

CALA SPRING CONFERENCE



MARCH 27 & 28, 2010

Forest Heights Recreation Centre, Kitchener, Ontario

cala_aqua@mac.com

www.calainc.org

Sponsored by

H₂O Wear

Accredited by

CALA

CanFitPro

AFLCA

BCRPA

NSFLA

SPRA

SportPEI

NLPRA

YMCA & YWCA



C A L A

OUR SENSATIONAL SESSIONS

SATURDAY MARCH 27

SUNDAY MARCH 28

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

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

SAT-1 Noodle Twister with Karl (Main Pool, then Active Theory) Right foot blue, left hand red... Find new & creative ways of using the noodle. Integrate strength & endurance with cardiovascular combos. Challenge coordination & agility with twists, turns, flips & jumps. Balance upper & lower limbs & take yourself into a noodle frenzy with individual exercises, partner & group activities.

OR

SAT-2 Heavy Hydraulics with Carol (Active theory, then Main Pool) Range of motion & surface area can be your best friend when trying to get stronger in water. Learn how to slow down the tempo & toughen up your workouts. Create turbulence that challenges stabilizers while enhancing muscle work. Try counter current action that increases intensity & works dynamic balance.

10:00-10:15am: Mid Morning Break & Trade Show

10:15am-12:15pm: Mid Morning Sessions to Choose From:

SAT-3 Older Adult – Are you doing Enough? with Pat (Main Pool, then Active Theory) Discuss the aging process & creatively explore ways to address aging concerns through vertical water training using the noodle & the water. Are we doing enough & can we do more to ensure older adults get the training effect they require?

OR

SAT-4 Creative Choreography with Leah (Active Theory, then Main Pool) Are you looking for new & innovative ideas. Add variety & excitement to you class design by incorporating elements of choreography. Explore how to build creative routines, share ideas & have useful patterns to take home.

SUN-1 Challeng-ography with Jennie: (Main Pool, then Active Theory) Create more challenging aquatic choreography that caters to all fitness levels. Keep the routines functional, easy to cue & to coordinate. Experience creative twists on the base moves. Offer clients a refreshingly different workout that also keeps you inspired. Get ready for a challenge.

OR

SUN-2 Persistent Pain Explained with Connie (Theory, then Therapy Pool) There is good news for people with chronic pain. Research is helping explain the chronic pain mechanism. Trainers who work with chronic pain clients (FMS, arthritis, post MVA) can teach coping skills & simple techniques to reduce persistent pain & improve exercise tolerance & quality of life.

SUN-3 Wavelution with Carol (Main Pool, then Active Theory) Ride the wave to new moves & combos! Take your knowledge of the basics & learn new variations that will build an unstoppable momentum in your classes. See how energy from innovative & entertaining choreography lifts your class to a new level of success!

OR

SUN-4 Aqua Boot Camp, Abs & Kick Box with Leah (Active Theory, then Main Pool) Sport specific training in water enhances on land performance. Discover how to meet the needs of athletes & regular participants with an intense core/cardio workout training strength & endurance, power, speed, dynamic flexibility & coordination.

12:15-1:30pm & 1:30-2:45pm: Six Mid-Day Sessions to Choose From: CHOOSE LUNCH ONLY ONCE!

12:15-1:30pm: First Three Mid-Day Sessions (See next three mid-day sessions before choosing One of the Six sessions listed):

SAT-5 Lunch & Trade Show

OR

SAT-6 Liquid ABS @ (Zen Pilates) with Dylan (Therapy Pool) Aqua Pilates is designed to use the properties of the water to increase the body's full range of motion while stabilizing the core muscles. The mind-body workout incorporates movements based on the Pilates method while challenging postural alignment & balance.

OR

SAT-7 Tethered Training with Jennie (Main Pool) A little rope, some water & your willing participants are "all tied up" – a recipe for a fun, functional, challenging workout. Discover how to maximize water's resistance with electrifying cardio, 180 degrees of movement, continuous core connection & much more.

SUN-5 Lunch & Trade Show

OR

SUN-6 Combo Water Running with Maryvonne (Main Pool) Get wet & run! Experience a water running workout in suspension & bottom contact. Learn how to improve cardiovascular & muscular endurance while maintaining technique to simulate land running. Experiment with different training formats including RE, LT & V02max.

OR

SUN-7 Hydro Yogalates - Dual Fusion Approach with Dylan (Therapy Pool) Experience how Yoga & Pilates are different yet similar kinesthetic experiences for the body & mind. Try basic Yoga & Pilates postures to gain a deeper comprehension of the complementary nature of both forms of movement.

1:30-2:45pm: Final Three Mid-Day Sessions (Note: if you have not had lunch yet, you must choose SAT-8):

SAT-8 Lunch & Trade Show

OR

SAT-9 Aqua Gymstick with Carol (Main Pool) Ditch the dance and get with the muscle work! This training tool will make it easy to create fluid muscle work in chest deep water. Learn techniques for stability while challenging muscles with progressive combos. Develop cues, sequences, tips for success & partner work that is great for Aqua PT.

OR

SAT-10 Osteofit with Connie (Therapy Pool) People with low bone mass need to improve muscle & bone strength, balance & fall prevention strategies. This session presents a practical program of aquatic exercise appropriate for people with 'osteopenia' & early stage osteoporosis. Strength training, balance & core exercises, as well as contraindications will be demonstrated.

SUN-8 Lunch & Trade Show

OR

SUN-9 Tweak Your Technique with Carol (Main Pool) Education in Action! Learn to use the key cues that will get the motions you are looking for. See how to model the move & fine tune technique tips to insure maximum exercise execution! Do all this while having outrageous fun & making it impossible for your clients not to!

OR

SUN-10 An Extraordinary FibroMoves Class with Kathy (Therapy Pool) Through practical experience, gain an understanding of the wide variety of symptoms & treatments for Fibromyalgia Syndrome. Compare an arthritis aqua therapy class with an easy does it gentle aqua fitness class & note the uniqueness of the FibroMoves Program with its subtle differences in design.

Refer to CALA Website: www.calainc.org for the Biographies of the Professional Presenters for Spring 2010

Suitable for land, water based instructors & participants!

OUR SENSATIONAL SESSIONS

Saturday March 27 continued

Sunday March 28 continued

2:45-3:00pm: Mid Afternoon Break & Trade Show

3:00-5:00pm: Two Mid Afternoon Sessions to Choose From:

SAT-11 Boost Your Income & Share Your Passion with Charlene (Active Theory, then Therapy & Main Pool) Using a case study approach, while reviewing real life treatment plans, learn how to connect with local therapy clinics & insurance companies & menopausal woman. Boost your income & expand your practice while working with clients to improve quality of life.

OR

SAT-12 Hard Water with Pat (Main Pool, then Active Theory) Blend running, interval training & plyometrics with sport specific movement patterns to assist athletes training in the water. Experience strength training, motivational coaching & dynamic cueing at its best!

5:00-5:15pm: Late Afternoon Break & Trade Show

5:15-6:00pm: Three Late Afternoon Sessions to Choose From:

SAT-13 T.E.A.M with Leah, Jennie, Maryvonne & Karl (Main Pool) Together Everyone Achieves More. Let this CALA TEAM enrich, entertain, enthrall & energize you with a fun filled combination of suspended & bottom contact moves that have you bouncing, anchoring & propelling!

OR

SAT-14 Seniors Tai Chi (The Dance of Life) with Dylan (Therapy Pool) The universe is ever changing, get connected with your inner energy. This active session is based on Yang Short form Tai Chi. Experience a series of graceful, powerful, slow & fast flowing movements. Harmonize your mind & body balance. Rejuvenate your spirit & return back into the world reenergized.

OR

SAT-15 Aqueous Anatomy: Applied Anatomy for Training in Water with Carol: (Active Theory) Identify key principles to help you program safe & successful training for strength & endurance. Find out how some buoyant & non-buoyant tools may alter the work & the target muscle. Analyze moves for specific muscles & see how specialized cues and tips will assist your clients. Boost you level of applied anatomy.

SUN-11 Deep Water Drills with Karl (Main Pool, then Active Theory) Power up by combining circuit style stationary choreographed routines with traveling water running & cycling patterns. Whether you are healthy, injured or getting back into shape, this impact free workout will motivate you to take it to the extreme. Learn how to power your participants to the next level... all done with a smile!!

OR

SUN-12 Gentle Aqua with Connie (Active Theory, then Main Pool) People seeking aquatic exercise for musculoskeletal rehab, arthritis, FMS, back pain, MS, chronic pain, diabetes can be accommodated in recreational pools. Discuss programming ideas, facility adaptations, & instructor training.

SUN-13 Laughter: The Best Exercise with Connie (Theory) Do you crave more jollies as you jog, more smiles as you stretch, more humour for the health of it? Exercise your laughing muscles as you learn about the holistic, healthy benefits of humour. Learn how to weave more wit and wisdom into your sessions.

OR

SUN-14 Sexy Stabilization & Crazy Core with Charlene (Main Pool) Bringing back the African Vibe with music and movement that targets the core muscles while freeing the body and letting the spirit soar. Complete your conference experience with an uplifting experience that will get you thinking about alternative ways to move in water. Unleash your body, mind and spirit.

OR

SUN-15 AQUA YOGA: Tapping into Calm with Karl (Therapy Pool) The Moksha Yoga series was designed to free areas of the body that are often habitually tight & constricted. In this process the body is strengthened & opened, and the mind becomes still. Combining the magical properties & benefits of water with the wonderful world of yoga will create space within the participants so that each student moves towards the full potential of their mind, body & spirit.

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 for full details on accreditation

CALA 8 CALA CECs per day **CanFitPro and AFLCA** approved for credits

BCRPA, NSFLA, SPRA, 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 March 8, 2010. Your fee will be refunded less a \$105 cancellation fee. NO refunds or credits will be given after March 8, 2010. No refunds or credits will be given for no-shows or partial registrations.

CALA REGISTRATION BOOTH HOURS:

Sat. March 27 and Sun. March 28, 2010: From 7am – 6pm

ACCOMMODATION IN KITCHENER:

The Walper Terrace Hotel, 1-800-265-8749

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 - N/A.

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 sessions choices before you call. 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 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 2010, 125 Lilian Dr., Toronto, ON, Canada 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 March 1, 2010 for early bird rates.

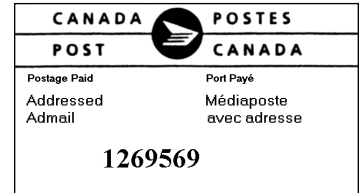
EARLY BIRD REGISTRATION: Before March 1, 2010

REGULAR REGISTRATION RATE: March 1 – 8, 2010 inclusive

LATE REGISTRATION RATE: After Mar 8, 2010

Note: Pick up your receipt & session confirmation at the CALA registration booth on site. Opens at 7am.

8 Credits for Saturday & 8 Credits for Sunday Sessions!



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

REGISTRATION FORM

First Name: _____ Last Name: _____

CALA Spring Conference 2010

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.

Indicate 1st & 2nd OR 3rd choices per time block.

Saturday March 27

8:00-10:00am

1: Noodle 2: Hydraulics

10:15am-12:15pm

3: Older Adults 4: Choreo

12:15-1:30pm

5: Lunch 6: LiquidAbs 7: Tethered

1:30-2:45pm

8: Lunch 9: Gymstick 10: Osteofit

3:00-5:00pm

11: Income 12: Hard Water

5:15-6:00pm

13: TEAM 14: Tai Chi 15: Anatomy

Sunday March 28

8:00-10:00am

1: Challenge 2: Pain

10:15am-12:15pm

3: Wavelution 4: Bootcamp

12:15-1:30pm

5: Lunch 6: WaterRun 7: Yogalates

1:30-2:45pm

8: Lunch 9: Tweak 10: Fibro

3:00-5:00pm

11: Deep Drills 12: Gentle

5:15-6:00pm

13: Laugh 14: SexyCore 15: Yoga

		One Day	Two Days	
EARLY BIRD before Mar 01	Members	\$149	\$249	One Day Only: Sat. OR Sun. - includes sessions, handouts, 8 CALA CECs, & trade show
	Non-Members	\$169	\$269	
REGULAR Mar 1-8 inclusive	All Participants	\$179	\$279	Both Days: Sat + Sun. - includes sessions, handouts, 16 CALA CECs & trade show
LATE REGISTRATION On site or after Mar 8 Call to confirm space is available	All Participants	\$189	\$299	
YOU MUST BRING YOUR OWN FLOTATION BELT TO THE CONFERENCE.				
LUNCH FEE (Saturday) Add \$12 per day for lunch on site. <input type="checkbox"/> veggie <input type="checkbox"/> non-veggie				
LUNCH FEE (Sunday) Add \$12 per day for lunch on site. <input type="checkbox"/> veggie <input type="checkbox"/> non-veggie				
TOTAL (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 _____