



# CALA

## **CALA CONFERENCE CELEBRATING 25 YEARS!**

**Elevation Place, 700 Railway Ave #100, Canmore, AB T1W 1P4  
Saturday December 8th, 2018**

**Featuring Jennie Queen, CALA Master Trainer from Ottawa, ON**

**Accredited by CALA, AFLCA, BCRPA, canfitpro, SPRA, CFES, YMCA, YWCA.**

**[www.calainc.org](http://www.calainc.org) | [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) | 416-751-9823**



## Registration

Elevation Place Atrium – Look for CALA signage

9:30am - 10:15am Registration: Atrium or Landing at Top of Stairs

\*Note: 10:15am - 10:30am The first session starts in the lap pool.

### **Aqua Thunder: Drumming up Waves!**

It's time to turn up the beat and create some heat in this fun filled, chest deep session. Get ready to play imaginary drums in the water. Everyone will use a pair of inexpensive, simple to store, drum sticks to generate thunderous turbulence with lots of energy. Create a whole new world of positive aqua vibes in your classes! No drum sticks at your facility? No worries... you will definitely be able to use the movement patterns in this innovative workshop with or without the equipment.

#### **Objectives:**

- Experience and explore the way drum sticks can be used in aquafitness classes
- Implement effective tricks and tools to spice up your classes, while keeping them safe
- Play with different beats and phrases while learning simple starter choreography.

#### **Agenda:**

10:30am - 12:00pm: Lap Pool

12:00pm - 12:15pm: Change time

12:15pm - 1:45pm: Active Theory Room 209

### **Lunch: Relax & Reconnect with Aquafitness Enthusiasts**

1:45pm - 2:15pm: Bring your own Lunch & meet in the Foyer of Elevation Place

### **Anchored Aqua plus Complete Choreography Sequences**

Take out the bounce! In this session you will experience how intensity increases when movements are anchored while contacting the pool bottom and when suspended. Improve balance, strength, flexibility, and cardio with perfect posture and serious deep abdominal activation. Learn a series of pre-choreographed sequences and effective cueing to inspire your teaching and your participants

#### **Objectives:**

- Understand the benefits of low impact, anchored movements
- Explore slower tempo and larger range of motion with upper and lower body moves
- Learn complete choreography sequences for warm up, cardio, muscle conditioning and stretch using anchored moves throughout.

#### **Agenda:**

2:15pm - 3:45pm: Active Theory Room 209

3:45pm - 4:00pm: Change time

4:00pm - 5:30pm: Lap Pool (Chest Deep and Deep)

5:30pm - 5:45pm: Change time

5:45pm - 6:30pm: Active Theory Room 209

6:30pm - 6:45pm: Complete & Submit evaluations to Jennie Queen

## ALL ABOUT JENNIE QUEEN



Be empowered by Jennie, respected aquatic, fitness and recreation professional. Energy, passion and authenticity are qualities displayed by Jennie in both her everyday life and her fitness classes and facilitated sessions. Besides her dedication to continuous education and learning Jennie enjoys working with her staff, clients and recreation professionals. Jennie is currently a Portfolio Manager with the City of Ottawa. Jennie has combined her love for aquatics, fitness and recreation with a focus on developing emerging leaders. Along with her many aquatic related certifications, Jennie is a CALA certified aquafitness leader, trainer and assessor and a group fitness instructor and personal trainer with canfit and SPI.



**NAME**

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

Previous Last Name: (if applicable): \_\_\_\_\_

**ADDRESS**

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

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**CONTACT**

Home/Cell Number: \_\_\_\_\_ Work Number: \_\_\_\_\_

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

**FEES**

Please select all that apply:

- CALA Member Registration Fee: **\$200** includes tax (Before Dec 01)
- CALA Member Registration Fee: **\$250** includes tax (After Dec 01)
- Non-Member Registration Fee: **\$250** includes tax (Before Dec 01)
- Non-Member Registration Fee: **\$275** includes tax (After Dec 01)
- CALA Membership Purchase or Renewal: **\$61.95** includes tax (Before Dec 01)

**PAYMENT**

Please select  Visa  MasterCard  Email Transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Credit Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ Security #: \_\_\_\_\_

Authorizing Signature: \_\_\_\_\_



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