



# 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 June 5, 2021

**Accredited by CALA, canfitpro, BCRPA, SPRA, OFC, CFES, OFC, OHFS, NBA, NSFA & YMCA, YWCA. AFLCA certified leaders apply directly through the AFLCA website for credits**  
If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)  
**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!**

### [Meet the team of CALA Trainers at the end of this list of upcoming events.](#)

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 reschedule 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](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) or direct deposit**

**All training event dates, times and trainer are subject to change.**

**Note:** On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding.



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## 2. ZOOM Scheduled: Live Online-CALA Training Events (Certifications & Workshops)

[Independent Learning](#) list of events follows the ZOOM events

Complete Registration Form, CALA will email an invoice to you, then please email an E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



**zoom NEW: ZOOM ONLINE**

**COMPLETING CALA Group Aquafitness Specialty CERTIFICATION**

**Who:** Katherine McKeown

**Certification – Part One:** Submission of completed GAF Assignment (30-min class plan) on May 29, 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, book a ZOOM practical assessment (30-min class demo) with or submit a video to Katherine McKeown [katherine@aquaintensity.com](mailto:katherine@aquaintensity.com) & cc [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Muscle Strength & Endurance with the CALA Tempo Tree**

**When:** Sun June 13, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)

**Who:** Katherine McKeown

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \* Register after June 6, Add \$15 + tax.

**Accreditation: 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro.** Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Aqua Healthy Back**

**When:** June 20, from 12pm – 3pm DST (ZOOM from Ottawa, ON)

**Who:** Dylan Harries

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \* Register after June 12, Add \$15 + tax.

**Accreditation: 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro.** Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Golden Gait – Water Walking**

**When:** Sun July 11, 2021, 1:00pm – 4:00pm DST (ZOOM from Keswick, Ontario)



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**Who:** Katherine McKeown

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after July 2, Add \$15 + tax.

**Accreditation:** 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW – ZOOM ONLINE**

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

**When:** Sat Aug 7 Sun Aug 8 & Sun Aug 15, Sat Aug 21 & Sun Aug 22, 2021, 1:00pm – 5:00pm DST (ZOOM from Keswick, Ontario)

**Who:** Katherine McKeown

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

**Accreditations:** Many accreditation organizations grant CECs for completing the VWT. Refresher (if repeating the course, you will be granted 8 CALA CECs 4 PTS & 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Functional Aquatic Training**

**When:** Sat August 14, 2021, 1:00pm – 4:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Kristin Murphy

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after Mar 21, Add \$15 + tax.

**Accreditation:** 3 hours - Earn 3 CALA, BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Aqua Beats Create CALA Waves**

**When:** Sat Aug 28, 2021, 1:00pm – 4:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Jennie Queen

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after Mar 21, Add \$15 + tax.

**Accreditation:** 3 hours - Earn 3 CALA, BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW – ZOOM ONLINE**

**CALA (VWT) Vertical Water Training Open Book Theory Exam Writing**

**When:** Wed Sept 8 from 6pm – 9pm DST (ZOOM from Keswick, Ontario)



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**Who:** Katherine McKeown or David Barr (Exam Proctor)

**Register:** Call 416-751-9823 or email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)



**zoom NEW: ZOOM ONLINE**

**CALA Group Aquafitness Specialty Training and Certification Course. \*GAF Refresher Option available for those who would like to earn 12 CECs**

**When:** Sat Sept 11, Sun Sept 12, Sat Sept 18, Sun Sept 19 & Sun Oct 3, 2021 from 1pm - 5pm DST (ZOOM with Katherine from Ontario)

**Who:** Katherine McKeown

**Price:** CALA Member: \$280 + tax Expired and Non-Members: \$339 + tax

**Accreditation:** Earn 8 CALA (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. SPRA grants 12CECs for this course

**Certification – Part One:** Submission of completed GAF Assignment (30-min class plan) on October 29, 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, book a ZOOM practical assessment (30-min class demo) 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 4-hour sessions listed above does not fit into your schedule, you are invited to watch the recording of the GAF session to ensure you experience the content you missed

[Download the Registration Form](#)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Amazon Arms**

**When:** Sat Sept 11, 2021, 9:30am – 12:30pm DST (ZOOM from Ottawa, Ontario)

**Who:** Jennie Queen

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after September 4, Add \$15 + tax.

**Accreditation: 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro.** Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Aqua Running (101)**

**When:** Sun Sept 25, 2021, 10:00am – 2:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Dylan Harries

**Price:** CALA Member: \$95 + tax / Non-Member: \$1155 + tax \*Register after Sept 18, Add \$15 + tax.

**Accreditation: 4 hours - Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro.** Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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**zoom NEW: ZOOM ONLINE**

**CALA Workshop: Aqua Zen - Updated for Today's World**

**When:** Sat Oct 16, 2021, 1:00pm – 4:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Jennie Queen

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after Oct 9, Add \$15 + tax.

**Accreditation:** 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**



**zoom NEW: ZOOM ONLINE**

**CALA Aqua Pre and Post Natal Specialty Training & CERTIFICATION**

**When:** Sat Nov 6, 13, 20, 27 & Dec 4, 2021, 1:00pm – 5:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Jennie Queen

**Price:** CALA Member: \$280 + tax \*Register after October 22, Add \$25 + tax

**Accreditation:** Earn 8 CALA CECs if you have previously completed a CALA Specialty Training and Certification Course (for example: GAF, AY, LB, HW, WR AKbox), BCRPA, SPRA, CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**



**zoom NEW: ZOOM ONLINE**

**CALA Workshop: ABS-olutely Core Essentials**

**When:** Sat Dec 11, 2021, 1:00pm – 4:00pm DST (ZOOM from Ottawa, Ontario)

**Who:** Jennie Queen

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Register after Dec 4, Add \$15 + tax.

**Accreditation:** 3 hours - Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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SCHEDULED EVENTS in chronological order Updated June 5, 2021

### 3. Independent Online Learning (Certifications & Workshops) Private Facebook Page Recording

All events listed below are accredited by Provincial & National Fitness organizations.  
Workshops are listed after the Certification Courses.

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

Certification Courses available through Private Facebook Recording Independent Learning

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Liquid Barre Specialty Training & Certification Course**

**When:** Approximately 16 hours of course time

**Who:** Dylan Harries

**Price:** CALA Member: \$280 + tax

Refresher fees if repeating the course \$150 + tax

**Accreditation:** Earn 8 CALA, 8 BCRPA, 8 SPRA, 8 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**Download Registration Form**

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA (VWT) Vertical Water Training Course (recording from ZOOM Feb-March 2021 VWT Course)**

- prerequisite for all certification courses (English) Manual will be emailed electronically

**Who:** Katherine McKeown

**Price:** CALA Member: \$280 + tax Non-Members: \$339 + tax. Add \$45 + tax to ship a copy of VWT manual.

Refresher fees if repeating the course \$150 + tax

**Accreditations:** Many accreditation organizations grant CECs for completing the VWT. Refresher (if repeating the course, you will be granted 8CALA CECs 4 PTS & 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**Download Registration Form**

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA (GAF) Group Aqua-Fitness Certification Course (English) (recording from ZOOM March-April-May 2021 GAF Course)**

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

**Who:** Katherine McKeown

**Price:** CALA Member: \$280 + tax / Non-Member: \$339 + tax Add \$45 + tax to ship a copy of GAF manual

Refresher fees if repeating the course \$150 + tax



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**Accreditations:** Many accreditation organizations grant CECs for completing the GAF. Refresher (if repeating the course, you will be granted 8 CALA CECs 4 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)  
**[Download Registration Form](#)**

**facebook** **NEW – Private Facebook Recording Independent Learning**  
**CALA Workshop: Aqua Cardio Kick Box with Core - Upper Body Focus (Part 1 of 3 workshops for certification)**

**Complete all 3 workshops (part 1 – Upper Body, part 2 - Lower Body, Part 3 Choreography) & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.**

**Certification** in the Aqua Kick Box Specialty if you complete all three (3) workshops and pay an extra \$25 + tax for the certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

**Who:** Dylan Harries

**Price:** CALA Member: \$95 + tax / Non-Member: \$115 + tax.

**Accreditation:** Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**

**facebook** **NEW – Private Facebook Recording Independent Learning**

**CALA Workshop: Aqua Cardio Kick Box with Core – Lower Body Focus (Part 2 of 3 workshops for Certification)**

**Complete all 3 workshops (part 1 – Upper Body, part 2 - Lower Body, Part 3 Choreography) & become eligible for Certification in the CALA Aqua Kick Box – Centre of Power Specialty.**

**Certification** in the Aqua Kick Box Specialty if you complete all three (3) workshops and pay an extra \$25 + tax for the certification fees and a copy of the Digital version of the Aqua Kick Box Specialty Manual

**Who:** Dylan Harries

**Price:** CALA Member: \$95 + tax / Non-Member: \$115 + tax

**Accreditation:** Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**

**facebook** **NEW – Private Facebook Recording Independent Learning**

**CALA Workshop: Aqua Kick Box Choreography - Part 3 of 3 workshops for Certification)**

**Who:** Dylan Harries

**Price:** CALA Member: \$95+ tax / Non-Member: \$115 + tax

**Accreditation:** Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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***Workshops available through:*** Private Facebook Recording Independent Learning (Once registered you have access to the recording for three months)

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Feast on Form: Increase your CALA IQ**

**Who** Katherine McKeown

**Price:** CALA Member: \$75+ tax / Non-Member: \$95 + tax.

**Accreditation:** Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download Registration Form](#)**

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Ai Chi**

**Who:** Dylan Harries

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax

**Accreditation:** Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Aqua Kick Box: Upper Body & Core Focus (Part 1 of 3 workshops for Certification)**

**Who:** Dylan Harries

**Price:** CALA Member: \$95 + tax / Non-Member: \$115 + tax \*Join CALA Now \$59 + tax

**Accreditation:** Earn 4 CALA CECs, 4 SPRA, 4 CFES, 4 BCRPA, 2 PTS & 2 FIS canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

**[Download the Registration Form](#)**

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Aqua Cardio Kick Box with Core – Lower Body Focus (Part 2 of 3 workshops for Certification)**

**Who:** Dylan Harries

**Price:** CALA Member: \$95 + tax / Non-Member: \$115 + tax

**Accreditation:** Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

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**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Aqua Kick Box Choreography - Part 3 of 3 workshops for Certification)**





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**Who:** Dylan Harries

**Price:** CALA Member: \$95+ tax / Non-Member: \$115 + tax

**Accreditation:** Earn 4 CALA, 4 BCRPA, 4 SPRA, 4 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download the Registration Form](#)

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Aqua Articulation**

**Who:** Katherine McKeown

**Price:** CALA Member: \$75 + tax / Non-Member: \$95 + tax \*Join CALA Now \$59 + tax.

**Accreditation:** Earn 3 CALA, 3 BCRPA, 3 SPRA, 3 CFES & canfitpro. Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download Registration Form](#)

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Changing the Chatter**

**Who:** Katherine McKeown

**Price:** CALA Member: \$75 + tax / Non-Member: \$85 + tax \*Join CALA Now \$59 + tax.

**Accreditation:** Earn 3 CALA CECs, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 Use this link to petition for AFLCA Credits: [AFLCA CEC Petition Application forms](#)

[Download Registration Form](#)

**facebook** **NEW – Private Facebook Recording** Independent Learning

**CALA Workshop: Integrating Aqua Yoga Poses into Aquafitness Classes**

**Who:** Katherine McKeown

**Price:** CALA Member: \$75 + tax / Non-Member: \$85 + tax \*Join CALA Now \$59 + tax.

**Accreditations:** Earn 3 CALA, 2 FIS, 2 PTS & 2 HWL canfitpro, 3 BCRPA, 3 CFES, 3 SPRA. Use this link to petition for AFLCA: [AFLCA CEC Petition Application forms](#)

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### 4. Private In-house Live CALA Training Events – Confirmed

CALA Foundations of Vertical Water Training Prerequisite Course.

&

CALA Group Aqua Fit Certification Training and Certification

**\*VWT or GAF Refresher Option available for those who would like to earn 8 CECs**

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

**When:** Postponed

**Who:** TBA

**Price:** TBA

**VWT Theory exam writing:**

**GAF Practical**

**Accreditation:** Earn 8 CALA (refresher course) 4 PTS & 4 FIS canfitpro, 12 SPRA, 12 CFES, 12 BCRPA

**CALA Workshop: Applied Anatomy**

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

**When:** Dates to be announced

**Who:** Isabel Parkkari (TBC)

**Price:** Register through Canada Games Centre

**Accreditation:** 4 CALA, 4 BCRPA, 4 CFES, 4 SPRA, canfitpro (TBC)

**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.**

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### 5. Meet the CALA Team of Trainers

The team of CALA trainers blend a professional commitment and personal compassion when facilitating the highest quality workshops, clinics, conferences and courses. Their enthusiasm and extensive, diverse expertise unite experience and technical skills. They have a thorough knowledge of the body and how movement in water lifts the spirit, strengthens the body and activates the mind. Close attention ensures that all participants with a wide variety of abilities are provided with modifications and options to ensure a joyful and fulfilling movement experience.

**CALA offers many Workshops that are not on the Upcoming Event Scheduler.**

**Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.**



**Charlene Kopansky, Founder & President of CALA**, B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her skills in dance choreography, water running, personal training, fitness and aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' and Presenter of the Year-Germany, Volunteer Recognition and Leadership Awards-OFC, Who's Who of Canadian Women in Fitness- Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year canfitpro & SAFS Beta, Germany, canfitpro Lifetime Achiever Award, BCRPA Trainer

**Specialties:** Aqua Cardio Kick Box, Aqua Running, Aqua Infused Yoga



**Dylan Harries, CALA Master Trainer and Creative Director**, B. Rec., B.Sc. (HK), C.A.T. is a former four-time Canadian Artistic Roller Skating Champion. He travels the world educating and inspiring fitness leaders and athletes with his passion, high energy, sound technique and wild creativity. With 28 years of professional experience, Dylan is the Senior Director for Body Rock Fitness and the Health & Fitness Coordinator at Dovercourt Recreation Centre. In his spare time, he is a renowned athletic trainer and performance coach to national and international level figure and roller skaters (Canada, USA, Germany, Italy and Great Britain). He is CALA (all streams), YMCA (all streams), canfitpro (PTS/FIS), Pilates (YMCA USA/Diane Miller), SPI, TRX, Barre Above & Balletone (Master Trainer), Tabata GX (Master Trainer), Bender Ball (Master Trainer), Spinning, Hydorrider (Canadian Master Trainer AquaMat (Canadian Master Trainer), AEA (Aqua Yoga/ Hydrorevolution) and NCCP (Level 2) certified.

**Specialties:** Liquid Barré, Aqua Cardio Kick Box, Hydro Rider Recreational and Therapy Hydro Rider, Aqua Running

**Dylan, is available to deliver many workshops**

**[Download Dylan's list of workshops](#) he can facilitate on ZOOM or On-Site**



**Jennie Queen, CALA Master Trainer** has over 20 years of experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming. Jennie has a passion for everything aquatic & fitness. Jennie is a true visionary & leader in the industry & a Recreation Supervisor with the City of Ottawa. Along with her many aquatic related certifications, she is a certified Aqua fitness Leader, Assessor & Trainer with CALA, & a Group Fitness Instructor & Personal Trainer CFP and SPI & holds a Diploma in Fitness & Lifestyle Management. Jennie enjoys continually educating & challenging herself to stay informed & up to date with the fitness industry

**Specialty:** Pre/Post Natal



## 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 June 5, 2021

### CALA offers many Workshops that are not on the Upcoming Event Scheduler.

Workshops can be delivered on site or on ZOOM. Review the list of workshop downloads available if something is of interest, please contact CALA to discuss how they can offer the training you are interested in.



**Katherine McKeown, CALA Master Trainer** is a very proud member of the CALA Trainer Team. Katherine brings an infectious enthusiasm, sense of humour and a deep desire to further her own learning every day. Her greatest strength is her insatiable curiosity about how concepts can be presented with relevance and heart in limitless ways according to the unique creativity which resides in all of us. Having been a fulltime teacher for 30 years, she brings considerable insight into the process of learning and the critical importance of celebrating the gifts, skills and abilities of all learners through a Holistic lens. Katherine offers numerous workshops that you can host at your facility. Katherine can create a workshop specific to the needs of your facility.

**Specialties:** Vertical Water Training, Group Aqua Fit Certification, Aqua Infused Yoga CALA Healing Waters/Aqua Post Rehabilitation - arthritis

**Katherine, is available to deliver many workshops**

[Download Katherine's list of workshops](#) she can facilitate on ZOOM or On-Site



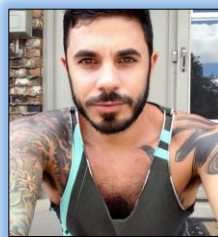
**Michelle McLaren, CALA Master Trainer**, B.Kin, RMT, STOTT Pilates Instructor, CanFit Pro FIS. Michelle has been active in the fitness industry for the past 30 years. She has been an instructor trainer for the Canadian Aquafitness Leaders Alliance for 19 years, travelling all over Canada teaching Aquafit instructor courses and various workshops at fitness conferences. She is also a Certified Matwork Level 1 & 2 STOTT Pilates Instructor and a Fitness Instructor Specialist with CanFit Pro. With her strong background in Kinesiology and Massage therapy, Michelle has profound understanding of the human body.



**Kristin Murphy, CALA Trainer** has been passionately involved in the fitness industry for two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Degree in Translation, which helps in her day -to-day work as a Project and Policy Coordinator with Transportation Services at the City of Ottawa. She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Fitness Instructor Specialist (CFP). She is now a Master Trainer for Tabata Bootcamp™ and Barre Above™ as well as a trainer, presenter and assessor for CALA. She continuously finds ways to help her participants and students challenge and better themselves. As a wife and mother of 2 young girls, Kristin is always on the go, incorporating fitness into every aspect of her life.

**Kristin is available to deliver many workshops**

[Download Kristin's list of workshops](#) she can facilitate on ZOOM or On-Site.



**Karl Notargiovanni, CALA Master Trainer**, Acupuncturist, B.F.A. Choreography; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Yoga Specialty Course I. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for many years, he has developed a unique perspective in his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops.

**Specialty:** Aqua Infused Yoga

If you are interested in joining our CALA Internationally recognized Team of CALA Trainers, contact CALA 416-751-9823 [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) [www.calainc.org](http://www.calainc.org)