



SPRING INTO SUMMER CALA EAST CONFERENCE

We invite you to celebrate with us
Saturday, June 8, 2024
at Burnhamthorpe Community Center
1500 Gulleden Drive, Mississauga, ON

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

In partnership
with:



MISSISSAUGA

SENSATIONAL SESSIONS

Morning Sessions: 8:15am - 12:30pm

Wake Up! with Charlene Kopansky

Approach the day with an open mind, an energetic body, and a passionate spirit! Let's have fun together.

Stabilize to Mobilize with Julia Cabral

Bring your yoga mat or a thick towel and experience a series of exercises structured to bring awareness to the relationship between posture and core. Learn how to stabilize your core while mobilizing your upper and/or lower body. Then, learn how to stabilize your limbs and mobilize your core.

Aqua Thunder with Jennie Queen

Get ready to make waves and unleash the thunder in our "Aqua Thunder" drumming workshop! Dive into the rhythm of the water as we embark on an exhilarating journey of percussive exploration. From the gentle pattern of raindrops to the powerful roar of a thunderstorm, we'll harness the elemental energy of water to create mesmerizing beats and captivating melodies.

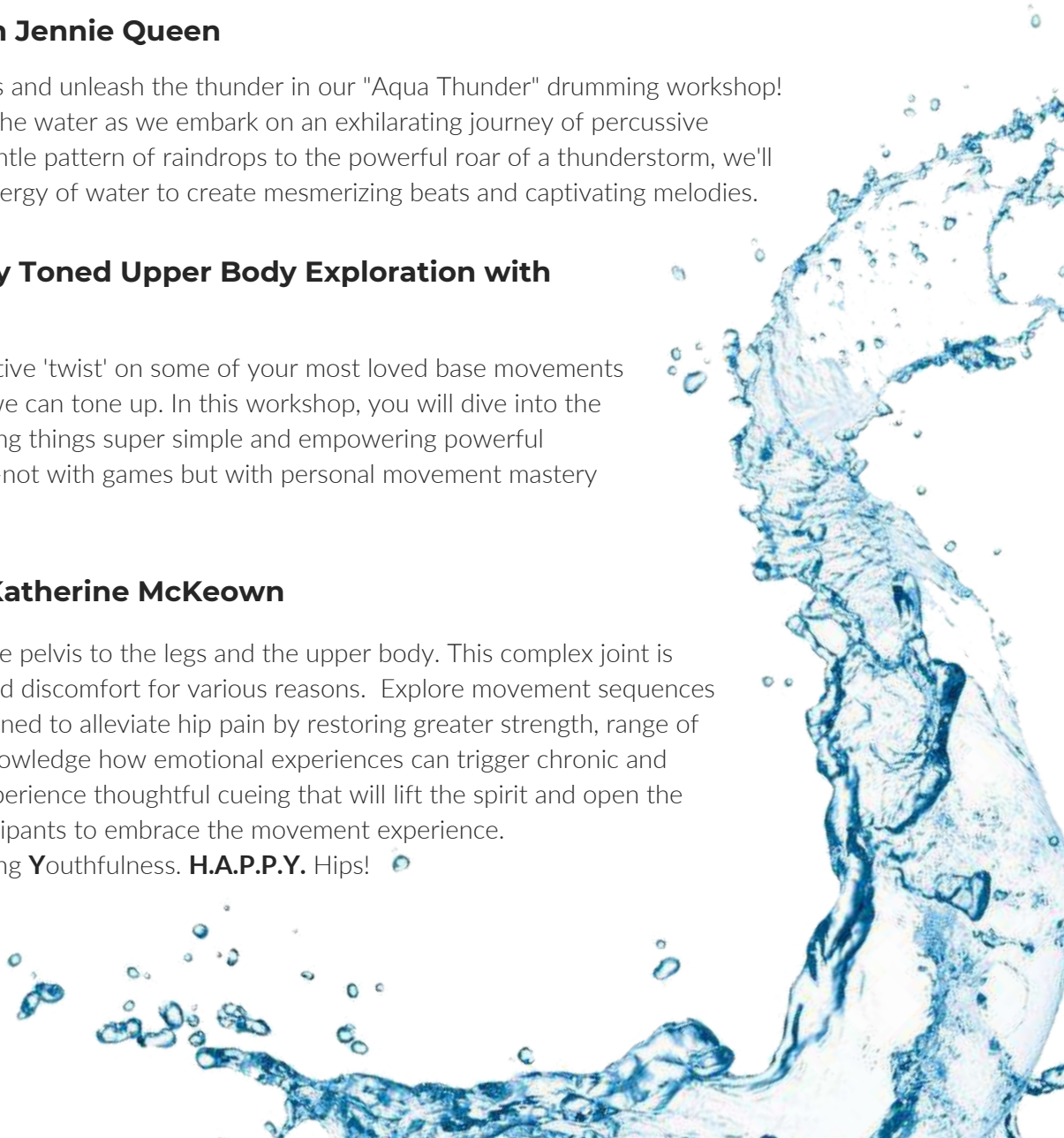
Tidal Twist ~ Totally Toned Upper Body Exploration with Jennie Queen

This dynamic and innovative 'twist' on some of your most loved base movements focuses on tuning in so we can tone up. In this workshop, you will dive into the art of subtle shifts, keeping things super simple and empowering powerful participation with PLAY—not with games but with personal movement mastery and experiencing water.

HAPPY Hips with Katherine McKeown

The hip joint connects the pelvis to the legs and the upper body. This complex joint is often a source of pain and discomfort for various reasons. Explore movement sequences in a therapy setting designed to alleviate hip pain by restoring greater strength, range of motion and vitality. Acknowledge how emotional experiences can trigger chronic and acute hip discomfort. Experience thoughtful cueing that will lift the spirit and open the mind to encourage participants to embrace the movement experience.

Hips And Pelvis Promoting Youthfulness. H.A.P.P.Y. Hips!



SENSATIONAL SESSIONS

Afternoon Sessions: 1:30pm - 5:30pm

The Baby Boomer Dilemma with Dylan Harries

Discover the transformative power of strength training combined with brain activation techniques for enhancing longevity. Choose to use equipment or not, to strengthen the body and sharpen the mind. With an emphasis on maintaining optimal alignment and range of motion, this session features a holistic approach to longevity and well-being. Experience movements in the recreational main pool for 'active agers' who are focused on maintaining an active lifestyle in spite of their aches and pains. Then, transition to the therapy pool and delve into movement sequences for 'broken' people who do not like the idea of exercise and have been told they need to move.

Aquatic Fusion of Martial Arts - Uncovering the Secrets with Jaye Graham

Step into the transformative realm of Aquatic Fusion of Martial Arts, where the elemental forces of water intertwine with this ancient art form. Hone your physical prowess while uncovering the secrets of where power truly originates. Experience a unique synergy of speed, power, range of motion, and accuracy as you explore your capabilities and tap into newfound levels of strength and agility. Beyond the physical realm, Aquatic Fusion Martial Arts fosters confidence and empowerment. Uncover the ability to convey movements with clarity and precision through mindful awareness and practice. This chest-deep water session will help you guide participants on a holistic, transformative journey integrating mind, body and spirit.

Celebrating the Joy of Movement with Charlene Kopansky

Experience a plethora of movement combinations featuring 'bridging and linking' to create fluid flow in your body. Explore a variety of joint angles and identify the beginning and end of each movement, with core activation as the stabilizing force. Listen to the music you create and feel the waves you generate as you move to your own rhythm while moving in chest-deep and deep water.

Masterclass Mash-up with CALA Presenters and Special Guest Ameila Holden

Dive into this ultimate masterclass mash-up where we'll combine a variety of vertical water workout styles, learn unique teaching techniques from each presenter, and close out the conference feeling energized and inspired!



CONFERENCE ITINERARY

SATURDAY JUNE 8, 2024

Registration 7:45am - 8:15am	Delegate registration & light refreshments Location: Applewoods Room	
Welcome Session 8:15am - 8:30am	Wake Up! with Charlene Location: Applewood Room	
Opening Session 8:30am - 9:30am	Session A: Stabilize to Mobilize Presenter: Julia Location: Applewood Room	
Morning Block 9:30am - 12:30pm	Session B: Aqua Thunder & Tidal Twist Presenter: Jennie Location: Main Pool 10:45am - change for classroom	Session C: Happy Hips Presenter: Katherine Location: Applewoods Room 11:00am change for pool
	OR	
Lunch Block 12:30pm - 1:30pm	Lunch & Tradeshow Location: Applewoods	How to become a CALA Trainer & Presenter 12:45pm - 1:15pm Location: Dixie Woods Room
Afternoon Block 1:30pm - 4:30pm	Session D: Aquatic Fusion of Martial Arts & Celebrating the Joy of Movement Presenters: Jaye & Charlene Location: Main Pool 3:00pm change for classroom	Session E: The Baby Boomer Dilemma Presenter: Dylan Location: Applewoods Room 3:15pm change for pool
	OR	
Closing Session 4:30pm - 5:30pm	Session F: Masterclass Mash-up CALA Presenters with Special Guest Amelia Holden Location: Main & Therapy Pools	

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.



Julia Cabral CALA Instructor & Certified Pilates Instructor

Julia believes in the philosophy that 'the greatest wealth is health;' and that the quality and enjoyment of life depends more on health than any other factor. Julia brings people closer to their ideal health through mindful movement - a balance between physical and mental focus - helping people achieve their best selves. Julia's been a part of the fitness community as an instructor for over 30 years. Starting in aerobic group classes, she later became a CALA-certified aqua fitness teacher and certified Pilates teacher through the New York Pilates Studio. With a wealth of experience, she currently specializes in personal training, post-rehab (joint replacement, arthritic conditions and general injuries), and water running.



Jennie Queen CALA Master Trainer & Executive Leadership Coach

Jennie embodies her "Live Your Legacy" motto, a philosophy that wholeheartedly embraces authenticity in each moment while creating uplifting waves. Jennie's 25 years of industry experience and passion for inspiring others have taken her to the forefront of the field, where she now leverages her extensive background and credentials in her own coaching business and her career as a Portfolio Manager with the City of Ottawa. Renowned for her educational entertainment brand, Jennie's energy, unwavering passion, and genuine authenticity infuse every fitness class, workshop, and facilitated session she leads. Continuously committed to growth and learning, she thrives on sharing her expertise with others, and creating a legacy in leadership community.



Katherine McKeown CALA Master Trainer & Certification Coach

As a proud member of the CALA Trainer team, Katherine brings an infectious enthusiasm, a 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 full-time 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.



Jaye Graham CALA Trainer & Assessor, VWT, GAF, WR & HW

Jaye is the owner of "H2O Works Canada" since 2010. Jaye has worked extensively with those having 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 for Group Aqua Fitness, Water Running, and Healing Waters: Post Rehab. Jaye is the lead instructor for the University of Guelph for their Water Rehabilitation program and instructs a variety of aquafitness classes for the university plus the City of Guelph. Jaye is a Third-Degree Black Belt Sensei, enjoys hosting International Students, has 2 grown children plus 2 fur babies.

PRESENTING TEAM



Dylan Harris CALA Master Trainer | 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.



Amelia Holden CALA GAF and Aqua Kick Box Specialty Instructor & Guest Presenter

Her aquafit journey began at age 17, working as a lifeguard, where she was thrown in to teach a class of 60 older adults. Then, while attending university, she applied for an aquafitness instructor job at GoodLife Fitness, where she was told she needed CALA certification. So, in 1999, she completed her Vertical Water Training certification with none other than Charlene! After 25 years of teaching, she is ready to share her knowledge and expertise with other instructors. As an athlete, her desire to have the pool become her gym was why she engaged in a more challenging aqua program by earning the CALA Aqua Kick Box Specialty Certification. At the facility where she currently teaches, she is known as the 'Queen of Aqua Kick Box' and is proud of this title.

HOW TO BECOME A CALA TRAINER & PRESENTER

Are you interested in joining the CALA training team? Do you want to know what it takes to certify leaders or become a conference presenter? Join us for this lunch n' learn session in the Dixie Wood Room from 12:45pm - 1:15pm where we will explore the pathway to becoming a part of the CALA Trainer Team.

Learn more about our certifications at calainc.org

IMPORTANT INFORMATION FOR ALL DELEGATES

CONFERENCE LOCATION:

Burnhamthorpe Community Center
1500 Gulleden Drive, Mississauga, ON
(905) 615-4630

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.
- Lunch, water bottle and healthy snacks.
- Yoga mat.
- Lock for changeroom lockers.
- Paper/notebook and writing utensils for taking notes.
- Printed copies of the session handouts. These will be emailed to you before the conference.
- Note: floatation belts and any equipment required for the sessions will be provided.

ACCESSIBILITY:

The venue is accessible. There are accessible parking spots near the venue's front door, and the pool is accessible by a ramp, lift, and stairs.

ACCOMMODATION IN MISSISSAUGA:

There is a room block at the Days Inn by Wyndham Toronto West Mississauga.

To book, call **877.361.2506** and reference 'Block CALA Delegates' and Itinerary #5136B445116873.

The offer expires on May 24, 2024, so book now!

This hotel offers complimentary breakfast and free parking.

CONTINUING EDUCATION CREDITS:

Full-day attendance = 8 CALA CECs. Half-day attendance = 4 CALA CECs.

You will receive an email invite to complete the conference's digital evaluation. You must complete the evaluation to be accredited your CECs. *You will receive CECs for CALA, BCRPA, SPRA, and CFES. Sessions are accredited by canfitpro, OFC, YMCA, YWCA, and NSFLA. AFLCA-certified leaders can petition AFLCA for CECs.

If you need a digital copy of the CEC certificate, please email cala_aqua@mac.com.

Registration Form

CALA Spring into Summer Conference, Mississauga, ON
Saturday, June 8, 2024 - Burnhamthorpe Community Centre



Conference Fees

<input type="checkbox"/>	FULL-DAY CONFERENCE	\$229	CALA Member Registration for full day (8 CECs)
<input type="checkbox"/>	HALF-DAY: MORNING	\$129	CALA Member Registration for half-day, morning only (4 CECs)
<input type="checkbox"/>	HALF-DAY: AFTERNOON	\$129	CALA Member Registration for half-day, afternoon only (4 CECs)
<input type="checkbox"/>	CALA MEMBERSHIP	\$59	Join or renew your CALA membership now and save.
<input type="checkbox"/>	NON-MEMBER FEE	\$40	Additional conference fee for non-CALA members.
<input type="checkbox"/>	LATE REGISTRATION FEE	\$50	Fee for registrations submitted after May 24, 2024.

TOTAL FEES + 13% 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. **CANCELLATION POLICY:** All conference cancellations must be received by email to cala_aqua@mac.com on or before May 24, 2024. Your fee will be refunded less a \$100 + tax cancellation fee. No refunds or credits after May 24, 2024. 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.

Session Selection • Admittance to the following sessions are first-come, first-serve.

Morning Session: Aqua Thunder & Tidal Twist **OR** Happy Hips
Afternoon Session: The Baby Boomer Dilemma **OR** Aquatic Fusion & Celebrating the Joy
Will you be attending the lunch n' learn: How to Become a CALA Trainer & Presenter at 12:45pm?: Yes No

Registrant Contact Information

First Name : Last Name :
Address : City : Province :
Postal Code : Phone : Do you require canfitpro CECs?: Yes No
Email : Check box if you are City of Mississauga Staff?:

Waiver Agreement • All boxes must be checked to complete registration.

- 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 and/ or recordings during the conference to use for marketing, website, or other media. (If you do not want to appear in the pictures or videos, ensure you are out of the videographer and photographer's line of sight.)
- I understand & agree that I will not record any part of the conference.

Registrant Signature

Date (DD/MM/YYYY)