



CALA West “Be Enlightened” Conference and CALA HydroRider Specialty Training & Certification Course

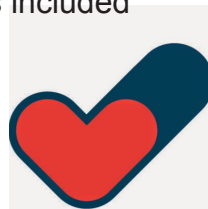
Nov. 12–14 & 15–16, 2014

HOSTED AT
ELEVATION PLACE BY,
THE TOWN OF CANMORE



Accredited by CALA, canfitpro, CFES, NSFLA, SPRA, AFLCA, BCRPA, YWCA, YMCA, OFC

Visit www.calainc.org for CALA West 2014 Conference details: Accreditation Details
Nutritious Lunches included



Physiorite

CALA, 125 Lilian Dr., Toronto, On., Canada, M1R 3W6
www.calainc.org Ph: 1-888-751-9823 (local: 416-751-9823) Fax: 416-755-1832
E: cala_aqua@mac.com or cala@interlog.com

Wed. Nov. 12 to Fri. Nov. 14, 2014 Pre-Conerence

Nov. 12, 13, 14 **CALA HydroRider Specialty Training & Certification Course**

Pre-Conference with Mary Lou Hall

Don't miss this fabulous new twist on Vertical Water Training. We're talking cycling in water on a stainless steel bike. This high quality bike is easy to maneuver into and out of the water and will add a brand new dimension to cross training and programming in the pool. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, the HydroRider has the potential to excite, motivate and meet the needs of all sorts of people. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity. Pre-requisite: Vertical Water Training (Bypass or Course). Call CALA at 1-888-751-9823 to learn more.

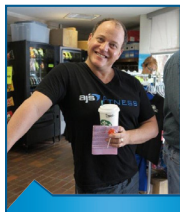
Wed., Nov. 12: 1:00pm - 9:pm Thurs., Nov.13: 9:00am - 5:00pm Fri., Nov. 14: 9:00am - 5:00pm

Nov. 14 **Certification Opportunity: Group Aqua Fitness, Healing Waters, HydroRider, Aqua Yoga or Water Running.**

Contact CALA to book your practical assessment and/or Theory Exam.

Fri., Nov. 14: 12:00pm - 5:00pm

PROFESSIONAL PRESENTERS



Darin
Dieterich

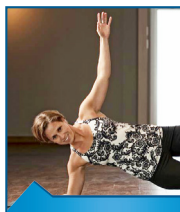
Canfitpro & CALA certified, Pilates Pure A Diploma, and Personal Training Academy and Elite Trainer for Flexi-Sports. Darin is the Fitness and Education Director for Royal Events Fitness & Sports School and Group Fitness Director at A.J's - Munich, Germany's top fitness club. Darin has 'wowed' fitness professionals in over 40 countries and educated over 10,000 fitness professionals in his 20 plus years as a fitness educator.



Charlene
Kopansky

B.Sc. HK, B. Ed., CALA Inc. Founder & President.

Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Her creative approach and skills in dance choreography, water running, personal training, fitness, aqua fitness and aqua yoga leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa, Canada & New Zealand. Awards include Lifetime Achievement in Health and Fitness (2013 - canfitpro), '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 (canfitpro).



Michelle
McLaren

B.Kin, RMT, CALA Trainer & Assessor: Aquafitness, Water Running, HydroRider, Aqua Yoga and STOTT Pilates Michelle has been active in the fitness industry for the since 1991. She has been an instructor trainer for the Canadian Aquafitness Leaders Alliance for 15 years, travelling all over Canada teaching Aquafit, Water Running instructor courses and various workshops at fitness conferences. She is also a Certified Matwork Level 1 & 2 STOTT Pilates Instructor and has been practicing Pilates for the past 10 years, spending the last 3 of them teaching. With her strong background in Kinesiology and Massage therapy, Michelle has a profound understanding of the human body and creates innovative, functional exercises and class designs.



Jennie
Queen

Diploma in Fitness and Lifestyle Management, CALA certified Aqua fitness Leader, and Trainer/Assessor, an A group Fitness Instructor and a certified land based personal trainer with canfitpro and SPI.

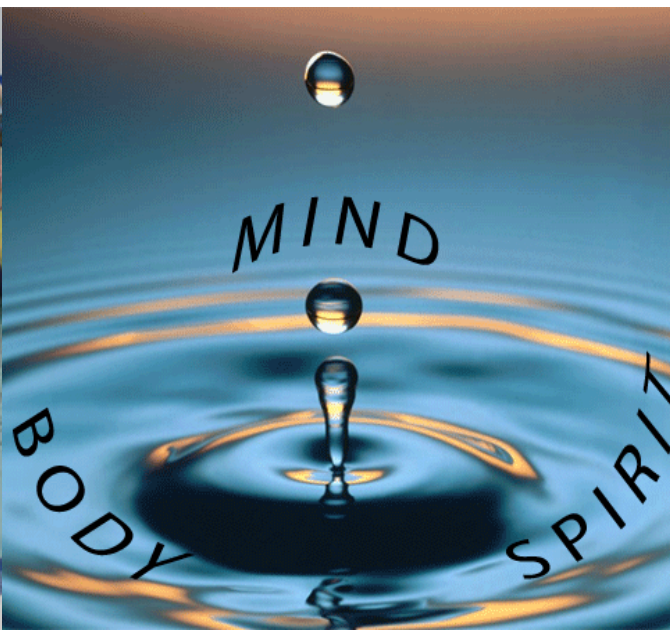
A water baby for 36 years, Jennie has a passion for everything aquatic and fitness. With over 20 years experience in developing, training, presenting and teaching, Jennie brings creativity to her full time job as Portfolio Manager with Parks, Recreation and Cultural Services, Ottawa for aquatics and fitness. A life learner, Jennie enjoys challenging herself to stay informed and up to date with the fitness industry. You are invited to join the down to earth sessions, enjoy the energetic presentation and share the experiences.

Saturday, November 15, 2014

SENSATIONAL SCHEDULE – Earn 8 CECS



- 7:30am – 8:00am **Registration open! Trade Show operates all day for your pleasure.**
- 8:00am – 12:00pm **Suspended in Motion featuring Jennie**
Note: The concepts in this workshop can be modified for chest deep water.
Experience dynamic, deliberate and dramatic choreography based on meaningful movements, creativity and flare for the utmost in sophisticated suspension. Explore a variety of class formats, styles and choreography including 'Twisted Tethered' – a fun, functional and challenging workout; '360 X 180' – a mix of multiple planes of movement; and 'Cardio-Core Connection' - unique combinations to develop killer abs, balance and coordination.
8–10 Active Theory, 10–10:15 Change, 10:15–11:45 Pool, 11:45–12 Change
- 12:00pm – 1:00pm **Drawing Parallels featuring Darin** *A delightful lunch will be served.*
Re-fuel your body with lunch provided and re-energize your spirit while listening to words of wisdom connecting leadership to the natural world.
12-1 Nourishing Theory
- 1:00pm – 3:45pm **Aqua Pilates featuring Michelle**
Discover how to liquify land-based Pilates moves with interesting chest deep and suspended modifications. Help participants build spinal and pelvic alignment, increase core strength and stability, improve body awareness and feel empowered.
1–2:15 Active Theory, 2:15–2:30 Change, 2:30–3:45 Pool
- 3:45pm – 5:00pm **Aqua Bands and Loops: Stretch with Strength featuring Jennie**
Note: Aqua Bands and Loops are ideal multi-purpose aquatic tools. A huge variety of moves and motions can be performed to help improve strength and flexibility. These are perfect, high quality tools for water based fitness and physical therapy. Experience the Aqua Band and Loops all the way from the UK, offering two levels of resistance, Light–Original and Heavy–Extreme. Aqua Bands and Loops are available for purchase at the CALA Booth.
3:45 - 4:45 Pool, 4:45 - 5:00 Change
- 5:00pm – 5:15pm **Relax and Reflect featuring Darin**
Time to ask questions, submit your conference feedback, relax and reflect on the fabulous day of learning and laughter with CALA.
5:00-5:15 Active Theory



Sunday, November 16, 2014

SENSATIONAL SCHEDULE – Earn 8 CECS



- 7:30am – 8:00am **Registration open! Trade Show operates all day for your pleasure.**
- 8:00am – 9:45pm **Impressive Leadership with Strong Movement Skill featuring Darin**
Be smart and save your body. Learn how to teach a full power aquafitness class while sitting in a chair! This workshop will focus on perfecting your verbal & non-verbal communication skills to enhance your motivation skills. Learn how to teach Aqua choreography while sitting on a chair. Who knew sitting on your butt could be so much fun!
8–9:30 Active Theory, 9:30–9:45 Change
- 9:45pm – 12:30pm **Joint Session**
Chair-Tactics Choreography featuring Darin
Put the theory into action with chest deep water choreography designed to save your body while motivating your participants to work their butts off!
PLUS Challeng-ography featuring Jennie
The challenge is not the necessarily the choreography – it's the execution of simple moves and blocks of moves using a complex format. Each chest deep water choreography block will enhance mental focus with exercises designed for the right and left brain. Be ready to bust your 'routine ruts'. This session is guaranteed to provide some laughs along with a mind blowing experience!
9:45-11:30 Pool, 11:30-11:45 Change, 11:45-12:30 Active Theory
- 12:30pm – 1:30pm **Making a Difference (Sharing Passion with Purpose) featuring Charlene & Darin**
A delightful lunch will be served.
Charlene & Darin are dedicated to encouraging people to experience the joy of movement by educating and inspiring more people to live healthy lives through exercise. Both individuals have used land and water to achieve this and in the process of doing so, have managed to build a thriving career in the fitness industry. In this session Charlene & Darin will share their stories and life lessons learned along the way.
12:30–1:30 Nourishing Theory
- 1:30pm – 3:30pm **HIIT the Liquid Weight Room with an Aqua Band & Loop Twist featuring Jennie**
We know water works! Now let's add the Aqua Band & Loop with a HIIT twist for a high intensity cardio-muscle calorie burn. Do the moves with the band & loop and without. Figure out what you like and experience a workout that you can modify to fit any level of fitness and any age. This is your chance to try Aqua-band light – Original and/or heavy – Extreme all the way from the UK. Aqua Bands and Loops are available for purchase at the CALA Booth.
1:30–2:15 Active Theory, 2:15-2:30 Change, 2:30-3:30 Pool
- 3:30pm – 5:00pm **On the Spot Aqua Disco Daze and Fun & Games featuring Darin**
Grab your floral pattered bathing suit and your sequenced bathing cap for this cool workshop that will make you smile, bringing back crazy disco dance memories and moves. Get energized with dazzling disco tunes mixed with fabulous aqua disco moves to form a highly entertaining, heart-thumping workout. Different styles of chest deep choreography will be performed and demonstrated in this groovy session.
3:30–4:15 Pool, 4:15-4:30 Change, 4:30-5:00 Active Theory
- 5:00pm – 5:15pm **Relax and Reflect featuring Darin**
Time to submit your conference feedback, ask questions, relax and reflect on the fabulous day of learning and laughter with CALA, completing the CALA West Conference Experience.
5:00-5:15 Theory Room



CALA CONFERENCE DETAILS



PHOTOS

During the conference we will be taking pictures for use on the CALA web site & in promo materials. Your picture may appear on www.calainc.org & in these publications.

NUTRITION

Lunch on Saturday and Sunday are provided with vegetarian choices included.

CONTINUING EDUCATION CREDITS (CECs).

For CEC, Renewal, and/or Recertification details visit www.calainc.org

This event is accredited by AFLCA, BCRPA, canfitpro, CFES, OFC, SPRA, NSFLA, YWCA, YMCA.

CANCELLATION POLICY

All conference cancellations must be received in writing by fax, email or mail or on before October 31. Your fee will be refunded less a \$100 + tax cancellation fee. No refunds or credits will be given after October 31.

NSF/RETURNED CHEQUES

Subject to \$50 + tax admin fee.

HOST FACILITY

Elevation Place, 700 Railway Ave., Canmore, AB.
Ph: 403-678-8930 Michelle McLaren

HOW TO REGISTER

PHONE: 1-888-751-9823 or 416-751-9823 *Call for express registration using VISA or MC.

MAIL registration form with payment (credit card –VISA, MC, chq or money order) payable to CALA: West 2014, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6.

EMAIL scanned registration form with payment details.
cala_aqua@mac.com

REGISTRATION

Sat. Nov 15 & Sun. Nov 16 at 7:30am at Elevation Place, AB at the CALA Booth.

OTHER INFORMATION

Free parking on site, child care is not available

HOTEL

Coast Canmore Hotel, 511 Bow Valley Trail

\$111/night dbl occupancy, book before Oct 12 to receive the special conference rate

CALL 1-800-716-6199, indicate CALA West Conference to make a reservation.

OR book on line, www.coasthotels.com, use code CCM-GF435 to receive discount. Local CALL 403-678-3625



Ph: 1-888-751-9823

Local: 416-751-9823

Fax: 416-755-1832

**E: cala_aqua@mac.com or
cala@interlog.com**

Web: www.calainc.org

REGISTRATION FORM

OFFICE USE ONLY

Reg# _____ Date _____ Inv# _____ Pd



CALA West "Be Enlightened" Conference

November 15-16

Pre-conference CALA HydroRider Specialty Training & Certification Course

November 12-14

Name: first _____ last _____

Address: _____ City: _____

Prov/State: _____ Country: _____ Postal Code: _____

H/Cell ph: _____ Work ph: _____ Fax: _____

Email: _____

This is my home address club address

Check here if this is a new last name. Previous name: _____

Method of Payment

Cheque Money Order Visa Master Card

Card # _____ Expiry (mm/yy): _____

Authorization Signature: _____

Name on Card: _____

EARLY BIRD FEES ARE LISTED BELOW (BEFORE OCT. 15) REGULAR FEES ADD \$25 TO FEES LISTED BELOW (OCT. 16 - 31) LATE FEES ADD \$50 TO FEES LISTED BELOW (NOV. 1 - 12)

1. Pre-Conf: CALA HydroRider Specialty Training & Certification Course Includes training, manual & certification fees. Call to inquire re: VWT pre-requisite. You must be a current CALA member to participate in this course. Nov. 12-14. Cost: Current CALA Member: \$269	
2. CALA West "Be Enlightened" Conference: Sat. Nov. 15 and Sun. Nov. 16 One Day Only: \$199; Two Days: \$239	
3. Option to Join/Renew CALA Membership: \$59	
4. Non-Member Fee: Add \$35	
	(+ 5% tax)
TOTAL:	

