



**Time to celebrate
30 years of CALA.
Let's Keep the Party Going!**

Saturday, September 16, 2023

Meadowvale Community Centre, Mississauga, ON.

Accredited by CALA, canfitpro, CFES, *AFCL, BCRPA, SPRA,
NSFLA, NBFA, OFC, YMCA & YMCA

cala_aqua@mac.com

www.calainc.org

Sensational Sessions

Saturday, September 16, 2023 at Meadowvale Community Centre, Mississauga, ON

8:30am – 9:00am: Registration. Please arrive on time.

9:00am – 9:20am: Session A-1: General Assembly

Enjoy a warm welcome and presenter introduction, featuring Dylan Harries & Mo Hagan who will plant the seed to "Keep the CALA Party Going".

9:20am – 9:30am: Move to Block B or C

Block B: Sessions B-1 & B-2: 9:30am – 12:30pm				Block C: Sessions C-1 & C-2: 9:30am – 12:30pm			
B1	9:30am – 10:15am	Main Pool	ABS-olutely Core (Char/Mo)	C1	9:30am – 10:15am	Active Theory	Single Leg Aqua (Oded)
B2	10:15am – 11:00am	Therapy & Main Pool	Longevity (Char/Mo)	C2	10:15am – 10:45am	Active Theory	Aqua Yoga (Karl)
	11:00am – 11:15am	Change for Theory			10:45am – 11:00am	Change for Pool	
B1	11:15am – 11:45am	Active Theory	ABS-olutely Core (Char/Mo)	C1	11:00am – 11:45am	Main Pool	Single Leg Aqua (Oded)
B2	11:45am – 12:30pm	Active Theory	Longevity (Char/Mo)	C2	11:45am – 12:30pm	Therapy & Main Pool	Aqua Yoga (Katherine & Karl)



12:30pm – 1:25pm: Session A-2: General Assembly

Recharge with a Nutritious Lunch

Reconnect with Instructors and take time to submit your completed evals for the morning sessions. Be advised you will receive your CECs for each session after you have submitted your signed evaluation for each session.

***1:00pm – 1:25pm: Storytelling Time: Y-volution of Self with Yves Paul**

Yves' overall mission is to make a positive impact in health and fitness, but especially in the aspect of an individual's *evolution of self*-training. His primary goal is to help people set themselves up for success in all aspects of wherever they are and whatever age they are in their lives, and as importantly, to encourage them to achieve personal peak sustainable performance. Truthfully though, working on or training someone to become stronger, faster, fitter, leaner, that's one thing; helping clients develop insights into themselves and their surrounding environment, feeling grounded and confident and thriving, as well as a strong sense of personal well-being, that is what is intrinsically rewarding for him.



1:25pm – 1:30pm: Move to Block D or E

Block D: Sessions D-1 & D-2: 1:30pm – 4:45pm				Block E: Sessions E-1 & E-2: 1:30pm – 4:45pm			
D1	1:30pm- 2:15pm	Main Pool	Anchor Management (Katherine)	E1	1:30pm- 2:05pm	Active Theory	Power with Pizzazz (Jaye)
D2	2:15pm – 3:00pm	Main Pool	The Pattern Method (Oded)	E2	2:05pm – 2:45pm	Active Theory	Healthy Back & Hip (Dylan)
	3:00pm- 3:15pm	Change for Theory			2:45pm- 3:00pm	Change for Pool	
D1	3:15pm- 4:00pm	Active Theory	The Pattern Method (Oded)	E1	3:00pm- 3:50pm	Main Pool	Power with Pizzazz (Jaye)
D2	4:00pm- 4:45pm	Active Theory	Anchor Management (Katherine)	E2	3:50pm- 4:45pm	Therapy Pool	Healthy Back & Hip (Dylan)

4:45pm – 5:00pm: Move to Block F or G

F	5:00pm – 5:45pm	Main Pool	Aqua Strength (Yves)	G	5:00pm – 5:30pm	Active Theory	Mindful Movement (Karl)
	5:45pm – 6:00pm	Change for Theory			5:30pm – 5:45pm	Change for Pool	
	6:00pm – 6:30pm	Active Theory	Aqua Strength (Yves)		5:45pm – 6:15pm	Therapy Pool	Mindful Movement (Karl)

Session A-3: 6:45pm – 7:00pm: General Assembly

Submit your completed afternoon evaluations. Each and every presenter and the CALA Conference team all appreciate your insight. Be advised you will receive your CECs for each session after you have submitted your signed evaluation for each session.

Charlene & Dylan: Time to celebrate the opportunity to re-kindle the joy of movement in water. Thanks for keeping the Party Going!

Potential CALA Party: 8:00pm – 10:30pm

Just finalizing details at a local venue
There will be an update when details have been confirmed.



Charlene would like to thank everyone for sharing in CALA's 30th Anniversary celebration. You are welcome to join the CALA team for a post conference party.

Block B: Featuring Mo Hagan & Charlene Kopansky

B-1: The CALA Aqua Core Workout

Dive into a unique blend of core-strengthening movements that take advantage of the water's resistance and buoyancy. Explore a variety of chest deep and deep-water core sequences to enhance confidence, stability and overall strength. Enjoy a refreshing and effective workout that leaves you feeling energized and revitalized.



B-2: Unlock the Secrets to Longevity: Empower Your Body and Mind

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. Mo and Charlene will place emphasis on maintaining optimal alignment and range of motion, ensuring a holistic approach to longevity and well-being. This session can be modified for therapy and main pool temperatures.

Block C:

C-1: Asymmetrical Single Leg Aqua Moves with Oded Netzer

This single leg workshop features new moves incorporating directional, rhythmical and level options in chest deep and deep-water. Expect to work hard, have loads of fun and practice simple patterns that lead to more advanced sequences. Be prepared to put on your 'thinking cap'!

C-2: Aqua Yoga with Karl Notargiovanni & Katherine McKeown

Performed in chest deep water, this aqua infused yoga sequence, develops core strength, balance, proprioception and coordination through the holistic integration of mind, body and spirit. This program easily adapts to a variety of pool temperatures by modifying intensity to suit individual needs. Celebrate the union of effort and ease. Release with relaxation, move with intention and follow your flow.



1982, Rio de Janeiro, Charlene preparing to dance in the Carnival!

Block D:

D-1: Anchor Management with Katherine McKeown

Celebrate the outstanding core strengthening benefits of anchored contact and anchored suspended work. The rich integration of CALA Base Moves and Aqua Infused Pilates will enhance your repertoire of movement sequences which can be easily adapted to any class. Participants will experience and explore variations of movements at the wall and away from the wall in chest deep and deep water.

D-2: The Total Fitness Pattern Method with Oded Netzer

Think of the 32 beats in a phrase of music. Now break the phrase into 4 sets of 8 beats. It's all about manipulating the 8 beats using the 'pattern method'. Dive into 'single, single double', 'double-double', 'triple-single', 'single-triple' and so many more patterns of aqua movements. Get ready for a body burner and mind-twister, with belly laughs to make it fun.

Block E:

E-1: Power with Pizzazz by Jaye Graham

Kick back in Retro style as we take a trip down memory lane and celebrate the official incorporation of CALA Inc. on June 1st. 1993. Expect a high intensity workout featuring fun-filled 90's music and theme movements. Get ready to make the pool rock adding pizzazz to every single movement. The positive energy generated in this session will lift your spirit and make your body work!

E-2: Healthy Back and Hip with Dylan Harries

Understanding the parameters for healthy back and healthy hips will help you design exercises for individuals who suffer from the debilitating effects of back and hip pain. With safety in mind, review movement indications and contra-indications for people with hip and/or back pain. Learn how the properties of water reduce the effects of gravity on the both the hips and spine. Experience a series of effective moves with emphasis on postural awareness, dynamic stabilization and kinesthetic cueing.

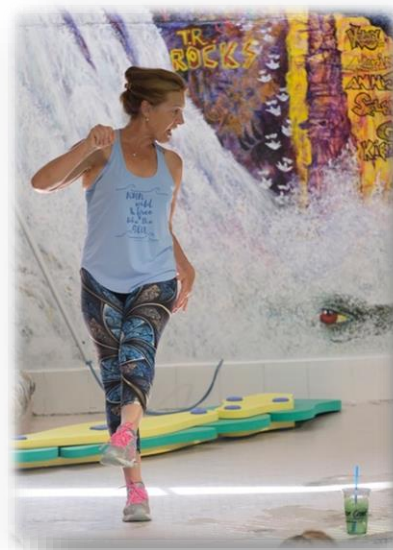


Charlene and Mo at University of Guelph

Block F:

F: Aqua Strength with Yves Paul

Strength training is essential to maintain an independent lifestyle. Learn various ways to add formulated aqua strength training exercises that focus on the upper body, the lower body, the torso and the total body. An expert in building and maintaining strength, Yves will motivate you to turn the pool into a liquid weight room.



Charlene at Tumbler Ridge

Block G:

G: Mindful Movement in Water with Karl Notargiovanni

Mindful moving in water can be particularly beneficial for individuals seeking a low-impact exercise option, who are recovering from injuries, or those who simply wish to explore a new way of connecting with their bodies and nurturing their overall well-being. By immersing oneself in warm water and focusing on the present moment, individuals can experience the numerous physical, mental, and emotional benefits that this practice provides. This is an opportunity to harmonize the mind and body, promoting a sense of inner calm and vitality.



CALA Presenters



Charlene Kopansky, Founder & President of CALA Inc.

B.Sc. Human Kinetics, B. Ed., Deans Honour Roll. 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 presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' & Presenter of the Year-Germany, Volunteer Recognition & 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 Achievement Award, BCRPA Trainer & ICE Evaluator. A lover of nature, Charlene finds peace and joy while hiking & meditating in New Zealand, the Yukon, British Columbia, Alberta, South Africa and Europe!



Dylan Harries, [B. Rec; B.Sc. (HK); C.A.T.; CSCC]

Dylan is a former Canadian national level competitive figure skater and 4-time Canadian artistic roller-skating champion. He travels the

world educating and inspiring fitness leaders with his passion, high energy, sound technique and wild creativity. Dylan is the Health, Fitness and Sports Manager at Dovercourt Recreation Centre and the Creative Director for CALA Inc., He is a renowned athletic trainer and performance coach to international level figure and roller skaters. A CALA Master Trainer, he is canfitpro (PTS/FIS), YMCA (PT, Cyclefit and Older Adults), Barre Above (Master Trainer), Tabata GX (Master Trainer), SPI (Level 2), Bender Ball (Master Trainer), Spinning (Star 2), Pilates (YMCA USA), TRX (Level 1), Hydorrider (Canadian Master Trainer), Balletone (Trainer), Extreme HIIT Chaos (Trainer), Bosu Balance Trainer (Instructor), Functional Aging (Ageless Now Academy) AEA (Aqua Yoga and Hydrorevolution) and NCCP (Level 2) certified.



Katherine McKeown, B. Ed.

Katherine McKeown, Master Trainer and Certification Coach 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. needs. Katherine's sense of humour brings levity to even the most detailed topics she presents. Try taking her series of CALA Aqua Anatomy and you will laugh and learn all at one.



Notargiovanni, Karl, CALA Master Trainer

Karl Notargiovanni, Acupuncturist, B.F.A. Choreography; CALA Trainer; Massage Therapist, Yoga Instructor, Co-Author of CALA Aqua Specialty Course I. Karl, a life lone learner 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 with others. You can visit Karl in Montreal and experience a life changing acupuncture session that will help you to feel great.



Graham, Jaye, CALA Trainer

Jaye Graham is the owner of "H2O Works Canada" since 2010. Jaye has worked extensively with people who have degenerative conditions, spinal cord injuries, stroke, frozen shoulder issues, surgeries such as hip and knee replacements, athletes and ageing individuals. She is a CALA, Trainer, Facilitator, and Assessor. Jaye is the lead instructor for the University of Guelph for their Water Rehabilitation program. Jaye is a Third-Degree Black Belt

Sensei and enjoys hosting International Students.



Yves Paul

Yves managed the Waterfront Wellness Club in Bermuda for over a decade. He is multi-talented and has amassed a wide variety of certifications and qualifications. Along the way, Yves became a 3-

time Canadian National Aerobics Champion as well as winning Bermuda's Men's Fitness Champion (2013) at the early age of 50! Yves' overall mission is to make a positive impact in health and fitness and especially in the evolution of self-training - empowering people to live an actively healthy and positively high-quality lifestyle. He provides both personal and group training, establishing genuine relationships with clients.



Mo Hagan

Maureen Hagan, or Mo as she is best known, is a global fitness ambassador, recognized for her work and leadership in the fitness industry that spans almost 4 decades. She is an

international award-winning fitness professional, Canada's Top 10 Women of Power in 2020 and a Top 100 Health Influencer. Mo is Chief Operating Officer for canfitpro - Canada's leading fitness education authority. Mo's passion for moving people extends beyond the fitness industry as a licensed physiotherapist and, with her work on the Canadian National Board of Directors for Prescription To Get Active.



Oded Netzer

Resides in Raanana town in Israel. A Fitness coach since 1996, Oded traveled to Canada to complete CALA Training and Certification and in 2011 he completed the CALA Trainer for Trainers

Course to become a CALA presenter in ISRAEL. Oded, is the Owner of Total fitness ISRAEL (TFI) company with a specialized Aqua fitness Method. Oded created the CALA+TFI Aqua fitness method in 2011 - a mix of two creative styles for leading aquafitness and land-based classes. He currently leads 18 hours of weekly lessons in Raanana and Hertzliya, near Tel-Aviv.



CALA 30th Anniversary Conference
Mississauga, Ontario, September 16, 2023
Let's Keep the CALA Party Going
for 30 More Years!



Available through CALA



Ryka Water Shoes – Contact CALA



CALA Manuals – Contact CALA



CALA members only. Enjoy a 25% off all downloads (does not include App). CODE YESCALAYES

The Conference sessions will not be recorded for Independent Learning

Download CALA Event Schedule

CALA Aqua Anatomy: Session Nine
Gluteus Hip Flexors & Knee Extensors

Register Now! Contact CALA

Description: The muscles featured in session #9 are the main muscles that perform Hip Flexion & Knee Extension. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition these muscles most effectively in an aquatic environment.

Sunday, August 27, 2023

zoom 1pm – 4pm EST

Katherine McKeown, CALA Master Trainer

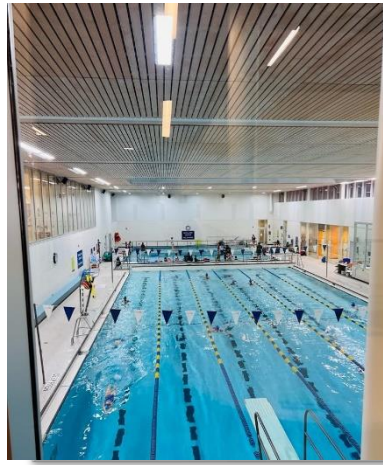
Contact CALA to register
cala_aqua@mac.com

COST: CALA Member: \$75 + tax
Non-Member: \$95 + tax (ON tax is 13%)
Add \$20 + tax if paying after July 27, 2023

Earn 3 CALA CECs. Also accredited by: WAFIT, OTC, BCIRPA, BIPRA, WYCA, NATA, USAF, CPTA, AFCA, CEFSA

On rare occasions, it is necessary to add CALA Training fees, travel, and hotels. Thank you for your love and understanding!

Catch the CALA Wave www.calainc.org



Welcome to the Meadowvale Community Centre



Charlene and the members enjoying Aquafit

Anatomy Series Session 9 – Contact CALA to register

Canadian Aquafitness Leaders Alliance

International Leader of Aquafitness Training

Charlene Kopansky, President and Founder 1993

Certifications CALA Trainers

- Vertical Water Training (pre-requisite)
- Group Aqua Fitness
- Liquide Barre
- Aqua Pre/post Natal
- Aqua Cardio Kick Box
- Hydro Rider
- Aqua Running
- Aqua Kids (late August)
- Ai-Chi
- Healing Waters: (Post Rehabilitation)
- Aqua Infused Aqua Yoga

Jennie Queen, Master Trainer
Katherine McKeown, Master Trainer
Karl Notargiovann, Master Trainer
Dylan Harries, Master Trainer
Kristin Murphy, Trainer

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CALA Certification programs Contact CALA to register



CALA Independent Study Workshops
Recordings of ZOOM Workshops
Earn CALA CECs

- ABS-olutely Core Essentials
- Aqua Zen - Updated for Today's World
- Aqua Running (101)
- Aqua Infused Yoga Workshop - BCRP Conference
- Amazon Arms
- Aqua Beads Create CALA Waves
- Aqua Healthy Back
- Changing the Chatter
- Functional Aquatic Training
- Feast on Form: Increase your CALA IQ
- Golden Gait - Water Walking
- Integrating Aqua Yoga Poses into Aquafitness Classes
- Muscle Strength & Endurance with the CALA Tempo Tree
- Pelvic Floor & Core Foundations & Dynamic Duo (Parent & Tot / Diaper Fit)
- Your Compass To Inspiration - Aqua 360 x 180

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CALA

Sample of Independent Learning Events Contact CAA to register

CALA offers a variety of events: In-person, ZOOM, Hybrid (combination of ZOOM & In-person) & Independent Learning.



CALA 30th Anniversary Conference
Mississauga, Ontario, September 16, 2023
Let's Keep the CALA Party Going
for 30 More Years!



FOR OFFICE USE ONLY

REG #		DATE		INV #		PD	
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REGISTRATION FORM

Print clearly in black ink or type and return completed form to CALA

Name (first, last) _____ CALA Member

Full name CALA has on file for you if different: _____

Address _____ Join CALA Now \$59 + tax

City _____ Tel. h _____

Prov _____ Cell _____

Postal _____ Tel. w _____

Email 1 _____ Email 2 _____

PAYMENT POLICY: Preferred payment is by e-transfer to cala_aqua@mac.com
 If payment by cheque is necessary, please note; NSF OR RETURNED CHEQUES: NSF and returned cheques are subject to a \$50 + tax admin fee.
CONFERENCE FEES INCLUDE: Sessions, handouts (pdf copies of the handouts will be emailed), CECs and Nourishment.
CANCELLATION POLICY: All conference cancellations must be received in writing by mail on or before September 1, 2023. Your fee will be refunded less a \$100 + tax cancellation fee. NO refunds or credits after Sept. 1, 2023. No refunds or credits will be given for no-shows or partial registrations.

WAIVER AGREEMENT for CALA 30th Anniversary Conference Mississauga on Saturday September 16, 2023.

Let's Keep this CALA Party Going for 30 More Years!

Please check that you agree to the following WAIVER.

- 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.

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

Early Bird prices listed below on or before Sept. 1, 2023
 Regular prices add \$35 + tax if registering between Sept. 2 - 8, 2023
 Add \$50 + tax if registering after Sept. 8, 2023

FULL DAY CONFERENCE (current CALA member): \$199 _____

HALF DAY CONFERENCE (current CALA member): \$109 _____

Morning Choose: B or C | Afternoon: Choose: D or E & F or G

JOIN or RENEW CALA MEMBERSHIP Add \$59

NON-MEMBER Add: \$35 (if not joining now) _____

Tax Add 13% _____

Total: E-transfer to cala_aqua@mac.com
 or mail a cheque (CALA Inc., 125 Lilian Dr. Toronto, ON, M1R 3W6) _____

ALL participants will earn and bank 8 CALA CECs for attending a full day and 4 CALA CECs for a half day.

Must Bring: Aquafitness belt, layers of clothing, water shoes (optional), clean indoor shoes, swimsuits & towels, medications, scent-free toiletries/hygiene products, own lock, water bottle, pen & paper.

Bonus: Lunch is included for all registrants Meal choice: Vegetarian no restrictions

If you have special food requirements, please bring your own lunch, beverages & snacks



Photos and recordings will occur during the event. If you do not want to be any photos, locate yourself out of the line of the photographer.

Helpful Information

1. Meadowvale Community Centre:
6655 Glen Erin Dr,
Mississauga, ON L5N 3L4.
Parking is free. (905) 615-4710
<https://www.mississauga.ca/recreation-and-sports/locations/meadowvale-community-centre/>
2. **Full day & 'morning only' delegates** register between 8:30am & 8:55am.
Afternoon only' delegates register between 12:00m & 12:25pm.
3. There is no CHILD CARE on site.
4. Bring own lock for locker.
5. Participants cannot bring belongings on deck.
6. Street shoes are not allowed on deck but can be worn in the room.
7. The venue makes every effort to be scent free.
8. Participants are asked not to bring peanuts nor foods containing peanuts.
9. The venue has outlets to charge phones, bring your own charger &/or cables.
10. Photography by the CALA team will occur.
11. No phones on deck or in the theory room during the conference.
12. Phones must be turned off & placed out of site.
13. The pool and auditorium are downstairs the main entrance is upstairs. There is an elevator for those who need it. You can enter from the back of the building that is all on one level.
14. Lunch is provided to all conference delegates.
15. Bring a variety of clothing. You may feel cold after a pool session and need warmer clothing. During the class session you may need lighter clothing as you warm up during activity. Also bring a pen and notepaper.
16. You will receive **8 CECs** with CALA, BCRPA, SPRA, and CFES by attending the full day and 4 CECs by attending a half day. This CALA Conference is also accredited by canfitpro (**4 CECs** for a full day), 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 [email cala_aqua@mac.com](mailto:cala_aqua@mac.com) and request a certificate. This service is free for CALA Members. There is a nominal \$15 + tax fee for non-members.
17. There will be no ZOOM option available.

**Have a great time
with the CALA team
as we all celebrate
the 30th anniversary
of CALA.**

