

CALA Celebrates – Catch the Wave!

20th ANNIVERSARY

CALA SPRING CONFERENCE

March 22, 23, 24, 2013

at Forest Heights Pool, Kitchener, Ontario



Visit www.calainc.org for CALA 20th Anniversary Spring Conference details:
Presenter Biographies • Accreditation details • Saturday Night Celebration Dinner Party (7d)



Accredited by and/or CECs Granted by:

CALA	NSFLA	BCRPA	SportPEI
canfitpro	SPRA	OFC	NLPR
CFES	AFLCA	YWCA/YMCA	OSHF

Thanks to our premier sponsor



Friday, March 22, 2013 – Kitchener, Ontario

Our Sensational Schedule and Sessions and Certification Opportunities – Earn 7 to 11 CALA CECs

Friday March 22, 2013 Registration and Trade Show open from 8am – 6pm

Intro to CALA Aqua Yoga: (Designed for Recreational Pool Temperatures): 9am – 3:15pm

***Note: Aqua Yoga participants have the option to also register for 3a or 3b and/or 4a or 4b**

1. Intro to CALA Aqua Yoga Linear Movement Experience – Karl Notargiovanni (Starts dry land) 6 CALA CECs

This fabulous day starts with four hours of land based theory and dry land movement. Get ready for an Aqua Infused Yoga experience including dynamic movements designed for both chest deep and deep recreational pools and gentle moves designed for warm water. Bring a yoga mat, water bottle, writing utensils, a surface to write on, bathing suits, appropriate fitness clothing for dry land movement and towels. A working lunch will be provided. Learn to free areas of the body that are habitually tight and constricted, strengthen muscles and bones, caress the heart and still the open mind. Practice on deck stabilization techniques that will tone your body as you lead classes.

Friday Early Afternoon Sessions: Choose 2 only: 1pm – 3pm

2. Energy to Burn: Sport Nutrition for Leaders – Carol Weerdenburg (Theory only) 2 CALA CECs

Aqua leaders need to intake energy like an athlete in training. Find out how to balance your energy intake and output and finish your teaching day on a high note. Learn how to make high quality replenishment choices that are easy on the pocket book along with the essentials of 'nutrient timing'. Exercise is one half of the health prescription formula, take time to find out about the second half!

AND

Friday Late Afternoon Sessions: Choose 3a or 3b: 3:15pm – 5:45pm

3a. Sport Specific Power and Agility Training – Maryvonne Berthault (Starts dry land) 2.5 CALA CECs

Include sport specific drills in your 'chest deep' water class and you could be training the local Football or Hockey Team during the off-season! Other Sport Specific skills will bring the weekend warrior to your class, ski-snowboarders, golf enthusiasts, trail runners. Even your regular participants will enjoy the challenge and diversity with power and agility training included in their workouts.

OR

3b. Aqua Rock – Darin Dieterich (Starts in main pool) 2.5 CALA CECs

Take part in an action filled Aqua Rock class. Rock-n-Roll tunes combined with a minimum of 6 choreographed combinations will create a special flair and atmosphere in your aqua class setting. Learn to combine power movements and music for a stylized Aqua Rock workout that is fresh and fun.

AND

Friday Evening Sessions: Choose 4a or 4b: 6pm – 9:30pm

4a. Crunch! H2O Muscle Max – Jennie Queen (Starts in main pool) 3.5 CALA CECs

Are you ready to get pumped up on water and experience the 'water equals weight' principle? Learn how to focus on movements that matter as you are guided through a total body muscle focused class. From lesson planning to implementation, learn how to get your participants aqua-pumped! From shallow to deep, and head to toe; this class will keep you on the go!

OR

4b. HydroRider Boot Camp Interval Adventure – Mary Lou Hall & Maryvonne Berthault (Starts dry land) 3.5 CALA CECs

Get set up on the HydroRider for a rambunctious ride paired with adventurous boot camp moves that will have you reaching deep into your energy reservoir. This workshop provides a great opportunity to try out the HydroRider and experience a specialty class that combines on and off the bike intervals that are sure to get the heart racing. Choose to use a noodle, flutterboard, aqua bell or pure water during the boot camp drills.

Certification Opportunities Friday Late Afternoon: 3:15pm – 5:45pm OR Friday Evening 6pm – 9:30pm

CALA Certified Means Clearly Qualified – Practical Assessment Opportunity!

For those CALA Graduates, yearning to complete the practical component of certification in Aqua Yoga or Healing Waters, we offer the following opportunity. There are 10 time slots available for 30 minute practical assessments. These assessments will occur in the chest deep therapy pool. First come, first served. Call the CALA office to book your space. (A cancellation fee of \$25 + tax will apply. Bring a minimum of 2 participants for your assessment). Current CALA membership is essential.

Note: If you register for a practical assessment during the Friday Late Afternoon time slot, you will not be able to participate in the late afternoon sessions on Friday from 3:15pm – 5:45pm.

t (416) 751-9823 1-888-751-9823 f (416) 755-1832 e cala_aqua@mac.com i www.calainc.org

Saturday, March 23, 2013 – Kitchener, Ontario

Our Sensational Schedule and Sessions – Earn 8 CALA CECS

Saturday March 23, 2013 Registration and Trade Show – A Bright and Early Start: 7am

Saturday Early Morning Session: Choose 5 only: 8 – 9:30am

5. CALA Celebrates 20 Years – An Extravaganza: Evolving, Expanding and Exploring! (Main Pool only) 1.5 CALA CECS

Arrive ready for the voyage of your lifetime along with all your favorite CALA presenters. Choose to participate in bottom contact or suspended movements that trace the last 20 years of CALA. Create a collective wave of wonderful energy as you explore moves that will re-awaken your mind, re-vitalize your body and restore your spirit.

Saturday Morning Trade Show and Energizing Nutritional Snacks: 9:30am – 10am

Saturday Morning Sessions: Choose 6a or 6b or 6c: 10am – 1:15pm

6a. Nutrition 911 – Andrea Thatcher (Theory only) AND Aqua Flow II – Katherine McKeown (Main Pool only) 3.25 CALA CECS

Nutrition 911 – Are you or your participants struggling with losing weight or keeping it off? Review the hidden truths about the foods being eaten and why dieting efforts are not paying off as much as expected. Learn how to maintain healthy weight by making simple changes necessary for continued weight loss success, and ongoing healthy maintenance.

Aqua Flow II – During this chest deep class, Katherine will integrate components of core stability, balance, coordination and flexibility while focusing on the importance of connecting the mind with specific muscular activation. Participants will receive a completely choreographed class design. Get ready to experience moves that flow one to another in perfect body balance.

OR

**6b. Double Trouble: Oodles of Noodles – Darin Dieterich
AND**

Aqua Bender Ball® Body Boot Camp – Dylan Harries (Starts in main pool) 3.25 CALA CECS

Oodles of Noodles – Be prepared to laugh out loud while Darin shares his fantastic new choreography and hilarious moves using pool noodles. Cardio, strength and stretch training will all be demonstrated with a flavor you will never forget.

Aqua Bender Ball® Body Boot Camp – Experience a high-energy, full body workout with Dylan. Focus on muscle strength, endurance, core training and cardio with modifications. Cardio drills, fun partner work and one of a kind strength training exercises with the Bender Ball®. This workout will challenge your mind and body to higher levels of fitness.

OR

**6c. Common Conditions Class Construction – Carol Weerdenburg
AND**

Healing Waters Meets Chronic Pain – Kathy Zador (Therapy room then therapy pool) 3.25 CALA CECS

Common Conditions – Carol will construct a sample healing waters class for common conditions, featuring warm up, gait, stability, balance, range of motion, strength and stretch.

Chronic Pain – Kathy will introduce you to fibromyalgia and chronic pain syndrome symptoms followed by a practical session in warm water relating these symptoms to the prescribed actions of 'FibroMoves'. Learn how to provide a realistic, uplifting class for participants with common conditions.



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**Join Trade Show Exhibitors and Presenters for a
20th Anniversary Celebratory Communal Complementary Lunch 1:15pm – 2:15pm**

Saturday Mid Afternoon Sessions: Choose 7a or 7b or 7c: 2:15pm – 5:30pm

7a. The Art of Aqua Personal Training – Jaye Graham & Pat Richards (Starts in theory) 3.25 CALA CECs

Aquatic Personal Training is gaining recognition from health care professionals, insurance companies, and the general public as an alternative and complimentary treatment for a wide variety of conditions. Discover four essential stages that are critical in enhancing your Aqua PT skills. Develop skills for data assimilation, postural analysis, and designing goal oriented exercise programs.

OR

7b. Would I Inspire Me? Amazon Arms Extreme and H2O 360 x 180 – Jennie Queen (Starts in main pool) 3.25 CALA CECs

Find your inner warrior as you experience the chest deep upper body workout that will put your 'top guns' in shape. Experience how spicy arm moves can challenge the heart, lungs and muscles. Get deep and analyze if you are truly using all the water available in the 360 x 180 training system developed by Jennie. Learn motivation skills that are key to your success and ask yourself, "Would I inspire me?"

OR

7c. Strike a Pose – Charlene Kopansky AND Tap Into Calm – Karl Notargiovanni (Stays in therapy pool) 3.25 CALA CECs

Strike a Pose – For this 3 hour warm water session, the group will be divided in half, each person will enjoy 45 minutes in water and 45 minutes observing on deck with each presenter. Charlene will guide you through a free flowing class infused with drumming and uplifting music to soothe the body, relax the mind and free the soul. Release all unnecessary tension, strike a pose and enjoy the fluid balance, dynamic flexibility and stability training in this comforting session.

Tap Into Calm – Karl will create an opportunity for you to tap into a calm place, with Aqua Yoga Poses and movements that bring inner peace and serenity, caressing the heart, opening the body and quieting the mind.

7d. Celebration Dinner Party – More Details online at www.calainc.org



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Sunday March 24, 2013 – Kitchener, Ontario

Our Sensational Schedule and Sessions – Earn 8 CALA CECS

Sunday March 24, 2013 Registration and Trade Show – A Bright and Early Start: 7am

Sunday Early Morning Session: Choose 8a, 8b or 8c: 7:30am – 9am

8a. Water Works! Evidence Based Research – Carol Weerdenburg (Theory only) 1.5 CALA CECS

We know that water works! Now you will have the evidence to support the power of vertical training in water in a way that makes sense, in language that everyone will understand. Join Carol as she shares current, cutting edge scientific research about the positive affects of vertical water training. Time to show and tell the 'world' that water works!

OR

8b. CALA Celebrates with the Boys: 20 Years and Going Strong! (Main Pool only) 1.5 CALA CECS

Triple your pleasure! Choose your favorite or participate in a combination of chest deep and deep-water exercises. The boys are back in town and ready to entertain. Darin will motivate with a 'Mozart Does Water' Theme with music and music to match. Dylan will 'wow' you with an aqua fusion of Pilates, Kick Box, and Speed Play. Karl will share his magic through the Aqua Yoga Linear Movement Experience. Get ready to be inspired.

OR

8c. CALA Celebrates with the Girls: 20 Years and Forever Young! (Therapy Pool only) 1.5 CALA CECS

During this warm water session, delegates will enjoy relaxed Aqua Yoga with Marie-Claude followed by a fluid sequence of carefully planned Aqua Flow I moves with Katherine. Session delegates will be put into two groups. While one group observes and adds notes to their session handouts, the other group will be in the water. Then the groups will switch. If you are in need of some special soothing treatment, sign up for this session.



Sunday Morning Exhibitors and Energizing Nutritional Snacks: 9am – 9:30am

Sunday Morning Sessions: Choose 9a or 9b or 9c: 9:30am – 12:30pm

9a. 30, 20, 10 Body-Brain Work – Marianne Duschek AND

H2O Runner with Stretch Fusion – Dylan Harries (Starts in Theory) 3 CALA CECS

30, 20, 10 Body-Brain Work – Marianne will show you how to stimulate and enhance the neural plasticity of the brain while integrating the '30, 20, 10' and Rest Based Training Protocols with aquafitness, running and cycling moves.

H2ORunner with Stretch Fusion – With the basics under your belt, Dylan will make you run like never before using speed play that includes VO2Max training and recovery programming. Examine the philosophy behind this form of training and develop different fitness programs and coaching techniques. Finish with a full body heavenly stretch!

OR

9b. Choreography Skills – Darin Dieterich AND The World's a Stage – Jennie Queen (Starts in main pool) 3 CALA CECS

Choreography Skills – It's not just the finished combination or the wild choreography that counts. The journey to the final combination is really the key to success. Enjoy the process! Get 'WOW-ed' by Darin and learn to teach unique choreography and advance your leadership skills.

The World's a Stage – Lights, Camera, Action! Water, Music, Movement! Learn to inspire and educate clients while teaching effectively. Jennie has the tips and techniques to fine-tune your body alignment and movement execution. Find your inner actor and director and share the power of motivation through communication!

OR

9c. Falls Prevention & Joint Replacement Strategies – Carol Weerdenburg (Therapy room, then therapy pool) 3 CALA CECS

Learn simple, effective chest deep and suspended movement patterns that instill movement confidence and provide both preventative and post rehab strategies for falls prevention. Add alternative training techniques with a sampler of warm water HydroRiding that builds cardio, strength and endurance for hip and knee replacement and other common conditions.

**Join Trade Show Exhibitors and Presenters for a
20th Anniversary Celebratory Communal Complementary Lunch 12:30pm – 1:30pm**

Sunday Mid Afternoon Sessions: Choose 10a or 10b or 10c: 1:30pm – 4pm

10a. Acro-Aqua: Partner Up & Get Into the Groove – Karl Notargiovanni & Sharon Kopansky (Starts in theory) 2.5 CALA CECs
CALA waves... Come with a friend, or make new friends as you explore safe and fun ways to exercise as a team, power up your workout and stretch in synchronicity. Let's continue to celebrate the CALA Community as we enlighten our style of teaching.

OR

10b. Triple Mix: Bender Ball® meets Gymstick meets HydroRider – Carol Weerdenburg & Dylan Harries (Main pool) 2.5 CALA CECs
Maximum core conditioning, maximum muscle strength and endurance, maximum dynamic flexibility and maximum cardio! This is what you will experience with this interesting mix of effective aquatic training tools.

OR

10c. Aqua Flow I – Katherine McKeown AND Oh My Aching Body! – Mary Lou Hall (Therapy pool) 2.5 CALA CECs
Aqua Flow I – Katherine will guide you through a completely planned class, with moves and cues that flow one into another. Relax into the sequence and enjoy the fluid flexibility, balance and stability training implicit in this comforting class.

Oh My Aching Body! – Experience a typical warm water class designed for clients with chronic pain. Experience options for common conditions including joint replacement, arthritis and low back pain. With years of hands-on experience, Mary Lou will provide teaching techniques and tips that will warm the hearts of your clients creating a trusting, nurturing environment.

Sunday Grande Finale 20th Anniversary CALA Celebrates! Choose 11 only: 4:15pm – 5:15pm (Main Pool – All in!)

11. CALA Celebrates Join in on An Amazingly Awesome Movement Experience 1 CALA CEC
Join Charlene along with the CALA Team – and who knows what will happen... Aqua Africana meets Aqua A-Ree-Ba!, Tidal Wave Dance meets Mozart Does Water!, Cardio Crunch meets Boot Camp!, Kick Box meets Bollywood!, Flow meets Pilates meets Yoga!, AND tune up your vocal chords for a special Pat Richards Sing-a-Long!

We have lots to celebrate! Joy rising – Catch the CALA Wave!

Details

During the 20th Anniversary CALA Celebrates conference, we will be taking pictures for use on the CALA web site and in promotional materials. Your picture may appear on www.calainc.org and in these publications.

KITCHENER

CONTINUING EDUCATION, RENEWAL, RECERTIFICATION, PROFESSIONAL DEVELOPMENT CREDITS: Visit www.calainc.org for full details CALA, canfitpro (FIS, OAS, PTS, NWS, MBS), CFES, AFLCA, BCRPA, OFC, NSFLA, SPRA, SportPEI, NLPRA, YMCA /YWCA and OSHF (5 PDCs per day)

NSF OR RETURNED CHEQUES: NSF and returned cheques are subject to a \$50.00 admin fee.

CONFERENCE FEES INCLUDE: Assigned sessions, handouts, CECs, Lunches.

CANCELLATION POLICY: All conference cancellations must be received in writing by fax or mail on or before March 11, 2013. Your fee will be refunded less a \$113 cancellation fee. NO refunds or credits will be given after March 11, 2013. No refunds or credits will be given for no-shows or partial registrations.

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

REGISTRATION BOOTH: Fri Mar 22: 8am – 9pm;
Sat Mar 23: 7am – 5pm, Sun Mar 24: 7am

ACCOMMODATION: The Walper Terrace Hotel: Quote CALA for specials: 1-800-265-8749

NOURISHMENT BETWEEN SESSIONS AVAILABLE ON SITE

EQUIPMENT: Bring your own flotation belt or purchase one at the conference!

HOW TO REGISTER:

Fax (416 755 1832), Email (cala_aqua@mac.com)

Phone: 1-888-751-9823 or 416-751-9823 *Call for express registration using VISA or MC. Decide your sessions choices before you call. Send session choices in writing by mail 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 Mail: Mail registration form with payment (credit card – VISA, MC, cheque or money order) payable to CALA: Spring Conf 2013, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6. Include payment with registration.

REGISTRATION: CHOOSE ONE DAY, TWO DAYS OR THREE DAYS!

- No single sessions or half-day registrations available.

- If paying by cheque/money order, send payment with registration form post marked before March 04, 2013 for early bird rates.

Presenters

Join our Professional Line Up of Presenters & Celebrate 20 Years of CALA!



MARYVONNE BERTHAULT CALA National Presenter, Trainer & Assessor, CALA & YMCA certified Aquafit Instructor, CALA HydroRider and Water Running Specialist, YMCA & Can-Fit-Pro Personal Trainer & Fitness Instructor Specialist. Maryvonne has 20 years experience catering to personal training clients and groups on land and in the water. She also translated many CALA workshop and courses. An avid cyclist, runner, swimmer, skier and backpacker, Maryvonne is dedicated to healthy living & loves sharing her knowledge & her passion for health, wellness & movement. Bilingual



DARIN DIETERICH is currently Group Fitness Director for Munich's top fitness club – AJ's Health & Fitness & the fitness education director for REFSS - Royal Events Fitness & Sports School. He has appeared in over 40 countries & educated over 10,000 fitness professionals in his 20 plus years of fitness. CFP & CALA certified, Darin is a key elite trainer for Flexi-Sports International. Join Darin for Aqua Rock & Oodles of Noodles.



NEW! MARIANNE DUSCHEK BSc. (Math, Psychology) CFP & CALA Certified. Marianne is a CSEP Certified Exercise Physiologist, ACE Certified Personal Trainer & Schwinn Cycling Instructor. Marianne worked as a Fitness Director in Corporate Fitness & currently freelances teaching Aquafit, Aqua Jog & land classes including Step, Hi/Lo aerobics, muscle conditioning, stretch, Stability Ball, BOSU, Glidefit, bootcamp & cycling classes. A volunteer speaker for the Heart & Stroke Foundation, Marianne created & produced a Stretch CD. Marianne spends her spare time with her horse, dog & hubby.



JAYE GRAHAM is a graduate from the University of Guelph in Management & Economics & is a Canadian Black Belt Champion. She has 18yrs experience working with UoFG & City of Guelph. Currently, Jaye assists in Rehab with clients 1-on-1, teaching a Special Aqua Program & is a CALA Trainer & assessor & certified in the UoFG Weight Training & Personal Training programs. Jaye leads Water Running & Aqua Fitness classes & is personal training clients on land. She has her own business H2O Works. Jaye is CALA certified in Group Aqua Fitness, Water Running and Healing Water: Aquatic Post Rehab.



MARY LOU HALL Fitness Specialist, George Brown College, CALA Trainer: VWT, GAF & HydroRider. CALA certified in VWT, GAF, HydroRider & Healing Waters: Aquatic Post Rehab. Mary Lou brings 28+ years experience from the fitness & wellness industry. She teaches a variety of classes each week that include Hydorrider, Boot Camp, AquaArthritis, MS & Stroke Re-motion, General Fitness and Personal Training. Delivering her classes in the Burlington, Oakville & Mississauga Region, Mary Lou shares her enthusiasm & passion about the benefits of moving in water & connecting the body, mind & spirit.



DYLAN HARRIES B. Rec., B.Sc. (HK), C.A.T. is an International Presenter known for inspiring fitness leaders with passion, high energy, technique & creativity. With 19 years of fitness experience, Dylan is the Regional Director of the Kanata YMCA-YWCA in Ottawa Canada. In his spare time, he is a renowned athletic trainer & performance coach to world level figure skaters. He is CanFitPro, CALA, YMCA, Spinning (star 2), SPI (2), TRX, Gym-Stick, Bosu, Bender Ball, HydroRider, & NCCP (2) certified.



CHARLENE KOPANSKY B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. 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 and 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' and Presenter of the Year-Germany, Volunteer Recognition and 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-CFP.



NEW! SHARON KOPANSKY CALA Assessor and CALA Certified since 1997, Sharon has been associated with CALA since its onset volunteering at Conferences and teaching Group Classes and Personal Training clients at private clubs and condos throughout the Greater Toronto Area. In addition to being a very experienced Aquafit Instructor, Sharon is proud to have raised three wonderful children with her husband. Sharon teaches by the philosophy, adopted from her Taekwondo Instructor "Feeling awesome and getting better all the time!"



NEW! MARIE-CLAUDE LEBLANC B.Sc. Kin, PT, CALA trainer. Marie-Claude is a dynamic & energetic person. She specializes in aquafitness training, rehabilitation, management & fitness evaluation. She also keeps busy with a personal training and rehab programs while finishing a masters degree at Université de Montreal. Marie-Claude holds certification through YMCA, Mad Dogg, CPM, Secondwind & CALA.



KATHERINE MCKEOWN B. A., B. Ed., CALA Course Trainer & Assessor. Katherine has been enthusiastically pursuing her passion for teaching both on the deck and in the classroom for the last 26 years. She has been a proud member of CALA since 1995 and teaches a wide variety of aqua fitness, water running, HydroRider and Aqua Yoga classes in the Toronto area. Katherine trains the CALA Vertical Water Foundations course in addition to the Group Aqua Fitness specialty course and continues to be inspired by how deeply we contribute to each other's growth. Katherine's holistic approach to teaching truly celebrates the joy of movement, the empowerment of new learning and the spirit of community that connects us all.



KARL NOTARGIOVANNI B.F.A. Choreography; CALA Trainer; Massage Therapist, Yoga Instructor, Part Owner of "Yoga for the People", Co-Author of CALA Aqua Yoga Linear Movement Experience Specialty Course Manual. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for over 15 years, he has developed a unique edge to his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops.



JENNIE QUEEN With over 20 years experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming has a passion for everything aquatic & fitness. Jennie is a true visionary & leader in the industry & a Recreation Supervisor with the City of Ottawa. Along with her many aquatic related certifications, she is a certified Aqua fitness Leader, Assessor & Trainer with CALA, & a Group Fitness Instructor & Personal Trainer CFP and SPI & holds a Diploma in Fitness & Lifestyle Management. Jennie enjoys continually educating & challenging herself to stay informed & up to date with the fitness industry.



PAT RICHARDS BPHE, BED, CALA. Pat is a Level Four volleyball coach & a Level Two Dragon-boat coach. She has worked in the fitness field for over 35 years. In that time she has trained a broad range of individuals from elite athletes to special needs individuals in the water. She has worked in large & small group formats, as well as individual personal training. Recently retired from the University of Guelph as the Lifestyle/ Fitness Program Supervisor Pat presently spends time facilitating course & workshops for CALA, coaching & enjoying cottage life. Pat believes that active people are happier people, & motivates people to be just that.



NEW! ANDREA THATCHER is considered an expert in her field having created & implemented programs for St. Joe's Hospital; Dept. of Eating Disorders & Mental Health Unit, & is the author of the Book "In One End and Out The Other - An Intensive Guide to Everyday Nutrition." In addition to 18 years experience as a Personal Trainer, Holistic Nutritionist and Reiki Master/Teacher, she has worked as a leading instructor and examiner for canfitpro, certifying thousands of Personal Trainers and Nutrition & Wellness Specialists. Andrea was awarded PRO TRAINER of the year by canfitpro in 2010.

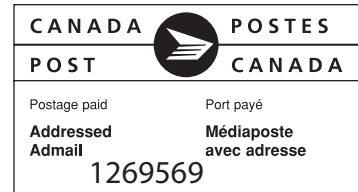


CAROL WEERDENBURG M.Sc. CALA Master Trainer, Gymstick, BenderBall Master Trainer, Certified YMCA-YWCA, CFP, as lead research consultant and presenter, Carol is developing & refreshing a host of projects exclusively for CALA Inc. Current projects include CALA Healing Waters: Common Conditions and Aqua Bender Ball Specialty Training & Certification. Get charged up by Carol's in depth research about vertical water training, bringing meaningful evidence to what we all appreciate and share with members of our community.



KATHY ZADOR CALA Certified in Healing Waters, created FibroMoves to address her own fibromyalgia over 10 years ago. She used her skills as a public school educator, health & safety instructor & lifelong lover of aquacize to design a program that would help others find relief from pain too. Attendees at her classes say, "I miss the class when I'm unable to be there!" FibroMoves is now available at four pools in the Waterloo & Wellington Regions. It is a growing program that will benefit the clients of your facility with chronic pain or other similar challenges.

REGISTRATION:



Name: first _____ last _____
 Address: _____ City: _____
 Prov/State: _____ Country: _____ Postal Code: _____
 Home/Cell ph: _____ Work ph: _____ Fax: _____
 Email: _____ This is my home address club address
 Check here if you previously phoned in your registration. This is a new last name. Previous name: _____

Method of Payment <input type="checkbox"/> Cheque <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> Master Card	
Card # _____	Expiry (mm/yy): _____
Authorization Signature: _____	Name on Card: _____
Spring Conference – March 22, 23, 24 CALA MEMBER FEES: EARLY BIRD – On or before Mar 4	
Aqua Yoga Intro: \$264 (includes Course Manual) * Add Friday Afternoon & Evening Sessions: for \$169 more Following Choices DO NOT include the Aqua Yoga Intro Training <input type="checkbox"/> One Day Only: \$189 <input type="checkbox"/> Any Two Days: \$259 <input type="checkbox"/> All Three Days: \$299	
CALA MEMBER FEES: REGULAR – Mar 5 – 19, Add \$30 + tax	
CALA MEMBER FEES: LATE – After Mar 19, Add \$50 + tax	
Mandatory Facility Fee collected for City of Kitchener: Add \$15 + tax	
Option to join/renew CALA membership & enjoy membership prices above: Add \$49 + tax	
NON-MEMBER FEES: Add \$35 + tax to fees above	
Bonus – Lunch is included Saturday and Sunday	
Saturday Night Celebration Dinner Party!: Add \$45	
TOTAL (+ 13% tax):	

Bring your own flotation belt! Belts available for purchase on site.

Indicate first and second choice.

Fri Mar 22

- 9am–3:15pm
 1 Aqua Yoga Intro
 OR
 Starting at 1pm–3pm
 2 Energy to Burn
 Choose 3a or 3b: 3:15pm–5:45pm
 3a Sport Specific
 3b Aqua Rock
 Choose 4a or 4b: 6pm–9:30pm
 4a Crunch Muscle Max
 4b HydroRider Interval

Sat Mar 23

- Choose 5 only: 8am–9:30am
 5 Celebrate 20 years
 Choose 6a, 6b, or 6c: 10am–1:15pm
 6a Nutrition 911/Aqua Flow II
 6b Double Trouble/Bender Ball
 6c Common Conditions/Chronic Pain
 Choose 7a, 7b, or 7c: 2:15pm–5:30pm
 7a Art of Aqua PT
 7b Inspire Me/Amazon Arms/360x180
 7c Strike a Pose/Tap into Calm
 Choose 7d only: 7:30pm–10:30pm
 7d Celebration Dinner Party!

Sun Mar 24

- Choose 8am, 8b, or 8c: 7:30am–9am
 8a Water Works
 8b The Boys
 8c The Girls
 Choose 9a, 9b, or 9c: 9:30am–12:30pm
 9a 30,20,10/H2ORunner
 9b Choreography/World Stage
 9c Falls /Joint Replacement
 Choose 10a, 10b, or 10c: 1:30pm–4pm
 10a Acro-Aqua Partner Up
 10b Triple Mix
 10c Aqua Flow 1/Aching Body
 Choose 11 only: 4:15pm–5:15pm
 11 Grande Finale Celebration!

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