 22, 23

What: CALA Group Aquafitness Specialty Training and Certification Course: GAF

Where: Ottawa Athletic Club, ON

When: Fri June 21, 5pm - 9pm & Sat June 22, 12pm - 8pm & Sun June 23, 12pm - 8pm

Facilitator: Jill Young

Accreditation: Earn canfitpro cecs. Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the GAF Course

ALBERTA – CALGARY in JUNE 21, 22, 23 Earn 12 AFLCA CECs

What: CALA Healing Waters Specialty Training & Certification Course: HW

Where: Vecova Recreation Centre, Calgary, AB

When: Fri June 21, 5pm – 9pm, Sat June 22, 1pm – 9pm & Sun June 23, 1pm – 9pm.

Facilitator: Katherine McKeown or

Accreditation: Earn canfitpro cecs. Earn 12CALA CECs if you are repeating the GA & earn 12 AFLCA CECs if you are AFLCA certified & earn canfitpro CECs also.

ONTARIO – AYLMER in JULY 6

What: [HW & Aqua Yoga Practical Assessments](#)

You must book your spot through CALA to do your practical assessment (30 minutes)

- You must have submitted & passed your Aqua Yoga Journal and/or HW assignment on or before June 25, 2019
- You must book your practical assessment spot through CALA on or before June 30

Where: Terrace Lodge, Elgin County

When: Sat July 6 Practical assessments between 8am – 5pm

Assessors: Katherine McKeown & Julia Ito

ONTARIO – HAMILTON in JULY 7

What: [GAF, HW & Aqua Yoga Practical Assessments](#)

You must book your spot through CALA to do your practical assessment (30 minutes)

- You must have submitted & passed your GAF and/or HW assignment or your Aqua Yoga Journal on or before June 15, 2019
- You must book your practical assessment spot through CALA on or before June 30

Where: Ryerson Recreation Centre, Hamilton, ON

When: Sun July 7 Practical assessments between 8am – 5pm

Assessors: Katherine McKeown

ONTARIO – OTTAWA in JULY 20

What: CALA Workshop: **TBA**

Where: Ottawa Athletic Club, ON

When: Sat July 20, 2pm – 6pm

Facilitator: **TBA**

Accreditation: Earn 4 CALA CECs & canfitpro cecs.

ONTARIO – OTTAWA in JULY 21

What: [Open Book Theory exam writing & GAF Practical Assessments](#)

- You must book your spot through CALA to write one of the above exams
- You must have submitted & passed your GAF and/or HW assignment on or before July 1, 2019
- You must book your practical assessment spot through CALA on or before July 7

Where: Ottawa Athletic Club

When: Sun July 21 Exam writing between 1pm – 8pm & Sun July 21 GAF Practical assessments between 2:30pm – 8pm

Assessors: Jill Young

Note: You may write the exam first, then complete your GAF Practical Assessment after completing the exam or vice versa.

BRITISH COLUMBIA, VANCOUVER ISLAND, COMOX in AUGUST 1

What: CALA Water Running & Aqua Kick Box Workshop

Where: Comox Valley Sports Centre

When: August 1, 2019 from 9am – 5pm

Facilitator: To be confirmed

Register through Comox Valley Regional District at 250-334-9622

Accreditation: Earn canfitpro. BCRPA, AFLCA, CFES, SPRA & 8 CALA cecs

BRITISH COLUMBIA, VANCOUVER ISLAND, COMOX in AUGUST 6, 7, 8, 9, 10

What: Combined Foundations of Vertical Water Training Pre-Requisite Course and Group Aquafitness Specialty Training and Certification Course

Where: Comox Valley Sports Centre

When: Tuesday August 6 to Saturday August 10, 2019 from 9am – 5pm

Facilitator: Regan Jamieson

Register through Comox Valley Regional District at 250-334-9622

Accreditation: Earn canfitpro cecs

ALBERTA – CANMORE on October 5 & 6

What: CALA Conference

Where: Elevation Place, Canmore, AB

When: Saturday October 5 & 6th

Facilitator: Team of Presenters

Accreditation: Earn canfitpro cecs. Earn 8 - 12 CALA CECs

Brochure in process

ONTARIO – OTTAWA in NOVEMBER 9

What: CALA Workshop: **TBA**

Where: Ottawa Athletic Club, ON

When: Sat Nov 9, 2pm – 6pm

Facilitator: **TBA**

Accreditation: Earn 4 CALA CECs & canfitpro cecs