

*Exceptional Water and  
Land Based Training...  
Everyone Welcome!*



## SPRING CONFERENCE

MARCH 21 AND 22, 2009

Forest Heights Pool, Kitchener, Ontario

Sponsored by

*H<sub>2</sub>O Wear*

Approved for CECs by many organizations



**Can-Fit-Pro**



cala\_aqua@mac.com

CALA

www.calainc.org

# OUR PROFESSIONAL PRESENTERS

**Angela Curry**, Programming Director (fitness, recreation, aquatics & first aid) for Acadia University, involved in fitness for 24+ years with an everlasting passion for aquafitness leadership. As a CALA Trainer and popular presenter, Angela motivates others by enthusiastically sharing her commitment to health and wellness.

**Connie Jasinskas**, B.Sc., B.Ed., M.Sc. PFLC, CFP, CALA Master Trainer, Certified Laughter Yoga. Providing leadership training in health & fitness & educating international audiences, Connie works with healthy people and others with vehicle or workplace injuries, arthritis, FMS, osteoporosis, & back pain. Connie makes complex information practical, easy to understand. Her sessions are relaxed & enjoyable.

**Michelle McLaren**, B. Kin., RMT, CALA Trainer, has been involved in the field of aquatics since 1990 & has been teaching aquafitness since 1991. She has taught throughout the cities of Toronto, Hamilton, & at the University of Calgary. Michelle injects her technical knowledge with an enthusiastic & motivating presentation style. With specialties in Aqua Cycling, Water Running & two small children, Michelle will fire you up with an innovative new class format aimed at getting the population more active from young to old.

**Charlene Kopansky**, B.Sc. (Human Kinetics), B. Ed., CALA Inc. was founded by this dynamic, dedicated individual who embodies a vision of excellence. Charlene taught Biology, Science & P.H.E. & dance fitness classes at university. 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, 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, '98 (F.I.), & Specialty Presenter of the Year (Can-Fit-Pro).

**Tara Hayes**, Ph.D. & M.Sc. Biology & H.B. Sc. in Biology & Chemistry. Tara is a professor of Biology at Sheridan College. She believes if you have your health, you have your wealth. An active CALA Trainer, Tara is certified with CALA, Can Fit Pro, Keiser & Body Training Systems/Les Mills. Known for her enthusiasm & passionate delivery of knowledge Tara is sure to inspire you.

**Dylan Harries**, B. Rec., B.Sc. (HK), C.A.T., former Artistic Roller Skating Champion & world team member. Executive Director: Body Rock Fitness, Fitness Program Consultant for City Of Ottawa & Course Conductor at Algonquin College, Dylan is a renowned Athletic Trainer/ International Fitness Presenter & Choreographer. PTS, FIS, CALA, YMCA, Exter-Ball, Bosu, SPI (2), Mad Dog, NCCP (2) certified.

**Patrick Savoury**, BKin, CPT, CALA, CFP, BOSU, Twist Cond. SS L1. SB. Combining experience, education & passion with sports & fitness, Patrick provides functional land & water based sessions to a clientele including youth, seniors & athletes. As Fitness & Sports Instructor for Canadian Forces helping officers stay fit & operationally ready for deployment Patrick's high energy & charisma are contagious.

**Kathy Zador**, CALA Certified in Healing Waters. A school teacher for over 30 years, Kathy has enjoyed a lifetime involvement with water including swimming, boating & beach lifeguarding. Having developed a successful community based 'Fibromoves' program, Kathy is currently working with CALA to design a comprehensive resource package for participants and leaders interested in aqua classes for FMS.

**Suzanne Znak**, B PHE. Teaching aqua classes since early 80's, Suzanne has been associated with CALA since it's onset, in 1993, either as a participant, certified instructor or trainer. She has worked two decades at Cedar Springs Sports Club teaching various water & land fitness. Certified BTS Instructor Power Suzanne currently works as a certified paramedic in the GTA.

## CONFERENCE DETAILS

During the conference CALA will be taking pictures for use on the CALA web site, in promotional materials. Your picture may appear in these publications.

### CONTINUING EDUCATION CREDITS:

Visit [www.calainc.org](http://www.calainc.org) for full details on accreditation  
CALA: 8 CALA CECs per day  
CanFitPro, AFLCA and S.P.R.A.: approved for credits  
B.C.R.P.A., O.F.C., N.S.F.L.A., SportPEI, NLPRA: 8 credits per day  
YMCA & YWCA: all workshops are approved for credits

### NSF OR RETURNED CHEQUES:

NSF & returned cheques are subject to a \$52.50 admin fee.

### CONFERENCE FEES INCLUDE:

Assigned sessions, handouts, CEC's.

### CANCELLATION POLICY:

All conference cancellations must be received in writing by fax or mail on or before Feb. 20, 2009. Your fee will be refunded less a \$105 cancellation fee. NO refunds or credits will be given after Feb. 20, 2009. No refunds or credits will be given for no-shows or partial registrations.

### CALA REGISTRATION BOOTH HOURS:

Sat. March 21 and Sun. March 22, 2009: From 7:30am - 6pm

### ACCOMMODATION IN KITCHENER:

[www.kw-visitor.on.ca](http://www.kw-visitor.on.ca) or call: 1-800-265-6959.

### CONFERENCE VENUE:

The Forest Heights Pool & High School, 253 Fisher-Hallman Rd.,  
Kitchener, ON. N2M 4X8. Facility Info. 519-741-2989.  
PARKING is FREE. CHILD CARE - not available.

### BRING YOUR OWN SNACK FOODS!!!

No access to food on site!

### EQUIPMENT: You MUST bring your own flotation belt!

### HOW TO REGISTER:

**By Phone:** 1-888-751-9823 or 416-751-9823 \*Call for express registration using VISA or Master Card. Decide your session choices before you call the CALA office. Send session choices in writing by mail or fax within one week of phone registration to maintain priority listing. To avoid duplicate billing, indicate you have pre-registered (by phone) by checking off the box on the registration form stating "Check here if previously registered by phone".

**By Fax:** Secure Line: 416-755-1832. 24 hours a day. Fax registration & session selection forms including credit card payment only. If you require confirmation, indicate this on fax cover sheet. Include phone # or email. Do not fax registration form without a credit card number & expiry date. Print clearly.

**By Mail:** Mail registration form with payment (credit card -VISA, MC, cheque or money order) payable to CALA: Spring Conf 2009, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6. Include payment with registration.

**Note:** If paying by cheque, use mail only. Do not fax registration.

### REGISTRATION: CHOOSE ONE DAY ONLY OR BOTH DAYS!

- No single sessions or half-day registrations available.
- Join as a CALA member or renew now: \$51.45 to take advantage of membership prices listed.
- Send payment with registration form, post marked or faxed before Feb. 21, '09 for early bird rates.

**EARLY BIRD REGISTRATION:** Before Feb. 21, 2009

**REGULAR REGISTRATION RATE:** Feb 21 - Mar 7, 2009 inclusive

**LATE REGISTRATION RATE:** After Mar 7, 2009

**Pick up your receipt & session confirmation at the CALA registration booth on site. Saturday at 7am & Sunday at 7:30am.**

# BODY MOVES



# MIND

# OUR SENSATIONAL SESSIONS

## SATURDAY MARCH 21

**7:00am-8:00am: CALA Registration Booth and Trade Show Open**

**8:00am-10:00am: Early Morning Sessions to Choose From:**

**SAT-1 Winter Warm Up: Fibro Moves with Kathy (Active Theory, then Warm Therapy Pool)** Gently ease into the day by experiencing or observing a "Fibro Moves Class". Learn the essential modifications in class design and delivery, necessary for people with Fibromyalgia Syndrome. Wake up your mind and body to the wellness benefits that movement in water can offer.

or

**SAT-2 Celtic Energy Ushers out the Winter Blues with Angela (Main Pool, then Active Theory)** Angie's East Coast sense of humour and positive energy will help you to infuse new 'suspended' and 'bottom contact' moves into your aqua classes. A touch of tae kwon do - aqua style, a mix of Celtic jig and a few other surprises will be sure to chase out the winter blues and welcome the springtime.

**10:00am-10:30am: Coffee/Tea and Nourishment at the Trade Show**

**10:30am-12:30pm: Mid Morning Sessions to Choose From:**

**SAT-3 Aquatic Soldiers—Boot Camp Workout with Patrick (Main Pool, then Active Theory)** Attention!!! Designed to condition the cardio and muscular systems join 'Sgt Savoury' for this high energy full body workout designed to make you a more physically and mentally fit 'soldier'. Leave with ideas to integrate into existing classes or set up a Boot Camp class. DIS-MISSED!!

or

**SAT-4 Mom's and Tots Water Training with Michelle (Active Theory, then Main Pool)** Get them active while young! Learn the structure, design and delivery of a 'Parent/Tot' class, in floating seats and adults exercising alongside. Observe and experience how to lead this class with the caregiver remaining in contact with the child. Emphasis on class formations, layouts, patterns and teamwork.

**12:30pm-2:00pm: Draw Prizes with Lunch and Trade Show!**

**2:00pm-4:00pm: Early Afternoon Sessions to Choose From:**

**SAT-5 Aqua Fitness After Breast Cancer with Connie (Main Pool, then Active Theory)** This session will address the physical and emotional issues involved with breast cancer survivors who choose to participate in vertical water training. Geared to leaders, therapists and PT's, develop a deeper understanding and learn techniques to encourage a health, positive outcome for clients who have experienced breast cancer.

or

**SAT-6 All Tied Up with Angie (Active Theory, then Main Pool)** Grab a belt, a tether and a lane rope Swivel, leap frog, cycle and run with intense intervals that train your core and so much more. The practical pool session will finish with some partner tethered ideas and a soothing deep water stretch.

**4:05pm-6:05pm: Late Afternoon Sessions to Choose From:**

**SAT-7 Gym Stick, Bells, Fins with Charlene (Active Theory, then Pool)** Experience unique moves and decide whether you will add omni-directional equipment, the aqua gym stick or use the water as the training tool - pure and simple, you choose. Get ready for a physiologically sound mix of vertical water training. No dance-like choreography, a straight ahead workout suitable for ALL fitness levels with ideas for aquatic post rehab and high level training. Then focus on dynamic and static flexibility moves.

or

**SAT-8 Aqua 'Core Cycle' Workout with Michelle (Active Theory, then Main Pool)** Discover how to bring your 'deep water' vertical water training class to a new level! This workshop will show you how to combine water adapted Pilates exercises with CALA cycling moves to create an intense water workout. Challenge your participants!

## SUNDAY MARCH 22

**7:30am-8:00am: Coffee/Tea/Nourishment plus Booth/Trade Show Open**

**8:00am-10:00am: Early Morning Sessions to Choose From:**

**SUN-1 H2O Running Boot Camp with Michelle (Main Pool first, then Active Theory)** Rest up and bring your energy to this fun and fast pace workshop. Learn how to challenge your water running class by incorporating Boot Camp style stations around the pool. High rep muscle conditioning combined with fast pace, sprint style running will be sure to leave your class revved up!

or

**SUN-2 Aqua Personal Training: with Connie (Active Theory, then Main Pool)** This session for both PT's and aqua fitness instructors, will use a case study approach to practice effective aqua PT. Technique and purpose at a variety of depths and with a cross section of fitness objectives will be emphasized with exercise selection, use of equipment, observation and coaching ideas.

**10:00am-10:30am: Quick Trip to Trade Show for Beverage & Shopping**

**10:30am-12:30pm: Mid Morning Sessions to Choose From:**

**SUN-3 Aqua for Older Adults: Take It with Suzanne (Main pool, then Active Theory)** Discover how your class can 'pick-up', 'put down', 'project forward, place back,' open up' and 'close in' while learning proper posture with perfect alignment. Add variation and intensity without making drastic changes to the choreography. Notice how older adults embrace change using this teaching methodology.

or

**SUN-4 Master Mind Development with Angie (Active Theory, then Main Pool)** Getting tired of the same old combinations? Get your brain working as well as your body by taking old routines and playing with numbers, rhythm and direction. Practice land-based leadership and then try the new ideas in the water. Just what you need to get those creative juices flowing!

**12:30pm-1:30pm: Draw Prizes with Lunch and Trade Show!**

**1:30pm-3:30pm: Afternoon Sessions to Choose From:**

**SUN-5 Sports Conditioning Splash with Patrick (Main Pool, then Active Theory)** Learn how to create the "It's Game Time" feeling in class with moves that combine sports, strength and balance. Connect the entire body for maximum speed, power, agility and efficiency that will transfer directly into sports performance. Whether a high level athlete or a weekend warrior, your clients will become more efficient sport performers.

or

**SUN-6 Aqua Pilates with Dylan (Active Theory, then Main Pool)** This mind-body workout incorporates movements based on the Pilates method. With the healing environment of water increase flexibility, maintain core stabilization, alignment, and balance. Learn to teach water based Pilates exercises with correct technique.

**3:35pm-5:35pm: Final Sessions to Choose From:**

**SUN-7 Simultaneous Spring Wake Up & Winter Blues Buster with Tara (Main Pool, then Active Theory)** Join in and bust the winter blues, open up to some springtime! Get ready to move, as you get revved up for the season. See how Tara structures a class, manipulating the moves to effectively lead simultaneous chest deep and deep vertical water training classes, appropriate to a variety of fitness levels. Learn how to accommodate those people uncomfortable in deep and others who cannot tolerate bottom contact.

or

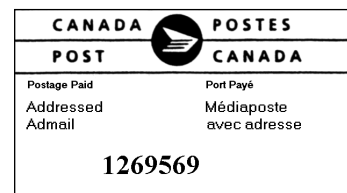
**SUN-8 What a Pain in the Neck with Connie (Main Pool, then Theory)** Many people experience neck and upper back pain on a daily basis. Avoid aggravation of these structures. Make your aqua classes part of the solution to neck pain. Identify injuries and alignment issues in the cervico-thoracic spine and shoulder girdle.

Suitable for land, water based instructors & participants!  
8 Credits for Saturday & 8 Credits for Sunday Sessions!

DISCOVERS



SPIRIT SOARS



125 Lilian Dr. • Toronto, ON M1R 3W6 • Tel: (416) 751-9823 • 1-888-751-9823 • Fax: (416) 755-1832 • [cala@interlog.com](mailto:cala@interlog.com) • [www.calainc.org](http://www.calainc.org)

## REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

CALA Winter Conference 2009

Address: \_\_\_\_\_

This is my:  
 home address  club address

City: \_\_\_\_\_ Province/State: \_\_\_\_\_

Check here if this is a new last name.

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Previous name: \_\_\_\_\_

Tel/Home: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_

Check here if you previously phoned in your registration.

Fax: ( ) \_\_\_\_\_ email: \_\_\_\_\_

Registration Fees / Payment Options (write clearly):

Cheque:  Money Order:  Credit Card:  Visa  Mastercard

# \_\_\_\_\_ exp. \_\_\_\_\_

Authorization Signature: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Membership must be current as of conference date to enjoy the membership prices listed.

Sat. Mar 21, - indicate choice 1 & 2  
**8:00-10:00am**

- SAT-1: Winter Warm Up
- SAT-2: Celtic Energy

**10:30am-12:30pm**

- SAT-3: Aquatic Soldiers
- SAT-4: Moms & Tots

**2:00-4:00pm**

- SAT-5: Breast Cancer
- SAT-6: All Tied Up

**4:05-6:05pm**

- SAT-7: Gym Stick...
- SAT-8: Core Cycle

Sun. Mar 22, - indicate choice 1 & 2  
**8:00-10:00am**

- SUN-1: H2O Run
- SUN-2: Aqua PT

**10:30am-12:30pm**

- SUN-3: Older Adult
- SUN-4: Master Mind

**1:30-3:30pm**

- SUN-5: Sports
- SUN-6: Pilates

**3:35-5:35pm**

- SUN-7: Simultaneous
- SUN-8: Pain in Neck

		One Day	Two Days	
EARLY BIRD before Feb 20	Members	\$149	\$249	<b>One Day Only:</b> Sat. OR Sun. - includes sessions, handouts, 8 CALA CECs, & trade show
	Non-Members	\$169	\$269	
REGULAR Feb 21 - Mar 7 inclusive	All Participants	\$179	\$279	<b>Both Days:</b> Sat + Sun. - includes sessions, handouts, 16 CALA CECs & trade show
LATE REGISTRATION On site or after Mar 7 Call to confirm space is available	All Participants	\$189	\$299	
YOU MUST BRING YOUR OWN FLOTATION BELT TO THE CONFERENCE.				
<b>LUNCH FEE</b> (Saturday) Add \$12 per day for lunch on site. <input type="checkbox"/> veggie <input type="checkbox"/> non-veggie				
<b>LUNCH FEE</b> (Saturday) Add \$12 per day for lunch on site. <input type="checkbox"/> veggie <input type="checkbox"/> non-veggie				
<b>TOTAL</b> (add 5% GST)				

### Waiver of Liability

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc. (CALA), the facilities and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and 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, and that I am physically fit and do not suffer from any disability, physical ailment or taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above; and that I am of legal age to execute this form as a legal document.

Signature \_\_\_\_\_ Print Name In Full \_\_\_\_\_ Date \_\_\_\_\_