



CELEBRATES 30 YEARS OF LEADERSHIP EXCELLENCE!

We invite you to celebrate with us

Saturday, October 14 & Sunday, October 15, 2023

at Elevation Place in beautiful Canmore, Alberta

700 Railway Avenue #100

Accredited by: CALA, canfitpro, CFES, AFLCA, BCRPA, SPRA,
NSFLA, NBFA, OFC & YMCA

In partnership
with:



SENSATIONAL SESSIONS

DAY ONE: SATURDAY, OCTOBER 14

10:30-11:30

Welcome & Registration

Room 212

11:30-12:30

Trending Internationally! Water Walking with Dylan H.

Part 1 - Active Theory in Room 212

The popularity of water walking as an effective, low-impact exercise is on the rise, and it's about time! Water walking now ranks in the top 5 international fitness trends for 2023. Join Dylan for this 'land meets water' experience. Explore gait training, range of motion and core stability movements guaranteed to enhance daily living with vim and vigour.

12:30-1:45

Body Strength & Flow with Michelle M.

Workout & Active Theory in Studio 209 A&B

Join Michelle for a fun-filled class where we will be bouncing, swaying, pushing and pulling our bodies to build balance and a sense of lightness! Daily activities maintain the body, here - we will strive to challenge it in order to change it through a fusion of pilates/fitness and fascial-based movement.

1:45-2:30

Let's Make Waves! with Charlene K.

Part 1 - Active Theory in Studio 209 A&B

Dive into the ultimate deep-water training experience and explore tethered and untethered options. This water-running workout will elevate core strength and stamina and provide creative ideas to inspire your participants. Understand how consciously mixing water with land-based training will assist active recovery, prevent injuries, and enhance motivation. Let's make waves together!

2:45-3:45

Let's Make Waves! with Charlene K.

Part 2 - Workout in Lap Pool (cool water)

3:45-4:45

Trending Internationally! Water Walking with Dylan H.

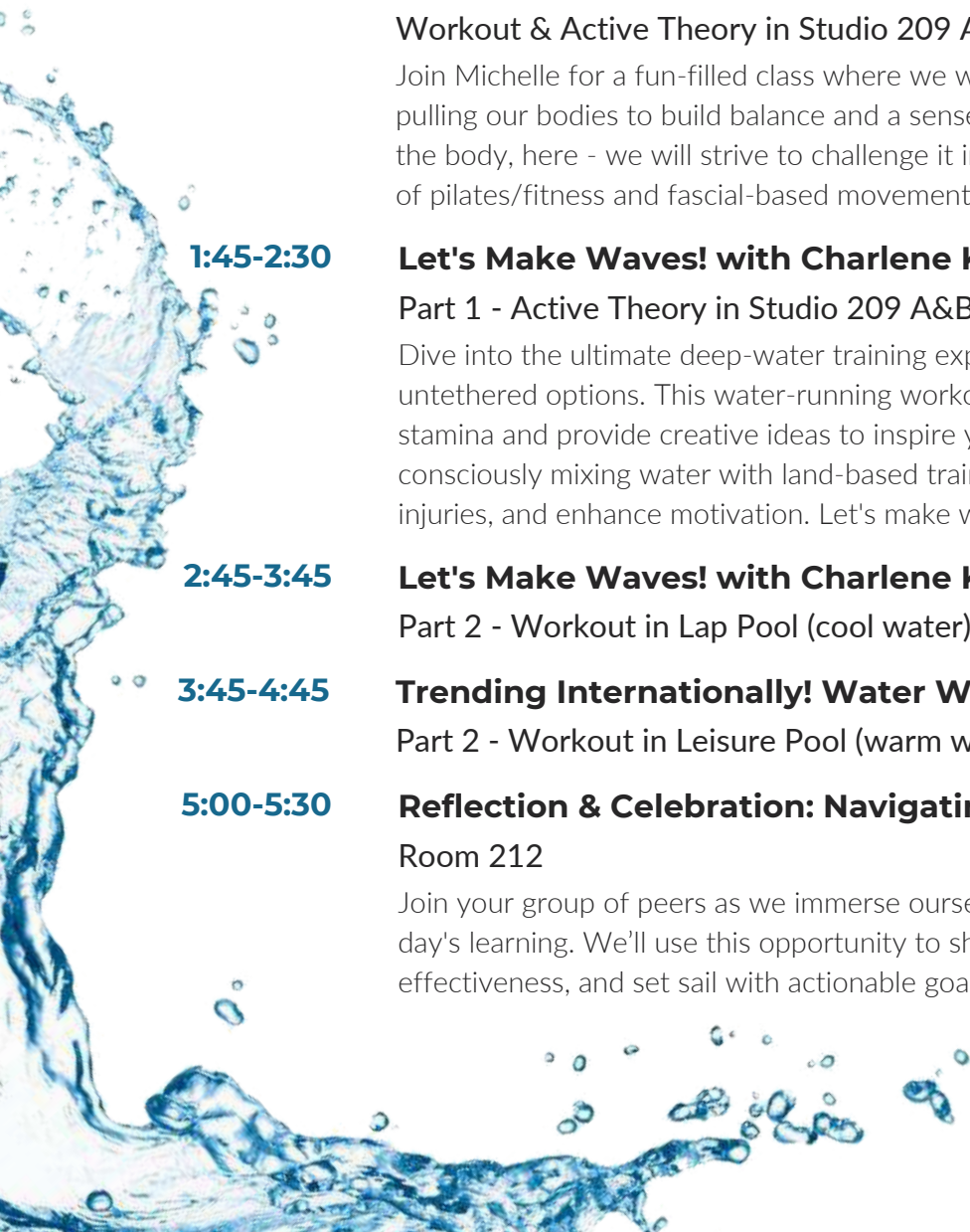
Part 2 - Workout in Leisure Pool (warm water)

5:00-5:30

Reflection & Celebration: Navigating the Waters of Learning

Room 212

Join your group of peers as we immerse ourselves in reflection and celebrate the day's learning. We'll use this opportunity to share key learnings, evaluate session effectiveness, and set sail with actionable goals.



SENSATIONAL SESSIONS

DAY TWO: SUNDAY, OCTOBER 15

9:00-9:45

Welcome & Registration in Room 212

9:45-10:45

Healing Waters: Oh My Aching Body! with Mary Lou H.

Part 1 - Active Theory in Room 212

Immerse yourself in the soothing embrace of water and experience carefully constructed, gentle aquafitness sequences, tailored for those living with body aches and pains. Explore how to simultaneously strengthen and release the mind, body, and spirit by manipulating the magical properties and unleashing the healing power of water. Take away valuable tools to deliver restorative, uplifting post-rehabilitation classes.

10:45-11:45

Aqua Vitality: Functional Strength for Ageless Living with Dylan H.

Workout & Active Theory in Studio 209 A&B

Discover the transformative power of strength training and brain activation techniques for enhancing longevity. Choose to use equipment, or not, to strengthen your body and sharpen your mind. With an emphasis on maintaining optimal alignment and range of motion, this session features a holistic approach to longevity and well-being.

11:45-1:00

Unlock your Inner Choreographer! with Leah W.

Part 1 - Active Theory in Studio 209 A&B

Discover the art of crafting seamless choreography to create fluid movement patterns. Whether you are a seasoned instructor seeking fresh ideas or a newcomer eager to make a splash, this session will unleash a wealth of new combinations that will challenge and inspire both you and your participants.

1:00-1:45

Water is Magical with Charlene K.

Lunch & Learn in Room 212

Join in a captivating voyage... Discover the spark that started CALA and how Charlene, her team and you have influenced the course of water fitness over the past 30 years! It's definitely time to celebrate and share how far we have all come.

2:00-2:45

Aqua Vitality: Functional Strength for Ageless Living with Dylan H.

Part 2 - Workout in Lap Pool (cool water)

2:45-3:30

Unlock your Inner Choreographer! with Leah W.

Part 2 - Workout in Lap Pool (cool water)

3:30-4:15

Healing Waters: Oh My Aching Body! with Mary Lou H.

Part 2 - Workout in Lap Pool (warm water)

4:30-5:00

Reflect with Charlene, Dylan, Mary Lou & Leah

Room 212

It's time to wrap up the CALA conference by sharing key learnings & valuable feedback.

PRESENTING TEAM



Charlene Kopansky CALA Inc. Founder & President | B.Sc. Human Kinetics, B. Ed.

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 & aqua fitness leadership have made her a popular international presenter. Among Charlene's many awards and achievements, the most notable is the canfitpro Lifetime Achievement Award for being a visionary in the fitness industry and her dedication to the pursuit of excellence in the delivery of vertical water training education across Canada and internationally.



Dylan Harris CALA Specialty Master Trainer & Presenter | B.Rec, B.SC. HK, C.A.T., CSCC

As a former competitive figure skater & 4-time Canadian Artistic Roller-Skating Champion, Dylan is a renowned athletic trainer & performance coach to national & international level figure & roller skaters. He travels the world educating & inspiring fitness leaders and athletes with his passion, high energy, sound technique & wild creativity. In his 28 years of industry experience, he has acquired an impressive 20+ industry certifications in a variety of modalities and is currently a CALA Specialty Master Trainer, Senior Director at Body Rock Fitness & the Health, and the Fitness & Sports Manager at Dovercourt Recreation Centre in Ottawa, ON.



Michelle McLaren CALA Master Trainer | B.Kin., RMT, STOTT, canfitpro FIS

Before graduating from Foothills College of Massage Therapy in 2003, Michelle finished a degree in Kinesiology from McMaster University and a diploma in Athletic Therapy from Mount Royal College. She has also been active in the fitness industry for the past 33 years, travelling across Canada, teaching CALA instructor courses and facilitating workshops. With her strong background in Kinesiology and Massage therapy, Michelle has a profound understanding of the human body, allowing her to create innovative and functional movement patterns and class designs. She currently resides in Canmore, AB, where she works as a Fitness and Pilates Instructor.



Mary Lou Hall CALA Trainer (VWT, GAF, HW, & HydroRider) | Fitness Specialist, GBC

Backed by education as a Fitness Specialist from George Brown College, Mary Lou brings 28+ years of experience in the fitness & wellness industry. She teaches a variety of classes including Hydorrider, Boot Camp, AquaArthritis, MS & Stroke Re-motion, General Fitness, and Personal Training. Formerly a Burlington/Mississauga resident, Mary Lou recently relocated to Calgary, Alberta where she continues to share her enthusiasm & passion for the benefits of moving in water & connecting the body, mind & spirit.



Leah Widynowski CALA Trainer (VWT, GAF) | B.Comm

Marketing is her day job, but fitness is her passion. As a certified aqua fitness instructor for almost 25 years, Leah has been sharing her love for water and wellness by training instructors, facilitating workshops, and evaluating leaders across Canada for CALA. She is also a certified land fitness instructor. Her participants love her infectious energy and authentic personality. When she is not building brands, executing marketing plans, or instructing fitness at her local YMCA, she is chasing after her two boys at the park, on the ski hill, or around the campground. She currently resides in Edmonton, AB.



IMPORTANT INFORMATION FOR ALL DELEGATES

REGISTRATION:

- Saturday-only and two-day conference registrants are to register on **Saturday morning between 10:30 and 11:30 a.m.** in Room 212.
- Sunday-only conference registration is on **Sunday morning between 9:00 and 9:45 a.m.** in Room 212.

LOCATION:

Elevation Place
700 Railway Avenue #100
Canmore, Alberta T1W 1P4
403.678.8920
Canmore.ca

Education sessions will be conducted in Room 212, Studio 209 A&B, the lap pool, and the leisure pool. Please reference the conference itinerary that will be provided upon registration for session times and locations.

WHAT YOU NEED TO BRING:

- Bathing suit, towel, and water shoes (optional) for pool sessions.
- A variety of clothing for land sessions, including something comfortable for movement.
- Clean indoor shoes; outdoor shoes are not permitted on the pool deck.
- Water bottle and healthy snacks. (See nutrition notes below)
- Paper/notebook and writing utensils for taking notes.
- Printed copies of the session handouts. These will be emailed to you prior to the conference.
- Note: floatation belts and any necessary equipment required for the sessions will be provided.

NUTRITION:

- Please come fueled and ready to jump in on Saturday. Light refreshments will be provided throughout the day.
- Lunch will be provided on Sunday. If you have any dietary restrictions, please bring your own lunch.
- You are also welcome to bring your own snacks. There is also a small café on site and two vending machines.

BELONGINGS:

- Our belongings will be secured in Room 212 for the entire day. Delegates can bring their belongings on deck.
- Lockers are also available in the changing rooms. You can bring your own lock or "rent" the locker with a loonie, which you get back when you check out. We suggest you leave any valuables at home or in your car.

PARKING:

There is 4-hour free parking at the venue. This is monitored by bylaw. Additionally, there is a free parking gravel lot just beyond the free 4-hour parking lot.

ACCESSIBILITY:

The venue is accessible. There are accessible parking spots near the venue's front door. There are elevators to get to and from the second floor and lifts and ramps to assist with safe and easy access to the pool.

ACCOMMODATIONS:

We recommend booking at the Grande Rockies Resort, Canmore Inn & Suites, or the Super 8 by Wyndham.

CONTINUING EDUCATION CREDITS:

- Saturday attendance = 6 CECs*
- Sunday attendance = 8 CECs*

You must submit an evaluation for each session to the CALA Conference TEAM on-site in order to be accredited CECs.

*You will receive CECs for CALA, BCRPA, SPRA, and CFES. The conference sessions are also accredited by canfitpro, OFC, YMCA, YWCA and NSFLA. AFLCA-certified leaders are permitted to petition for CECs. If you require a digital copy of the CEC certificate, please request it by email at cala_aqua@mac.com.

Registration Form

CALA 30th Anniversary Conference, Canmore, AB
Saturday October 14 & Sunday October 15, 2023



Conference Fees

- | | | |
|---|--------------------|---|
| <input type="checkbox"/> TWO DAY CONFERENCE - SATURDAY & SUNDAY | \$298 + tax | CALA Member Registration for Sat & Sun October 14 & 15. Lunch included on Sunday. 14 CALA CECs. |
| <input type="checkbox"/> DAY ONE ONLY - SATURDAY | \$169 + tax | CALA Member Registration for Saturday October 14. 6 CALA CECs. |
| <input type="checkbox"/> DAY TWO ONLY - SUNDAY | \$219 + tax | CALA Member Registration for Sunday October 15. Lunch included. 8 CALA CECs. |
| <input type="checkbox"/> CALA MEMBERSHIP | \$59 + tax | Join or renew your CALA membership now and save. |
| <input type="checkbox"/> NON-MEMBER CONFERENCE FEE | \$40 + tax | Additional conference fee for non-CALA members. |
| <input type="checkbox"/> LATE REGISTRATION FEE | \$50 + tax | Fee for registrations submitted after October 5, 2023. |

TOTAL PAYMENT TO CALA + 5% TAX = E-transfer to cala_aqua@mac.com

PAYMENT POLICY: Preferred payment is by e-transfer to cala_aqua@mac.com. If payment by cheque is necessary, please note; NSF and returned cheques are subject to a \$50 + tax admin fee. CONFERENCE FEES: Fees include sessions, handouts (pdf copies will be emailed), CECs, and nourishment. CANCELLATION POLICY: All conference cancellations must be received by email to cala_aqua@mac.com on or before September 28, 2023. Your fee will be refunded less a \$100 + tax cancellation fee. No refunds or credits after September 28, 2023. No refunds or credits will be given for no-shows or partial registrations. On rare occasions, it is necessary to shift CALA training dates, times, & topics. Thank you for your understanding.

Registrant Contact Information

First Name : Last Name :

Address : City :

Province : Postal Code : Phone :

Email : Facility :

Waiver Agreement

- I agree to forever release, discharge, fully indemnify & save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, & all promoters, sponsors and their representatives and successors, & their assigns from any & all claims, demands & expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program & that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand & agree to the above & that I am of legal age to execute this form as a legal document.
- I understand CALA may take pictures &/ or recordings during the conference to use for marketing, website or other media.
- I understand & agree that I will not record any part of the conference.

Registrant Signature

Date