



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

WINTER CONFERENCE
JANUARY 31 AND FEBRUARY 1, 2009
Okotoks Recreation Centre, Alberta, Canada



JOIN us at The CALA SPRING CONFERENCE
Kitchener, Ontario, Canada - March 21 and 22, 2009

cala_aqua@mac.com www.calainc.org

OUR PROFESSIONAL PRESENTERS

Darin Dieterich, Named as a top presenter in Germany, Canada and Switzerland, Darin has blended years of hard work, talent and education, earning him a spot as one of the fitness industry's brightest innovators. Darin has appeared in over 40 countries and educated over 10,000 fitness professionals. In 2004, Darin was honoured as Germany's "Fitness Educator of the Decade" by Germany's top rated consumer magazine Shape-Up. Darin has produced fourteen top selling video workouts. Darin is the fitness education director for Royal Events. In just over three years, Royal Events is quickly closing in on its 300th event. Darin earned CALA certification in 1997 and has presented for CALA at several national conferences and in the UK.



Michelle McLaren, B. Kin., RMT, CALA Trainer, has been involved in the field of aquatics since 1990 and has been teaching aquafitness since 1991. She has taught throughout the cities of Toronto, Hamilton, and at the University of Calgary. Michelle injects her technical knowledge with an enthusiastic and motivating presentation style. With specialties in Aqua Cycling, Water Running and 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, BSc. H. K., B.Ed. PHE, Sc., President & Founder of CALA, author & international presenter: Cuba, Germany, UK, New Zealand, Brazil, Australia, South Africa, Trinidad and Tobago, Mexico, Dominican Republic. Popular for her energy, passion & in depth knowledge, certified CALA, CFP, OFC. BCRPA Trainer & CEC provider for national & provincial fitness organizations. Top Bodylife Presenter, Who's Who of Canadian Women in Fitness; Leader of the Year, OFC; Instructor of the Year, Fitness Institute. Nominated for Mal Peepre Award & Top European presenter in Aquafitness. Author of CALA Training manuals & 100+ workshop topics. Winner of 2008 Can-Fit-Pro Specialty Presenter of the Year!

DETAILS

CREDITS (CONTINUING EDUCATION CREDITS): Each session is assigned CECs, check out www.calainc.org for details

CALA: Earn 8 CALA credits each day

CanFitPro: FIS, PTS, NWS credits

BCRPA: Earn 8 BCRPA renewal credits each day

AFLCA: Practical, theory, leadership credits

OFC, NSFLA, SPRA, MFC, SportPEI, NBCFAL, NLPRA: 1 hour = 1 credit

YMCA, YWCA & YM-YWCA: Sessions approved by selected Y facilities.

HOW TO REGISTER: Print clearly in black ink. Keep a copy for your records. Indicate your first choice.

Note: Pick up your receipt & session confirmation at the CALA registration booth on site. Registration opens at 7:30am on Sat. Jan 31 & Sun. Feb 1 at Okotoks Recreation Centre. Numbers limited. Register early!

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 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 "Check here if previously registered by phone".

Fax: 416-755-1832 - 24 hours a day. Fax registration & session selection forms including credit card payment only. If you require confirmation that we received your registration, indicate this on your fax cover sheet & indicate a phone number for us to call OR indicate an email address. Do not fax registration form without a credit card number and expiry date. Print clearly, if we cannot read your form, you may not get priority listing.

Mail: Mail registration & session selection forms with payment (credit card -VISA or MC, cheque or money order) payable to CALA: CALA Winter Conference 2009 Registration, 125 Lilian Dr., TO, ON, Canada, M1R 3W6

Payment must be included with each method of registration. Registrations without payment will not be processed. If paying by cheque, use mail only, do not fax registration in advance.

REGISTRATION: CHOOSE ONE DAY ONLY OR BOTH DAYS!

Please note: No single sessions or half day registrations available. Join as a CALA member or renew your CALA membership now: \$51.45 to take advantage of the membership prices listed below. Send payment with completed registration form, post marked or faxed on or before Jan 9, '09 for early bird rates.

EARLY BIRD REGISTRATION: on or before Jan 9, '09

REGULAR REGISTRATION RATE: between Jan 10 & Jan 23, '09

LATE REGISTRATION RATE: after Jan 23, '09

DIRECTIONS: From Calgary: Get on Deerfoot Trail heading south. Follow it out of the city until you merge with hwy. #2, 10km from city limits to Okotoks turn off. You will need to exit quickly to your right on to the Okotoks ramp. Follow the highway into town until you reach the second set of lights. Turn left and proceed to a 4 way stop. See Okotoks Rec. Ctr. on 99 Okotoks Road, right hand side.

PARKING is free and available on site.

CHILD CARE is not available.

ACCOMODATION CHOICES: First choices: Okotoks Lakeview Inn & Suites 403-938-7400 or 1877-355-3500 or High River, Ramada Inn & Suites (15 kms south of Okotoks): 1-866-449-3181
Other: Okotoks Inn: 403-938-4101

MEALS: Morning coffee or tea with muffins AND Lunch provided.

MEDIA: During the conference CALA will be taking pictures for use on the CALA web site and in promotional materials. Please be advised that your picture may appear in these publications.

CALA REGISTRATION BOOTH/TRADE SHOW HOURS:

Sat Jan 31: 7:30-8:30am & 11:45am-1:30pm

Sun Feb 1: 7:30-8:00am & 12:15-1:00pm

GROUP DISCOUNTS: By fax or mail only! Groups of five or more are eligible for a group discount of \$10 per registration. Five or more complete registrations must be received at the same time (the same fax with credit card numbers & session choices or by mail with credit card & cheques & session choices, one form per person. If one person is paying by cheque, all completed forms must arrive together in mail.)

NSF OR RETURNED CHEQUES: NSF & returned cheques are subject to a \$40. admin fee.

CANCELLATION POLICY: Conference cancellations must be received in writing by fax or mail on or before Jan. 16, '09. Fees will be refunded less a \$63. admin. fee. NO refunds or credits given after this date. No refunds or credits will be given for no shows or partial registrations.

Accredited by many organizations,
including, but not limited to...



BODY MOVES



MIND

OUR SENSATIONAL SESSIONS

SATURDAY JANUARY 31

8 Credits for Saturday!

Sessions suitable for land and water based instructors & participants

7:30am-8:30am: REGISTRATION BOOTH PLUS TRADE SHOW IS OPEN

8:30am-11:45am: Morning Sessions to Choose From:

SAT-1 Point of Interest and Body Blast: Kopansky, Dieterich Focus & fine tune: a truly unique methodology to learn how to actually move in a full range of motion, with balanced body mechanics, with a strong core, abs of steel, & the requisite kinesthetic awareness. This Kopansky methodology is absolutely ground breaking. Body Blast is Darin's signature muscle strength & endurance class! Blast your body with functional strength, exquisite technique, balance training, & stretching. Take your moves one step further to an advanced level. By incorporating a 3-phase build-up of each movement, this class format will let your beginners feel successful while challenging advanced members. (Active land theory session first, then water session.)

or

SAT-2 Parent and Tots Water Training: McLaren Get them active while young! Learn the structure, the design & the delivery of a 'Parent & Tot' aqua fitness class with babies (6-18 months), in floating seats & adults exercising alongside. Observe & experience how to lead this class with the caregiver/parent remaining in contact with the child at all times. With emphasis on class formations, layouts, patterns & teamwork, discover a great way to exercise, have fun & add variety. (Active Pool session first, then active theory session.)

**Saturday January 31: 11:45am – 1:30pm
Trade Show Open, Nutritious Lunch included.**

1:30pm-4:45pm: Afternoon Sessions to Choose From:

SAT-3 Aqua Goes Hip Hop with a Funky Splash: Dieterich A little bit of hip, a touch of hop & a definite splash of funk, all in chest deep immersion. Make the water boil as the body moves vigorously & purposefully. Get ready to laugh out loud & learn new moves & teaching methodologies. (Pool first with option to observe on deck, then active land based review of moves & combos.)

or

SAT-4 Gentle Aqua: Post Rehab & Reactivation of Hip & Knee Problems: Kopansky How many clients/participants have you trained who complain of knee & or hip pain? What can you do to facilitate their return to full function (or as close to it as possible), prevent further injury, prep them for that dreaded surgery or pick up the pieces post op? This comprehensive session will focus on common hip & knee problems. A review of the mechanics of the knee & hip joint & common injuries sets the stage to discuss and try exercises to improve the function of the knee & hip joint. (Active land based session first, then pool session to follow, option to observe on deck.)

5:00pm-6:00pm

In the pool or observe on deck for an extraordinary experience.

SAT-5 Aqua Africana: Kopansky On the way to her 10th South African tour, remembering the sound of drums resonating through her body, mind & soul, join Charlene for an exotic chest deep water experience which moves the body & the water in a most compelling & complementary manner. Feel the energy of the African wilderness while the music soothes & uplifts you. (Pool only, option to observe on deck.)

**Wrap Up: Saturday January 31: 6:00pm – 6:30pm
Submit feedback, receive CEC certificates at Trade Show.**



SUNDAY FEBRUARY 1

8 Credits for Sunday!

Sessions suitable for land and water based instructors & participants

7:30am-8:00am: REGISTRATION BOOTH PLUS TRADE SHOW IS OPEN

8:00am-12:15pm: Morning Session

SUN-1 Leadership & Team Building: Dieterich, Kopansky Want to capture the attention & adoration of participants. Learn strategies to quiet the talkers & get people totally focused on the fitness & fun factor associated with movement. Get ready to practice movements with the goal of improving your delivery of the fitness message. Through a perfect match of cuing & movement skill, become a stronger, more confident professional. Get ready to do movement on land, simulating land based instructing & on deck leadership. Then get in the pool to see how it feels in water. (Active integrated land & pool session, option to observe on deck)

Sunday February 1: 12:15pm – 1:00pm

Trade Show Open, Nutritious Lunch included.

1:00pm-5:15pm: Afternoon Session

SUN-2 Aqua Gym Stick, Bells, Fins Boot Camp/Stretch Flex: Kopansky, Dieterich Be ready for an energetic session where unique moves will be experienced on land & in water. Decide whether you will add omni-directional equipment, the aqua gym stick or use the water as the training tool – pure & simple, you choose. Get ready for a physiologically sound mix of aerobic & anaerobic training, boot camp style. No dance-like choreography, a straight ahead challenging workout suitable for ALL fitness levels. Find your true anaerobic zone while performing each set of exercises with excellent form & technique. Stretch Flex focuses on deep & chest deep stretches combining dynamic & static flexibility moves to achieve improved range of motion & a feeling of relaxation. Experience how one move flows into another keeping participants comfortable & engaged. (Active theory session followed by pool session.)

Wrap Up: Sunday February 1: 5:15pm – 6:00pm

Submit feedback, receive CEC certificates at Trade Show.

DISCOVERS

SPIRIT SOARS



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

REGISTRATION FORM

First Name: _____ Last Name: _____

CALA Winter Conference '09

Address: _____

This is my:
 home address club address

City: _____ Province/State: _____

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

Country: _____ Postal Code: _____

Check here if you previously phoned in
 your registration.

Tel/Home: () _____ Work: () _____

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. Jan 31, indicate first choice

8:30-11:45am

- SAT-1: Interest/Blast
- SAT-2: Moms/Tots

1:30-4:45pm

- SAT-3: Hip Hop
- SAT-4: Gentle Aqua

5:00-6:00pm

- SAT-5: Africana

Sun. Feb 1.

8:00am-12:15pm

- SUN-1: TEAM

1:00-5:15pm

- SUN-2: Boot/Stretch

		Sat or Sun	Sat & Sun	Sub Total
EARLY BIRD before Jan 9	Members	\$169	\$209	
	Non-Members	\$189	\$229	
REGULAR Jan 10-23	Members	\$199	\$239	
	Non-Members	\$209	\$259	
LATE REGISTRATION after Jan 23	Members	\$219	\$269	
	Non-Members	\$239	\$289	
Includes sessions, handouts, CECs, lunch & trade show				✓
LUNCH *Indicate veggie or non-veggie:				<input type="checkbox"/> veggie <input type="checkbox"/> non-veggie
CALA MEMBERSHIP Join or renew now to enjoy conference savings. (add \$49)				
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 _____