

Wave

L I N K

"The mind discovers, the body moves, the spirit soars, the magic of water!"



Ai Chi

Aqua Nia

Power Yoga

Aqua Sport

Fishy Tricks

Aqua Tai Chi

Aqua Muscle

Anatomy 101

Cardiac Rehab

Aqua Africana

Aqua Boot Camp

Aqua Elementals

Tethered Training

Aqua Disco Dance

Oodles of Noodles

Joint Replacement

Music Comes to Life

Liquid Body Rythms

Strong Bones for Life

Circuit Style Liquid Energy

Pump Up Your Presentations

Laughter - The Best Medicine

Aquafitness and Breast Cancer

Urban Spin: From Land to Water

Liquid Strength & Flexibility Training

Aqua Personal Training for Special Needs

11th Annual

CALA

Conference

2003

Exclusively

Water

May 30 - June 1

Etobicoke Olympium,

Toronto Ontario

aquafitness leaders

fitness instructors

personal trainers

aquatic programmers

aquafitness participants



“GOOD THINGS COME TO THOSE WHO WAIT.”

CALA is a good thing, as is the newsletter. Good things do come to those who wait. It is with an apologetic note that I ask you, as a CALA member to understand the lateness of these two issues, earmarked as Autumn 2002 and Winter 2002 - #35 and #36.

Just to let you know what has happened over the past six months to cause the tardiness of the newsletter:

- Ongoing training and developing of consultanting team to build a strong support mechanism for CALA members, at headquarters. This began in the Summer 2002 and continues to this day - see page 13 regarding recruitment to continue to build the team.



- Ongoing work on collecting the necessary information to finally launch our web site again.
- Completion of a comprehensive "Aquafitness Leadership Training Proposal for the City of Ottawa" - an intensive 6 week project: completed August 2002.
- Ongoing negotiations with the City of Ottawa, still in process.
- Apprentice training, recruiting new trainers, offering workshops, courses, and speaking at conferences to promote CALA in the Yukon, British Columbia, Alberta, Saskatchewan, Ontario, Quebec, Nova Scotia, Prince Edward Island, and Newfoundland (all since July 1/02)
- Planning the annual CALA Training for Trainers and customizing this event for new trainers we just completed the "T for T", January 30, 31, February 1, 2/03 with 8 promising CALA ambassadors eager to train others. Thanks to Line Marr for welcoming us to Chateau Laurier.
- Booking a facility, assessing the presenter applications and planning the annual CALA conference to be held May 30, 31 and June 1 at the Etobicoke Olympium, brochures should be in the mail by the middle of March.
- Pulling together articles for this double issue of Wavelink.
- Offering the first ever participant centered workshop for water runners, held in Toronto: we are excited about hosting this type of workshop at your facility - see page XXXX for highlights on that workshop.

- Attending the PRO conference to finally introduce CALA to Aquatics managers and coordinators in Ontario.
- Compiling a comprehensive, state of the art "CALA Host Affiliate Kit" to encourage facilities and aquafitness enthusiasts (including our members) to offer educational events - workshops, participant centered and/or leader centered, guest classes, one day specialty courses, our foundation course... and so much more - **for a copy of this Kit call CALA.**
- Establishing new certification and recertification policies - see page XXXX for a summary of the policies.
- **Ongoing recruitment of volunteers** to help us out a few hours a week at CALA headquarters - interested - call us!

With regret, I had to cancel my annual trip to teach at the University of Stellenbosch, South African, present workshops in Cape Town and surrounding region, network with my South African training team and do volunteer work for the local community... this is a big disappointment for me. I often find that while away from the office, I am able to come up with new, innovative workshop ideas - like Aqua Africana, Aqua Spinning and Aqua Recuperation - which you as leaders and programmers ultimately will benefit from. I do hope that inspiration will reach me in the cold confines of the Canadian winter. On that note, thanks for your words of thanks and praise, these keep me going and motivate the rest of the CALA team as well.

- And the daily administrative business of CALA

This and so much more has kept us hopping!



Remember: "Good things come to those who wait." I hope you will agree once you have read this double issue.

I look forward as always to your feedback. Also, please consider submitting an article to CALA; a success story; what is happening at your pool; how you have grown as a leader...

Charlene

ASK THE SEAHORSE



The following questions were submitted by CALA members. Keep those questions coming.

Question #1:

Could you please tell me what the recommended water temperature should be for pools that offer water fitness classes? What temperature is considered unsafe? How hot is too hot?

Thank you,
Sandy Skrzypczyk, RD, Public Health Dietitian

Answer to Question #1:

The recommended pool temperature is a sticky question: there are many factors that come into play to determine the appropriate temperature. Quite often participants will complain that a pool is too cold, when in fact the water itself is at the recommended temperature, but the ambient air humidity and air temperature are not at an appropriate level. I have heard that the differential between the water temperature and the air temperature and the humidity is very important in terms of how comfortable the participants will be while exercising in water. If you are having challenges with water temperature, contact a pool builder or installer who may be able to give you more technical information.

Also keep in mind that if a door is propped open, or a fan is turned on in the pool environment, the ratios of water temperature, to air temperature to humidity may be thrown off.

The second part of this answer has to do with the target audience.

- If your clientele is older, or unfit, the water may need to be warmer: 85 to 86 degrees F.
- If the clientele is very fit the water could be between 83 and 85 degrees F.
- If this is a gentle ROM class for therapeutic purposes, the water needs to be warmer: 88 to 92 degrees F.

I do hope this information is helpful. Please let me know if I can be of further assistance.

Question #2:

My instructor and facility, for that matter, is demanding that I remove the cuffs I am currently using around my ankles for flotation. They want me to use the flotation belts instead. They insist that a flotation belt is safer for my back and will enable me to exercise more effectively. I have found the exact opposite to be true. The belt is uncomfortable. It impedes my breathing and rides up under my armpits. Please let me know your stance on this issue.

Judy (avid deep water aquafitness participant)

Answer to Question #2:

At CALA, we do promote the use of flotation belts around the waist for deep water aquafitness. There are various types of belts; I would recommend you try to see them before buying, so that you can get one that fits you properly. If you would like a list of different sources for belts, I would be happy to provide one. You do not want to 'struggle' with a belt that not only rides up around your diaphragm and impedes your breathing, but makes it uncomfortable to do certain arm and torso movements.

If you try the different models of belts and still find that they are uncomfortable, it may mean that you will have to use the cuffs, after all. I do agree with the statement that

the water cuffs can exacerbate or lead to back problems. The other problem is that often when people wear cuffs they do not execute the exercises correctly, and do not receive the benefits of various movements.

Obviously, you are an adult and can make your own educated decision about what will work for you; I do hope that this information has helped you in making that decision. CALA sells the 'red' flotation belts that are the same size all the way around — it may just be that you need to buy your own belt and custom fit it to your body; many participants are now doing this.

Thanks for writing and please feel free to ask any other questions you may have about aquafitness.



Rick Hansen & Charlene Kopansky - presenter party, CanFit Pro, August 2002.

PUTTING IT ALL TOGETHER: A MOTHER - DAUGHTER TEAM

by Charlene Kopansky, BSc. H.K. founder and president of CALA

Simin Bassir and her mother Marie are avid aquafitness participants who usually attend five-six classes a week. It is a complete joy to have them in my class. Marie is amazing: she is focused and has a healthy desire to exercise correctly and effectively.

While instructing I ask questions, start verbal cues that I expect participants to complete, demonstrate visually, and ask for a verbal explanation. These leadership techniques encourage participants to actively engage the mind, body and spirit while working out.

Examples: Verbal cues, that I want the group to complete:

- Your back is... (the group responds with: "long" or "straight")
- Your chin is... (the group responds with: "retracted")
- Your neck is... (the group responds with: "long,") like a... (the group responds with: "giraffe")
- Your chest is... (the group responds with: "open")
- Your abdominals are... (the group responds with: "tight" or "activated" or "strong")
- What muscles are working on this kicking action... (the group responds with: the "quads")
- Name the four "quads"... (the group responds with: "vastus lateralis," "vastus medialis," "vastus intermedius" and "rectus femoris")

Imagine a woman, soon to turn 75 years young, rhyming off all these muscles, with a wonderful Iranian accent! Marie has embraced the concept of learning about her body: she asked me to recommend an Anatomy book for her to purchase, in order to learn more. Marie is the first one to 'pipe in' when the Anatomy questions start rolling.

Many questions that I pose during the class are applied to movement. The participants get to know where the muscles are, how to work the muscles, how to stretch the muscles, and how to change the amount of intensity through modifications that are reinforced verbally and visually.

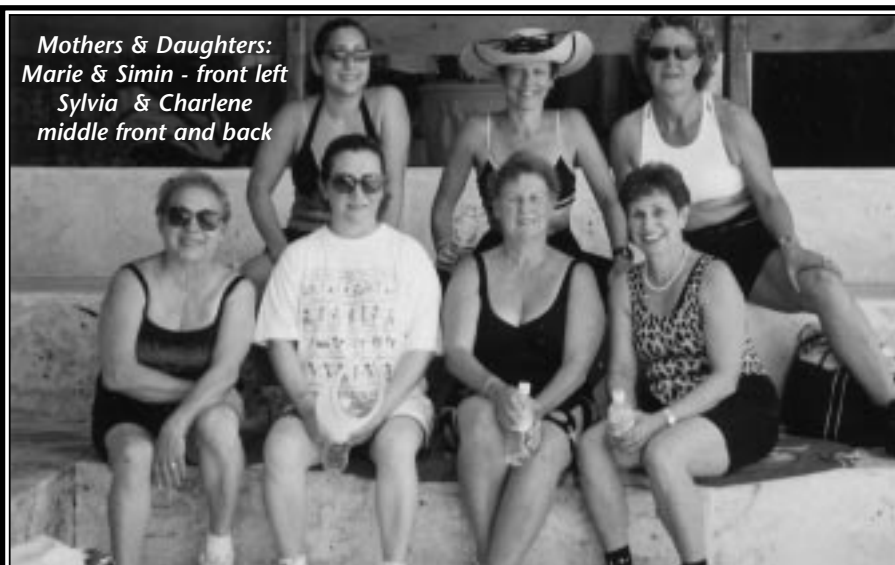
Visual cues, that I want the group to reinforce verbally (include the above, plus):

- Show a fully extended arm, and indicate visually, to keep the joint unlocked... waiting for the group to say... "Keep the elbow unlocked or soft."
- Show an overly arched pelvis, then show an overly tucked pelvis... waiting for the group to say... "Keep your pelvis level, or in neutral."

The combination of verbal and visual cues keep participants actively involved in the movement experience. Watching Simin and Marie exercising together in the pool, joining in with the group, celebrating each other's successes, focusing on maintaining and improving fitness continues to fuel my passion for teaching.

I have learned that movement is the universal language. I have learned that adults stay younger longer when they engage their mind, body and spirit during exercise. I have learned that deep belly laughing decreases buoyancy and makes the "laugh" work harder to stay afloat.

Oh for a 'pool full of Simin's and Marie's' — what a pleasure! I have heard that some instructors believe that their participants are not interested in any of the 'technical stuff.' I invite them to my class any time.



*Mothers & Daughters:
Marie & Simin - front left
Sylvia & Charlene
middle front and back*

PUTTING IT ALL TOGETHER: THE DAUGHTER'S PERSPECTIVE

by *Simin Bassir*

I was born and raised in Iran, a rich and warm country with a lot to offer. Iran gave me everything: a close-knit family, compassionate parents, a good education, a loving husband, beautiful children, and most of all, a sense of belonging. It was a perfect picture, but too good to last forever: my world turned upside down and changed completely when I lost my father. I felt the bitter taste of loss and hung on to my mother, Marie, who was not only a devoted mother but a great friend, a reliable advisor, and a confidante.

Then Iran changed. There came a time when there was nothing but images of bombs and revolution in my children's mind: we had no other choice but to find another home. We searched and traveled all over the world and consulted with my mother; the five of us eventually chose to settle in Canada.

In Toronto, we joined a fitness club and kept up an active lifestyle but nonetheless, my mother developed lung and heart problems: she eventually had to go through a serious quadruple bypass surgery. As part of her rehabilitation program, she started attending aquafitness classes. From then on, her health improved steadily. This roused my curiosity and I soon joined her in the pool. I found that not only did I get a very good workout, but my mood changed too! I became more relaxed and made a lot of friends: our group of aquafitness participants grew to really care about each other.



*Marie - participant
extraordinaire, having fun @
the Cala Jam, April 2001*

With much encouragement from my mother and from my instructor, Charlene Kopansky, I decided to complete the CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course. My mother was my guinea pig as I practiced teaching; she was a great supporter and critic, and helped me become a CALA Certified leader.

These days we are very happy; my mother and I have finally rediscovered the long-lost feeling of belonging. After twelve years of living in Canada, we have learned an effective way of getting more from our fitness activities: my mother and I motivate each other, driving to and from the gym and working out together. We work hard and we laugh hard, too. It is a great combination.



Another CALA moment.

STAY IN TOUCH!

The best way to be notified of all CALA workshops and courses as they are announced is through email; we urge you to contact CALA as soon as possible, and let us know your email address.

Email cala@interlog.com today!

CHOREOGRAPHY: NO. 1 - DEEP WATER

Excerpted from 'Maximum Abs Workshop' presented at CALA 2002, Exclusively Water!!!
by Charlene Kopansky, BSc. H.K. founder and president of CALA

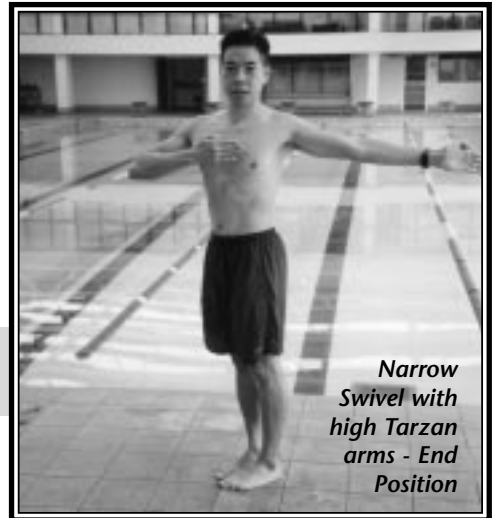
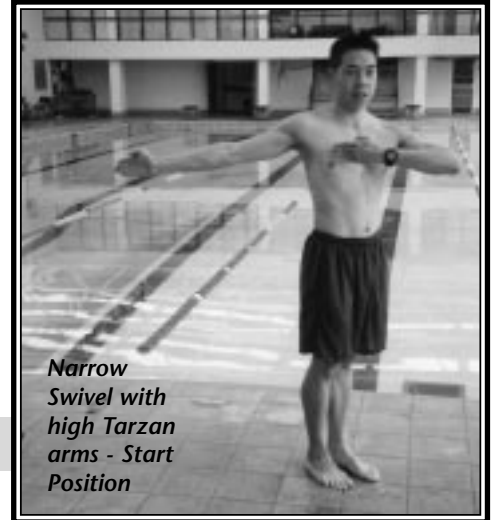
- 1a) 1/2 tempo crossover jogormarch (x j'om) with front kayak arm: OTS (on the spot)
- 32 cts: familiarization: focus on **body alignment**, power posture (chin in, scapula set, hip-rib check and glut max squeeze)
 - 32 cts: focus on **external obliques**: push down phase of kayak arms and hip flexion phase of x j'om
 - 32 cts: focus on **internal obliques**: pull up phase of kayak arms and hip extension phase of x j'om (stomp action - keep knee soft on extension)
 - 32 cts: '*smooth the move*': focus on **all phases** of movement with same effort expended on each

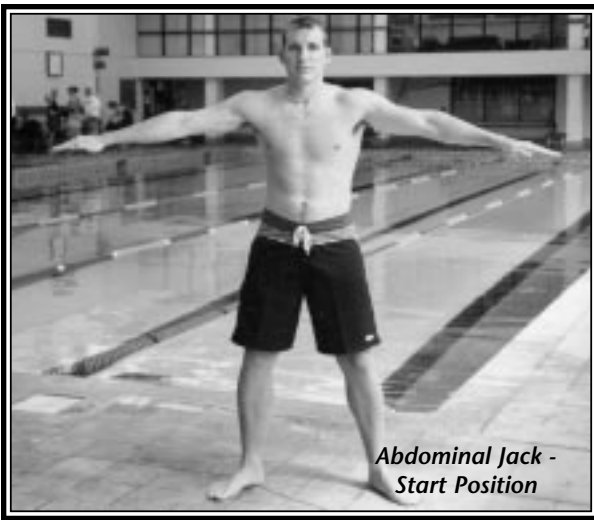
Option: Try repeater crossover jogormarch for variety

- 1b) 1/2 tempo crossover quad kick (x qd k) with front or side kayak arm: OTS
- 32 cts: familiarization: maintain power posture, add **quadricep** focus to the 'work of the body core'
 - 32 cts: focus external obliques: push **down phase** of kayak arms and hip flexion + knee extension phase of x qd k
 - 32 cts: '*smooth the move*': focus on all phases of movement with **same effort**
 - 32 cts: focus internal obliques: **pull up phase** of kayak arms (ADVANCED***)

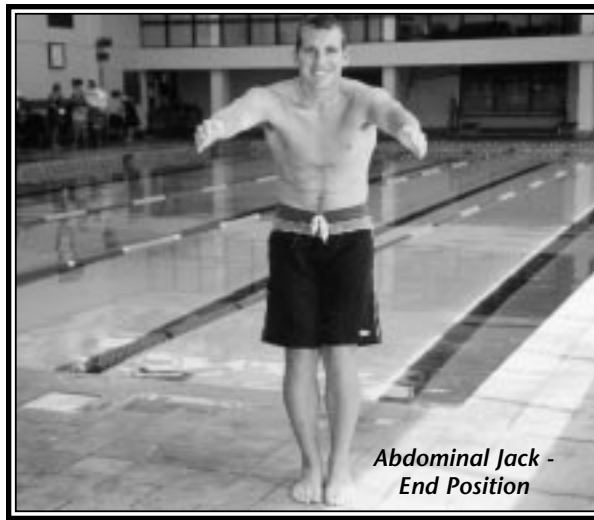
Transition to (2) : keep front kayak arms change the legs to narrow swivel (n sw)

- 2) 1/2 tempo narrow swivel with high bow n' arrow arms: OTS
- 32 cts: familiarization: '*get the move, feel it, do it*'





Abdominal Jack - Start Position



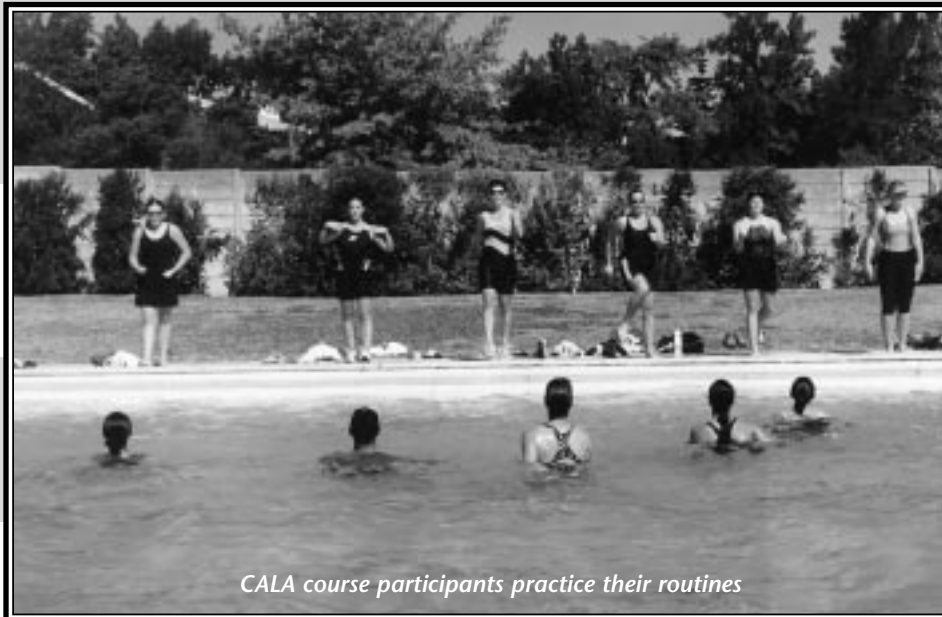
Abdominal Jack - End Position

- 16 cts: right leg crossed over left, squeeze hip adductors, keep abdominal focus
- 16 cts: left leg crossed over right, squeeze hip adductors, keep abdominal focus
- 32 cts: 1/2 t hamstring swivel with front kayak arms (preacher swivel)
- 32 cts: 1/2 t hip flexor swivel with front kayak arms (seated swivel - legs at 90°)

Option: Repeat with bow and arrow arms (high, medium and low 'bow and arrow' arm variations).

Do "uni push down to outside of hip with hip flexor swivel (hp fl sw legs).

Transition to (3): keep n sw change the arms to unison cross country ski arms (uni x ski arms)



CALA course participants practice their routines

- 3) 1/2 or 1/4 tempo narrow tuck with uni x ski arms: 32 cts: OTS
Transition to (4): keep uni x ski arms change the legs to tuck jack

- 4) 1/2 tempo tuck jack with chest hug n' blade squeeze arms: OTS (start with blade squeeze on tuck and chest hug on jack)

To be continued in issue #37 - Master this part of the routine, then get ready to add 4 more moves.



Mo Hagan & Charlene Kopansky look forward to a repeat performance @ CALA 2003, May 30-31

CLASS FORMAT IDEAS

Carmelita Widdifield, CALA Certified in Water Running and Aquafitness

I currently teach two types of Aqua Run classes at the Calgary Winter Club. The first class started as a 45 minute lunch time class. It quickly stretched into 60 minutes, due to the positive response toward the high intensity workout. Participants include **recreational runners, marathoners and triathletes**. There are more men than women. Most of the participants were attracted to the Aqua Running workout due to injuries they had sustained during land based training. They were looking for a workout that would provide a **challenge to the cardiovascular system without impact** and add variety to the regular running regime.

This particular clientele appreciates a basic, athletic style water running class. Simple, uncomplicated movements allow them to concentrate on running technique and intensity.

These basic movements are incorporated into a variety of long and short intervals, training in specific 'Rate of Perceived Exertion (RPE) zones. This type of training will improve running economy, lactate threshold and VO_2 max.

Being '**hitched**' or '**tethered**' to the lane rope (via a bungee cord) is of benefit when a participant first begins to water run. During the transition phase from land to water running, there is a tendency to lose focus while trying to maintain good running form, stay on the spot and keep the body core stabilized. The 'hitch' assists the water runner to remain stationary and keep focused.

A metronome was used initially to **set the cadence for water running**. Once the transition phase from land to water was complete the metronome was no longer necessary. Using the metronome during the early phase, formalizes the orientation. It creates an atmosphere that is more conducive to teaching and reinforcing the running technique.

Once technique was 'mastered' and runners were oriented to the water environment music was introduced to break from the monotony of the metronome.

The **music tempo** used for water running varies from 122 bpm – 138 bpm. During the orientation phase, I prefer to keep the tempo in the 122 - 130 bpm range. This allows for enhanced instruction on 'how' to increase intensity by using the water, rather than simply relying on speed of movement, which may compromise ROM and have a negative affect on the health of the shoulder joints.

SAMPLE ONE - WATER RUNNING CLASS

Following is a sample class which includes 4 different intervals. Once the warm up is complete, each 'timed interval' targets a specific zone on the 'Brennan RPE chart' (A scale of 1: very light - 5: very hard). The complete class design is posted onto a white board for the class. This method allows the water runner to know what is expected during the work out.

LONG INTERVAL: NUMBER ONE

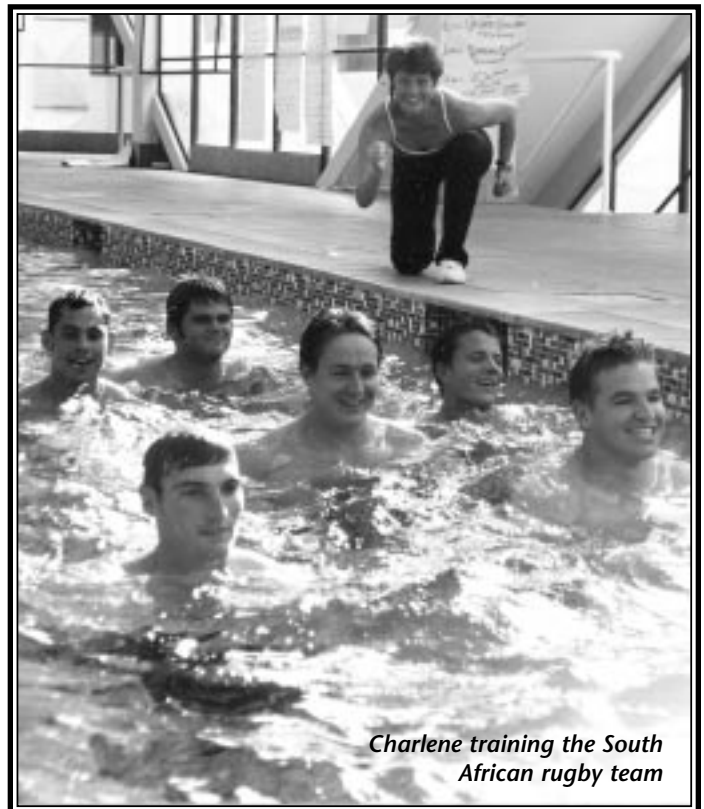
1) 10 min. "RUNNING": @ RPE 3.0

- 1 minute is spent on each of the following technique tips:

- a) tall spine: chin back
- b) shoulder blade squeeze
- c) active abs
- d) gluts
- e) leg action: down focus
- f) leg action: drive knee forward
- g) arm action: pendular
- h) ROM: show knuckles; happy face back with elbow
- i) plant feet: heel, ball, toe
- j) intensity

- 10 second heart rate and RPE check

- 1 min. Active Recovery @ RPE 2.5 (take this time to EXPLAIN SECOND INTERVAL)



Charlene training the South African rugby team

LONG INTERVAL: NUMBER TWO

2) 9 min. "OBSTACLE": @ RPE 3.0 – 3.5

- 1 minute is spent on each of the following movements:
 - a) narrow jog
 - b) wide jog: focus down (stomp), feet & hips parallel, hip width apart
 - c) narrow jog: focus up high knees
 - d) alternate narrow/wide jog (nickname: TIRES)
 - e) narrow jog
 - f) wide jog: focus down (stomp)
 - g) narrow jog: focus up high knees
 - h) alternate narrow/wide jog (TIRES) 2x tempo
 - i) SPRINT finish
- 10 second heart rate and RPE check
- 1 minute Active Recovery @ RPE 2.0 (take this time to EXPLAIN THIRD INTERVAL)

LONG INTERVAL: NUMBER THREE

3) 8 min. "PYRAMID": @ RPE 4.0 – 3.0

- 1) 4.0 Tempo // 3.0 - 1/2 tempo
 - 2) 4.0 Tempo // 3.0 - 1/2 tempo.

20 sec. / 20 sec.	60 sec. / 60 sec.
40 sec. / 40 sec.	40 sec. / 40 sec.
60 sec. / 60 sec.	20 sec. / 20 sec.
- 10 second heart rate and RPE check
 - 1 minute Active Recovery @ RPE 2.0 (take time to EXPLAIN FOURTH INTERVAL)

LONG INTERVAL: NUMBER FOUR

4) 7 min. "RUNNING": RPE 3.5 – 4.5

- 1 minute x 7 reps 30 sec. @ RPE 3.5 // 30 sec. @ RPE 4.5
- Focus: Breathing jog T / jog T – dbl effort (or) jog T / jog 2x T
- 10 sec. heart-rate and RPE check
- 2 min. Active Recovery @ RPE 1.5 and stretching

During the Active recovery phase:

- Use 1/2 t 'narrow jog' or 1/2 t 'x ski' leg movements with 'x ski' or 'chest hug & squeeze' arms.
- Perform at a light intensity (between 1 - 2 on the RPE scale).
- Add dynamic stretching (full range of motion) between intervals.

SAMPLE TWO - WATER RUNNING CLASS

The SECOND type of Aqua Running Class is a 45 minute morning class. This class consists mainly of *non-runners, who attend for overall fitness benefits*. The same class and interval design can be used, with some changes. A variety of movements are used, to break from the monotony of the running arm and leg action. Out of the four

intervals, one or two will focus on the Aqua Running technique. This style of class is greatly appreciated by the members, as they feel they get more of a balanced workout.

MORE AQUA RUN TRAINING IDEAS

Following are a couple of the Intervals that I use for the Aqua Run Training class: the bold print is what I write on a white board for the class to see and understand.

1) *The Wave: "a surge of energy"*

- 20 seconds of each – RPE 2.0 / 3.0 / 4.0**
- 10 minutes of continual work, with RPE 2.0 being the Active Recovery phase**

Note: Depending on the number of participants, this can be done as a group or split into 3 groups. i.e. As group 1 finishes the first 20 seconds @ RPE 2.0, group 2 would begin RPE 2.0 and group 1 would go on to RPE 3.0. After 40 seconds, group 3 will begin RPE 2.0, group 2 would go on to RPE 3.0 and group 1 would start RPE 4.0... and so on. The duration of each level can be adjusted down to 10 seconds or up to 30 seconds each. The time or RPE can be easily adjusted, depending on the fitness level of the participants. This takes some practice to co-ordinate and using a stop watch is highly recommended.

2) *Run, Cycle, Power Walk*

- **3 minutes of each – RPE 3.0 / 3.5 / 4.0**
- **9 minutes of continual work**
- **1 minute Active Recovery @ RPE 2.0**

Note: Power Walk is similar to tempo x-ski. Can be done as 1 min. of Run, Cycle, P. Walk @ RPE 2.0, then repeat at 3.0 and 4.0 OR Run 1 min @ RPE 3.0, 3.5, 4.0; Cycle 1 min @ 3.0, 3.5, 4.0; Walk 1 min @ 3.0, 3.5, 4.0

3) *Tag" Interval: is basically "You're it"*

- **RPE 3.0 – 4.5**
- **When "tagged" work to achieve RPE 4.5 then tag someone else.**
- **Ease off and maintain RPE 3.0 until "tagged" again.**

This is a really "fun" interval and can be used at any time during the workout. I find this interval is a great way to complete a class. It is easier to manage with smaller classes. In larger classes, split the class into groups to make this work. This technique encourages participants to get to know others in the class, especially new comers.

Tip: Write everyone's name on a white board or chalk board, so they can see and remember. If you notice that some people are being left out, the instructor can easily take over the "tagging."

ANCIENT CONCEPTS IN A MODERN WORLD

by Wendy Kennedy



The ancient art of yoga is all the “wave” on land, while in water fitness, we have been practicing the concepts of yoga all along!

Yoga comes in many forms and styles; the common denominator among the different types of yoga is the focus on oneself. Getting to know and understand oneself mentally, physically and spiritually is key

to yoga. A yoga class takes on the personality and experiences of the teacher, who then guides the participant through an incredible journey of self-discovery. Yoga helps participants to center themselves in a universe that is larger than the imagination allows; it teaches them how to gather strength from within, and to accept their own vulnerability in the face of an unpredictable world.

I started to study yoga this past year; when I commented on being a beginner, my instructor looked shocked and promptly reminded me of my twenty years of fitness experience. Those twenty years have helped mold and shape my new found passion: my experience with aquafitness and with the CALA philosophy were most beneficial. CALA has taught me the importance of creating an atmosphere that is non-judgmental, truthful and open, giving and sharing, educational and motivating — an atmosphere that is inviting to the client.

The water itself is hypnotic — drawing children and adults alike

with its sound, its feel, its healing properties and its ability to invigorate. To dip a toe is to be beckoned to enter: the journey begins.

Becoming a master of the water is parallel to mastering the art of yoga — you never will. There is always something new to learn, to discover and experiment with. Years of practice have made yoga more diverse now than ever — the same is happening with aquafitness. It takes skill to communicate the



true meaning of aquafitness, beyond a kick and a tuck. Continuous learning, and the on-going development of our skills as leaders have enabled us to teach without speaking, to share empathy through eye contact, to give warmth and understanding with a smile, and to offer encouragement through the way we move.

I have never heard of anyone complaining that aquafitness is too hard, or too strenuous to perform. In aquafitness, a beginner can exercise next to an advanced participant with both following the same format, and each person adapting the experience to suit their needs. This also applies to the practices of yoga. In both worlds there are misconceptions that keep people away from those wonderful activities. I have always smiled upon hearing the words “I did not know I could sweat with aquafitness,” and I smile today when I hear those same words applied to my latest adventure, yoga.



advanced participant with both following the same format, and each person adapting the experience to suit their needs. This also applies

“The crucial thing that distinguishes Earth from other planets is water. The Earth, was created from it and is sustained through it. Water is everywhere: about 70 per cent of our planet is covered by water. We were born from it, and all life depends on it. We are all made of around 75 per cent water, and rely on water for life. We are watery creatures living on a watery planet. Water is the essence of life.”

Introduction - The healing, energies of water
by Charlie Ryrie

FOR THE LOVE OF CONNIE

Honouring our Best

Because of her ability to simplify complex material and convey it in a meaningful, practical way,

Connie Jasinkas has been described as a "gifted educator." As a trainer and keynote speaker through her company, For the Love of Fit, she has been promoting strategies for healthy lifestyles, coping with change, humour management, and personal growth, as well as providing fitness leadership training for many years.

A Master Trainer for CALA, Connie is certified with the OFC, a certified Fitness Assessor and Personal Trainer (PFLC,) and a regular presenter at CALA Conferences and at CanFitPro. She has been involved in the fitness field since 1981 and is the respected author of many training resources. A regular contributor to fitness leadership newsletters for various organizations, she has served on the board of the Ontario Fitness Council for two terms, and was the recipient of the OFC Special Award for Leadership in 1990.

Connie Jasinkas was a member of 'NFLAC', which developed national guidelines for leader competencies in fitness and pregnancy in 1988; she also served on the Fitness Ontario Leadership Program advisory committee for the development of the Fitness and the Childbearing Year specialty leadership workshop and training manual. Connie conducted the successful pilot test of the one-day workshop, and trained the trainers for this program.

Motivating the World

Having bicycled from Vancouver Island to Ontario was simply not enough for Connie: she has also conducted dynamic learning experiences for audiences worldwide. She has traveled internationally on behalf of CALA to teach Aqua Arthritis in England and an extensive Aquatic Rehab course to biokinetics students in South Africa. She also facilitated a workshop and master class for aquafitness leaders in Lisbon. Her mission is to provide knowledge, resources and motivation, and to bring out the best in everyone.

Healing with Humour

When Connie was diagnosed with breast cancer, she found her sense of humour to be an

asset. In a workshop called 'My Cup Runneth Under: Healing Humour for Breast Cancer Survivors', she shared her viewpoint with delegates at the 1999 World Conference on Breast Cancer. She is presently seeking publication for her book of same title. Her drive and dedication, however, do not end here. Connie is involved in the 'Reach to Recovery' and 'Cancer Connections Programs' of the Canadian Cancer Society — outreach programs where volunteer cancer survivors offer support to recently diagnosed cancer patients; she is also rowing with

the Breastrokes, a Dragon Boat team of breast cancer survivors.

Sharing the Gift

Having started with the Lung Association of Wellington County, Connie has put in more than twenty years of volunteer service. She has also served on numerous committees at the provincial level, culminating with the Presidency of the Ontario Lung Association. Following her volunteer work with the Canadian Lung Association, she received the Meritorious Service Award and Life Membership Award from the Lung Association of Ontario. This is their highest volunteer award.

Connie teaches several classes for specialty populations in her community, including Boney Moves (a fitness class aiming to prevent osteoporosis,) and Fibro Moves (fitness and aquafitness classes targeted at people with Fibromyalgia). Connie also trains for specialty populations and is currently working with the Canadian Back Institute in Cambridge, in the delivery of aquatic programs to their clients.

Between her volunteer work, her books and her many other projects, Connie still manages to find time to train for herself, we wish her luck in the Dragon Boat Races she will complete in New Zealand in the spring of 2003.



MONSTER TIPS FOR A HEALTHY DIET

by Joelle Menard

1. Eat whole, organic foods whenever possible.
2. Eat plenty of vegetables, fruits and fish (particularly salmon,) complex carbohydrates (in their natural whole state like rice or barley), and drink plenty of water.
3. Cook with extra virgin olive oil or flax seed. Remember to cook "low and slow" so that the oil is not transformed into a transfatty acid.
4. Exercise regularly, in order to keep your body moving so that your lymphatic system (your center for disease fighting and metabolic balance), remains strong.
5. Become an avid label reader, looking for words like "hydrogenated", "partly hydrogenated" or shortening — avoid them! Furthermore, if one of the first ingredients listed is a form of sugar, then the product is most likely void of any nutritional value.
6. Take the time to buy food and prepare it yourself. Many restaurants use cheap oils and saturated fats when cooking. To really care for and nourish your body, you must know what you are putting into it.

A HOT TOFU WINTER SOUP

by Pauline Edward

People have often asked me for my Tofu Miso Soup recipe. It's a wonderful meal in a bowl that can be prepared in minutes. Note: quantities indicated are for a single serving.

- In a saucepan, warm 2 cups of broth - chicken, turkey, beef or vegetable.
- Meanwhile, in a large soup bowl, place 1 block of soft tofu cut into 1cm cubes; cover with thin slices of onion, and add a handful of beansprouts and snow-peas.
- Drizzle sesame oil and soy sauce over tofu and vegetables.
- Add leftover cooked vegetables (asparagus is my favorite!) and thinly sliced chicken, turkey, or seafood for extra protein.
- Sprinkle with chopped herbs, fresh coriander, ginger and basil are excellent seasonings.
- When the broth comes to a boil, add a small bunch of noodles choose rice or wheat.
- When the noodles are cooked, blend in a heaping tablespoon of Miso; add soya sauce and chili to taste.
- Pour the mixture over beansprouts and vegetables and VOILÀ! A healthy meal in minutes.

CITRUS SALAD

by Pauline Edward

This delicious salad is a favorite, year-round.

You will need:

- 3 tbs red wine vinegar
- 2 tbs fruit nectar (guava or mango are best)
- 1 tbs minced shallot
- 1 tsp minced garlic
- 1/2 c olive oil
- 8 cups assorted salad greens
- 1 large orange, peeled and sliced (remove the pits!)
- 1 small red onion, cut into rings
- 1/4 cup pimento-stuffed green olives
- 1/4 c pitted kalamata olives
- salt & pepper to taste

In a bowl, combine the first four ingredients; add salt and pepper. Whisk in the oil. Lightly sprinkle some of this mixture over salad greens.

In a medium bowl, combine orange slices, half the onion, the olives and the remaining dressing. Arrange the greens on a platter, ring the plate with orange slices, remaining onion and extra olives, if desired.

Enjoy! Serves 4.



A toast to healthy eating and good living from the Garden Route, South Africa - Feb. 2002

POSITIVE WEIGHT MANAGEMENT

by Frances Michaelson

"Can you put me on a diet? I'm going away to Jamaica in six weeks!"

"I have a wedding in a month and I just have to fit into my dress ..."

As a fitness professional, I am often approached for advice by clients looking for the "quick fix." The answer is always the same: my purpose is not to promote diet fads, but to guide people toward a healthier way of life that includes proper eating habits and exercise. I could, in fact, help those eager to lose weight quickly — but what about the future, when the vacation is over? The diet ends, the weight comes back, and the client ends up heavier than before the diet began.

The concept of dieting is flawed from the start: dieting treats the symptoms rather than the causes of obesity. This situation is like many others in life: in order for change to occur, one must first be willing to change. Without this desire to change, the chances for success are very slim.

There are no short cuts with long term benefits: deprivation is not a pleasurable experience. Yes, dieting can rid the body of excess weight — water, muscle tissue and a little fat — but only as long as the dieters deprive themselves. Sooner or later, the weight comes back.

A realistic change in one's body composition means a permanent change in one's habits and routine. The first step is to identify the problem: it is often helpful to keep a record of everything you eat throughout the day. Incorporating an exercise program that includes both cardiovascular and muscular conditioning (such as aquafitness) is an essential part of any weight management program.

Starvation diets are a thing of the past; the unfortunate result of a quick weight loss is a quick weight gain, once the dieting ends. A common sense approach to eating and exercising is the cold, hard truth that most dieters simply do not want to accept.

RECRUITING

OFFICE MANAGER -TORONTO, CANADIAN AQUAFITNESS LEADERS ALLIANCE INC. (CALA)

COMPANY OVERVIEW

The Canadian Aquafitness Leaders Alliance Inc. (CALA) is dedicated to providing a high quality training, certification and communication network for aquafitness leaders and aquatic rehabilitation specialists. CALA promotes professionalism and excellence through careful integration of the mind, body and spirit. Due to significant recent growth, we are seeking an experienced individual for the following key role at our Toronto home office.



POSITION OVERVIEW

This exciting position is an opportunity for you to apply your business management and superior accounting and communication skills. The CALA Office Manager contributes to the overall efficiency and effectiveness of the Toronto office and is responsible for activities related to daily administration, member inquiries/renewals/certifications, coordination of training events and a focus on marketing and business development.

KEY ACCOUNTABILITIES

- To promote CALA services through management of daily phone calls, faxes, emails, correspondence
- To maintain/build the membership base by ongoing communication & innovative marketing strategies
- To provide work assignments and supervision for part time and volunteer staff
- To coordinate CALA training events with emphasis on pre-workshop/course promotions, event logistics, delegate registrations and event follow-up
- To assist in the design, entry and desk top publishing of event flyers and quarterly newsletters
- To manage and coordinate national & regional CALA Conferences
- To track and report all program statistics
- To assist with updates and maintenance to company website
- To liaise with industry partners and consolidate sponsorship opportunities

COMPETENCIES

- Proficient plus user of Macintosh Applications (OS 9.2.1 Filemaker Pro, Quick Books Pro, AppleWorks and Outlook Express)
- Self motivated, proactive and able to work independently in a home office setting
- Superior verbal, written communication and presentation skills
- Organized, able to plan activities and adapt quickly to changing priorities
- Strong business acumen and demonstrated analytical and problem solving skills
- High energy level with a commitment to project deadlines

If you are interested in meeting the exciting challenges of this role and have the desire to be a dynamic team member of this growing organization, please forward your resume and cover letter stating salary expectations to:

EDUCATION & EXPERIENCE

- Accounting experience
- University degree, preferably in business
- Knowledge of fitness industry and current trends an asset
- Fluency in French preferred

CALA Human Resources Department:
125 Lilian Drive, Toronto, Ontario M1R 3W6
Email: cala@interlog.com • Fax: 416-755-1832

AQUA WIZARDRY

by Tamara Middleton-Echave DipSpSt., Exercise /Aquatic/Massage Therapist

The deep and chest deep water workout ideas that follow were presented at the CanFitPro conference in 2002. This information will provide you with choreography that can fit directly into your existing classes. The first part of the class is performed in either the deep or the Chest deep end of the pool, and then repeated in the other depth.

TECHNIQUE TIPS FROM DOWN UNDER:

- Teach from pool side (on deck): you will find that participants can see the moves clearly and follow non-verbal cues for body position and body posture
- Make sure your pool side (on deck) speed of movement is the same as the speed at which the moves are executed in the water
- Keep communication cues constant, using both verbal and non-verbal cues
- Watch clients and give them positive feedback throughout the session
- Correct when necessary
- Use equipment when necessary and keep it out of the way, so as not to obstruct the working area



Tamara and Charlene

CHOREOGRAPHY:

The idea of choreography can be frightening to many aquatic instructors. When each move is broken down to a base move, however, the choreography becomes much simpler and more fun. Keeping in mind the following points will ensure that the choreography meets the participants' needs:

- Select a type of music the participants will enjoy, and experiment with it in the water
- The class is medium to hard intensity, remind participants to always work at their own level
- Modify the moves to add a travel component or to remain on the spot
- Select moves that work in both deep and chest deep water

TRANSITIONS:

- Ensure that everything connects and the combinations flow
- Use a 'two-foot bob' in place before changing to a new move
- Set up moves so the participants start with their right foot
- Position the leg properly to change to the next move eg. rocking horse into a jog, rather than a kick

Finally, experiment in the water, and make final changes before introducing the choreography to the class. Do a final review of exercise selection and muscle balance to ensure safety.

FORMAT:

- Have a structured and adequate warm up
- Perform full range of motion movements in control to protect the joints
- Monitor intensity over 6 seconds using the water adjusted target heart rate
- Focus on using the water for maximum benefits of resistance to target muscular endurance rather than using equipment



BLOCK 1

Kiwi Terminology

Flick Twist traveling forward
Side steps to the right
Knee Tucks backwards
Side steps to the left
(You have just completed your first 'square' pattern)

CALA terminology

crossover quad kick travel forward
side step squat travel to right
narrow tuck travel backward
side step squat travel to left

Learning Curve = Link Style Choreography

BLOCK 2

Kiwi Terminology

Cross Country Traveling forward
Scooter to the right
Straddle cross overs backward
Scooter to the left
(You have just completed your second 'square' pattern)

CALA terminology

cross country ski travel forward
right stag pendulum travel right
cross over jumping jack travel backwards
left stag pendulum travel left

Learning Curve = Link Style Choreography

BLOCK 3

Kiwi Terminology

Hamstring curls traveling forward
Hip extension traveling backward
Combine ham and hip
Side straddle/ Cross country 8 reps x 1
Side straddle/ Cross country 4 reps x 2
Side straddle/ Cross country 2 reps x 4
Side straddle/ Cross country 1 reps x 8

CALA terminology

wide hamstring 'jog or march' travel forward
skate ski travel backwards
combo: one leg w ham j'om/other leg: sk ski
combo: jumping jack/ski stop x 8: repeat 1x
combo: jumping jack/ski stop x 4: repeat 2x
combo: jumping jack/ski stop x 2: repeat 4x
combo: jumping jack/ski stop x 1: repeat 8x

Learning Curve = Link and Pyramid Style Choreography

BLOCK 4

Kiwi Terminology

Flys
Abduction/Adduction (straddle legs)
Shoulder Flexion/Extension
Elbow Flexion/Extension

CALA terminology

chest hug blade sq. arms with cross country legs
jumping jack arms and legs
alternate cross country ski arms and legs
unison hi tarzan arms and alt. narrow cycle legs

Learning Curve = Linear Progression Style Choreography

“Above all, do not lose your desire to walk; everyday I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill ... thus if one just keeps on walking, everything will be all right.”

- Soren Kierkegaard, 1847

AQUA WIZARDRY WORKOUT - PART ONE

Thanks to Trudy Rivard (CALA certified leader and workshop attendee) for taking notes and sharing her interpretation of the choreography with CALA members. This routine has been modified to add arms and legs, traveling patterns and to use as much as possible the 32 count block.

BLOCK A t n j'om with alt n fwd elbow flxt on the spot (slice hand position), 8 cts
 t n j'om travel forward with alt. n fwd elbow flxt, 8 cts
 t n j'om with alt hammer hands on the spot, 8 cts
 t n j'om travel backward with alt hammer hands, 8 cts

BLOCK A - repeat x 2

BLOCK B t w j'om with alt w elb flxt on the spot, 8 cts
 t w j'om travel to right with alt w elb flxt, 8 cts
 t w j'om with alt w elb flxt on the spot, 8 cts
 t w j'om travel to left with alt w elb flxt, 8 cts

BLOCK B - repeat x 2

BLOCK C 1/2 t n ham j'om with alt x ski arms, 4 cts
 1/2 t n ham j'om with uni x ski arms, 4 cts
 1/2 t n ham j'om with alt x ski arms, 4 cts
 1/2 t n ham j'om with uni x ski arms, 4 cts

BLOCK C - repeat x 2

BLOCK D 1/2 t w ham j'om with alt x ski arms, 4 cts
 1/2 t w ham j'om with uni x ski arms, 4 cts
 1/2 t w ham j'om with alt x ski arms, 4 cts
 1/2 t w ham j'om with uni x ski arms, 4 cts

BLOCK D - repeat x 2

BLOCK E t n sw with alt hi tzn arms, 8 cts
 t n tk with uni bi-tri curls, 8 cts
 combo: n tk (ct. 1)+ hp fl sw Rt (ct. 2)
 hp fl sw Lt (ct. 3) touch pool bottom
 (ct. 4): repeat x 4

BLOCK E - repeat x 2



On the beach of Carcross, our first Yukon-Baby, Asher Joseph Branet "Course participant" May 2002



Tamara and Trudy

BLOCK F 1/2 t n qd kick on the spot, 8 cts
 1/2 t pdl on the spot, 8 cts
 Repeat above each for 2 cts
 1/2 t n j'om with uni br str arms, travel forward 8 cts
 1/2 t n j'om with uni rev br str arms, travel backward 8 cts
 Repeat above each for 2 cts

BLOCK F - repeat x 2

BLOCK G x ski for 2 cts, then pulse and hold on ct 3, 4 with alt x ski arms: repeat x 4
 x karate kick (anchored) with alt x ski arms, travel forward: 16 cts
 n tk with unison reverse scoop arms, travel backward: 16 cts
 n tk with unison scoop arms, travel forward: 16 cts

BLOCK G -repeat x 2

BLOCK H side step squats with alt br str arms, travel left, 16 cts
 x n kk with uni upper cut arms, travel forward, 16 cts
 side step squats with alt br str arms, travel right, 16 cts
 n tk with cross front jj arms (hands clap under legs), travel backward, 16 cts

BLOCK H -repeat x 2

BLOCK I x ski with unison tricep kickback arms, travel forward, 16 cts
 jj with x back jj arms, on the spot, 16 cts
 adduction jj, cross one leg in front of the other, once
 (with propulsion) on the spot, 16 cts
 adduction jj, cross one leg in front of the other, twice
 (with propulsion) on the spot, 16 cts
 jj with x front jj arms, on the spot, 16 cts
 x ski with alt x ski arms, on the spot, 16 cts
 x ski with alt x ski arms (with propulsion), on the spot, 16 cts
 x ski with alt x ski arms, travel backwards, 16 cts
 stag pdl, with reach and pull arms opposite to legs, travel right, 16 cts
 stag pdl, with reach and pull arms opposite to legs, travel left, 16 cts

BLOCK I - repeat x 2



THE CALA MOMENT

by Carol Weerdenburg MSc

I have been facilitating CALA Basics courses since 1996. I have learned a lot from my participants as they integrated their understanding of aquafitness with the mechanics of CALA leadership. Some of my most interesting experiences occurred as I watched seasoned instructors try to adapt their traditional teaching style to the CALA method.

In order to create a level playing field, the course facilitator routinely requests that all participants stay with the basic CALA Compendium of Move-ments to create and teach segments. Seasoned instructors (those with a lot of fitness leadership experience,) sometimes find it difficult to comply: they are way out of their comfort zone, and occasionally they pull old and comfortable routines "out of the bag" during deck teaching tasks. They slip into their old cueing and demonstration methods. These instructors react with puzzlement and often, visible frustration when the other members of the course don't seem to understand what the instructor is trying to do... After all, their "group at home always gets that routine!"

Most memorable was a course participant who had been leading classes for almost a decade, and attempted to teach one of her "in the bag" routines. Luckily, it was composed of wonderful CALA moves with novel but smooth transitions; unfortunately, no CALA cues or movement names were used. Countdowns were non-existent. Tempo and buoyancy cues that were vital to the success of the routine were absent. I

observed the puzzled looks and hastily whispered suggestions among the other course participants as they struggled to follow the moves. The routine should have brought the class to a motivating frenzy of turbulence while suspended but instead, it left them in a half tempo light bounce to nowhere-ville on the cardio scale.

Some of my most interesting experiences occurred as I watched seasoned instructors try to adapt their traditional teaching style to the CALA method.



The routine should have brought the class to a motivating frenzy of turbulence while suspended but instead, it left them in a half tempo light bounce to nowhere-ville on the cardio scale.

She had just had her 'CALA moment': she had taken a fabulous sequence of moves and had communicated it clearly and concisely to her participants.

work that the instructor was pulling out of them. They were hooting and howling for more, more and more!

The instructor looked up and gave me a startled "Holy Moly". She pulled herself together and finished the routine, CALA-cueing the whole way; the class gave her a standing ovation. "I get it! I get it," the instructor said, hopping up and down. She had just had her 'CALA moment': she had taken a fabulous sequence of moves and had communicated it clearly and concisely to her participants. They stuck to it like glue and worked to their full potential. Heart rates soared into the training

zone while exuberant leader and triumphant, laughing participants celebrated their joint efforts. It was fabulous to see the difference in the leader and in her class.

The CALA method is not about becoming a "diva on the deck," as some detractors would have you believe. CALA cueing communicates the whole movement and insures its success. It takes the subtle nuance of a move and broadcasts it not only verbally but also at full visual volume so that everyone can participate and enjoy.

The work you put into making this method your own will be time well spent. An idea that cannot be communi-

cated withers in solitary confinement. Share your moves with CALA cues, and enjoy your own CALA moments!

*A CALA moment,
Charlene Kopansky,
Darin Dieterich,
Carol Weerdenburg,
Suzanne Fahie &
Bettina Heinrich*



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1.0 metre mat: \$152.50 + \$30.00 (S & H) + tax

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CANADIAN PRICES: For non members

1.0 metre mat: \$194.00 + \$30.00 (S & H) + tax

1.7 metre mat: \$255.00 + \$30.00 (S & H) + tax



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mance. We then distribute the fees collected as royalties, to our members and international affiliates. More than 80 percent of the revenue received from licence fees is distributed to creators.

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As the owner or manager of the business, you are the one responsible for obtaining a SOCAN licence. For example, you need a licence whether the music is live or played on a tape/CD player, jukebox, video or karaoke machine, in restaurants and movie theatres, at fund raising events, fashion shows, for fitness activities and dance instruction, at skating rinks and sporting events, over the radio, on television, even when you provide music on hold on the telephone. You may need more than one licence depending on how you use music.

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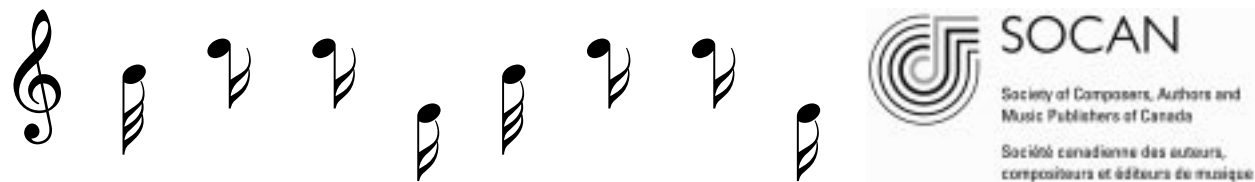
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MULTIPLE SCLEROSIS AND AQUAFITNESS CLASSES

by Peggy Stirling, CALA certified, Author of CALA Aqua Arthritis Resources

In several pools across the country, people with Multiple Sclerosis have been making the effort to improve their quality of life. For some the improvements have been small and for others the improvements have meant a great deal.

Four participants who have been taking part in the classes offered at the Sackville Sports Stadium pool in Lower Sackville, Nova Scotia, were only too happy to share their stories with others. MS has affected each of these four individuals in different ways. Zee is confined to a wheelchair most of the time, while Pat uses a cane to assist her in walking. While Zoe and Joyce do not normally rely on walking aids, their gait is, at times, somewhat hesitant.

Each of these ladies began the aquafitness program in the fall of 2002. Their enthusiasm for the class and positive outlook towards the disease has impressed me so much that I felt it was worth sharing. I asked each of them to write a description of how they have benefited from the program. Here are the responses I got back.

Zoe writes: Dear Peggy,

Since taking your class, I feel more in control of myself and have been able to do chores I had been afraid to even try. I can't go as fast as I used to go but - slow and steady wins the race. My balance has been greatly improved and if I misstep I recover more quickly. The greatest change for me was the toes of my right foot. The 4 small toes were curling under and sometimes my toenails would scrape on the floor. I was afraid to go without shoes or sneakers even inside the house. Now my toes are almost back to normal. They don't curl under and I enjoy stimulating them by walking barefoot for sometime every day as well as tapping them. My posture has improved and I'm working on strengthening my right leg. In class I understand how tiredness and heat can affect you. Meeting others with MS is great as well. You can talk to others who have similar problems.

Jeanne, my friend, says I have lost the sense of futility of not being able to do anything about MS. She says I'm not nearly as tipsy and no longer complain about pain in my hip and leg.

Hope this is helpful to you as your class has been to me.

Zee spends a lot of time confined to a wheelchair, but this is what she has to say about her improvements:

Zee writes: How the MS Aquafit Class Has Benefited Me

I have been attending the MS Aquafit Class at the Sackville Sports Stadium since 28 September 2002. I am extremely pleased that the class was offered because I have benefited from it in a number of ways. Since beginning of the classes I have been aware of improvements in energy level, strength, endurance, range of motion, flexibility, appetite, mental attitude and enjoyment of life.

I have noticed the following improvements;

Increased energy. *While my energy level fluctuates over a two-day medication cycle, I have enjoyed a higher average level of energy than before I started the classes. I feel more inclined to be active and I am able to engage in activities for longer periods of time before needing to rest.*

Increased strength. *My walking strength has improved and I find it easier to get out of a chair or a car.*

Increased endurance. *During the exercises in the pool, I notice that I am able to walk for longer periods of time without getting tired. I have increased the time spent exercising on my feet by almost 100% since the classes began.*

Improved flexibility and range of motion. *My instructors tell me that my joints are more supple, especially on the side affected by MS, and that my range of motion has increased.*

Improved appetite. *I have better appetite and more interest in food since I started the classes. In the previous year, I was almost never hungry and did not look forward to meals.*

Improved outlook on life. *The aquatic environment has had a very beneficial psychological effect on me resulting from the tremendous pleasure I get from being able to walk so much more easily in the water. The benefit of the buoyancy cannot be over-emphasized for someone with a major weakness in the leg. The fact of taking action to improve one's own health is another source of psychological benefit.*

Relief from stress and spasm. *The fifteen minutes I spend each session with the Bad Ragaz treatment has a calming effect on my mind and greatly relaxes my muscles, at the same time exercising my spine and core muscles.*

The exercises I carry out each Tuesday and Thursday are only a part of the beneficial treatment that I receive. Equally important are the attitudes of the two instructors, the volunteer workers, and the other staff of the aquatic department. Instructors Peggy Stirling and Denise Lewis both provide humour, constant encouragement, explanations of why specific exercises are helpful, and they display a real concern for my welfare. I will never forget the first day I attended class and Denise showed me how to walk in the water. When Peggy had me lift my left knee, it was a real thrill to find that I was still able to do that. I am deeply grateful for their thoughtful work and generous support.

Joyce writes: Dear Peggy,

The things that I have noticed most since I have started taking the MS Aquatic Fitness program are:

- more energy,
- left foot picks up better, not stumbling as much
- my writing has improved

I enjoy going to the program and have learned a lot about MS. I wish I had heard about the program earlier. I think there should be more of them and better advertised.

Pat has also added her comments:

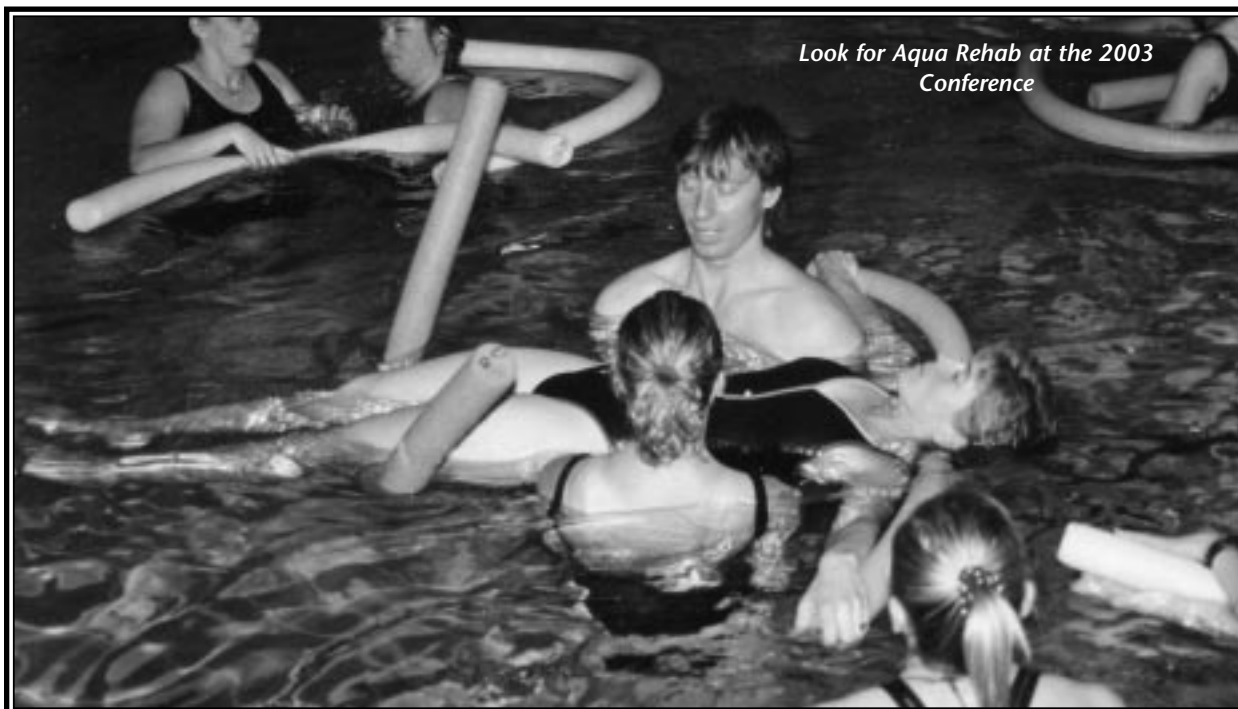
I am a long time sufferer of Multiple Sclerosis. I was diagnosed in 1989, and have found that attending the MS Aquatic Program, hosted by the Sackville Sports Stadium, these past few months, has been a great benefit to me, both physically and mentally.

The water allows me to maintain my balance while performing movements that would not be possible on dry land. The pace of the class is very well designed and a refreshing break from the "go as fast as you can" type of programs.

I have had increased difficulty maintaining a consistent gait over the last few years and have reluctantly started using a cane. I have now been able to, with the instructor's assistance, focus on the specific movements to assist my balance. I have noticed a definite improvement in my lower legs and in particular my left foot. I had been having problems lifting the front of my foot as I walk, where it now rolls more naturally as I step forward.

The relationships I have developed with the other class members and instructors have been positive and rewarding. I feel less isolated in society and feel a new confidence in day-to-day situations.

There have been many other positive stories with the MS Aquafit classes. We are all very pleased with each and every small or large achievement. We see big smiles on a lot of faces, and many a class has emitted loud guffaws on more than one occasion. The testimonials of these four people has proven to us that while our numbers are not huge, we are definitely accomplishing goals beyond our dreams.



Look for Aqua Rehab at the 2003 Conference

NEW!

WORKSHOPS FOR PARTICIPANTS

October 13, 2002 -

CALA and 'Host-Affiliate' WaterWays Fitness launched an exciting participant & leader-centered workshop at the North Toronto Community Centre: a 4 hour "Introduction to Water Running" Course. This was a great event geared to aquafitness participants and leaders of all levels. The objectives of the session:

- Discover the amazing benefits of running in a non-impact environment
- Experience the thrill of remaining cool and refreshed while working out at an intensity level that you choose
- Practice crucial orientation techniques to ensure your water running workout is safe and effective
- Learn the correct water running technique from a 'whole body' perspective
- Experience a water running workout which targets cardiovascular fitness, muscular strength and endurance, abdominal core stability and fat burning
- Discover why water running is quickly becoming one of the most popular and talked about workouts!



Workshop participants motivating other participants to run!

The timing for a Water Running Course was perfect, with winter fast approaching and outdoor running conditions presenting a challenge to many runners. Feedback from the course was outstanding:



Water Running workshop participant practicing correct technique.

"Thank you for organizing this workshop! I have attended aquafitness classes for 10 years and I'm so excited to have had this opportunity to try something new and practice the techniques of water running. The theory and practical component were fantastic, thank you Charlene and Nancy!"

"My aquafitness leader told me about this course and I'm so glad I attended. It has motivated me to learn more about the benefits of water workouts and in the future I would like to become a leader myself. I feel recharged, thanks!"

"New knowledge, practice and ability to learn from a certified trainer were great. I am a runner and had not trained in water before – I am now hooked and look forward to telling more of my friends about this. When is the next workshop planned?"

Why Participant-Centered Workshops?

CALA Education is important for CALA Leaders as well as Aquafitness Participants! There are many class participants eager to learn more about the benefits of Aquafitness and

how to enhance their workouts. They are keen to try something new, CALA is able to spread the word about our quality training programs at these workshops. Leaders like you, can promote a participant-centred event to of this nature to your classes!

Who attends?

- Participants from aquafitness classes
- All fitness enthusiasts from beginner to advanced levels – including recreational to professional athletes
- Participants who want to start a new fitness plan or enhance their cross-training regime
- YOU! As Aquafitness Leaders, you may want to refresh your skills, see how participants respond to new ideas and the educational side to the experience or learn more about a course and/or workshop you may decide to become certified in.

Would you like to host a Participant-Centered Workshop?

- CALA has designed a comprehensive Host-Affiliate Kit; contact us today to get a copy.

CALA CERTIFIED MEANS CLEARLY QUALIFIED

*Congratulations to the following leaders,
who achieved CALA certification between April and December 2002.*

Ayda Bahrami-Azad

Linda Bond

Karine Bosse

Larry Brazel

Marian Brethour

Stella Brunet

Lisa Brush

Denise Byrne

Marlene Cairns

Angela Curry

Jennette Czuba

Tania D'Alessandro

Kelly Davies

Kate Dobrucki

Lori Downey

Erika Dusil

Rupert Dziuba

Jamie East

Ann Gauthier

Shondel Gummow

David Hatch

Colin Hyland

Pam Kelly Brown

Sheila Killorn

Emm Kutryk

Chantal Laporte

Martine Leclerc

Susan LeGrice

Meagan Lim

Diana Mazurek

Lesley Peace

Nancy Peever

Alison Pillon

Lisa Rayner

Nancy Rumble

Patrick Savoury

Coral Schoug

Dorothy Smith

Tatiana Sotindjo

Renee St-Pierre

Pam Stranges

Jocelyn Tellier

Kristin Tittley

Sil Valeriotte

Vicky Wallace

Carmelita Widdifield

Karen Widish

Sylvie-Anne Williams

Stacey Yasinowski



Catch the Eastern Wave - Sacikville N.S.

**Certified in Water Running and
Aqua Jogging**

Ruby Dunai

Colin Hyland

**CALA Recertified! Three years
later and still going strong!
Congratulations to the
following leaders, who recently
recertified with CALA**

Note: if your name is missing from this list, or is spelled incorrectly, contact CALA immediately so that we can rectify the situation. Remember that your name might have appeared in our spring-summer issue of 2002.

Louise Allaire

Judy Chu

Janet Graham

Mary Anne Hill

Christine Huyssen

Jocelyn Lavoie

Outi Leis

Nancy Movrin

Krista Prevost

Susan Prout

Colleen Santini

Barbara Sawler

Darla Silvius Smeltzer

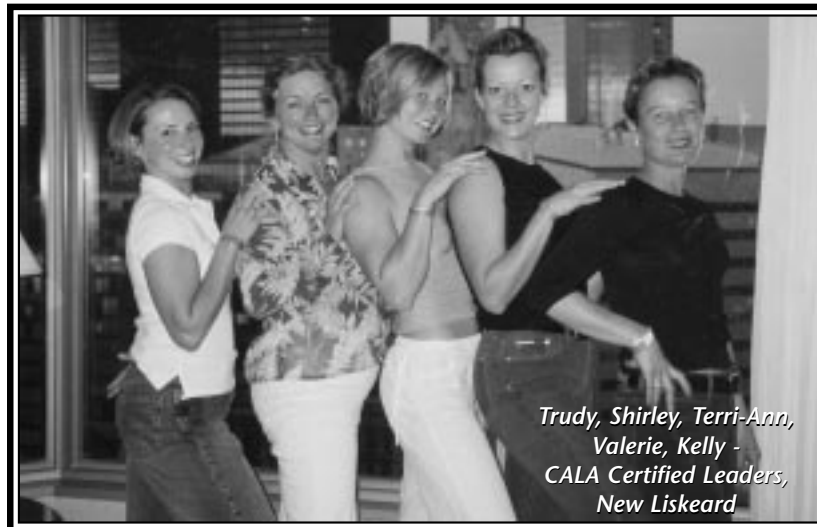
Corinna Smith

Paula Smith

Edith Tremblay



**Join
Jennie Queen
for her
"Crunch"
Workshop,
CALA
Conference
2003**



**Trudy, Shirley, Terri-Ann,
Valerie, Kelly -
CALA Certified Leaders,
New Liskeard**

CLEARLY QUALIFIED



C A L A

**CALA CERTIFIED,
CLEARLY QUALIFIED**

F O U N D A T I O N C O U R S E

**CALA Combined Basic Fitness
Theory & Aquafitness
Leadership Training Course
(Part I and II = 40 hours)**

or

**CALA Aquafitness Leadership
Training Course
(Part I only = 22 hours)**

CALA GRADUATE

**CALA Apprentice
Mentoring Program
(CAMP)**

Theory Component

- Open Book Exam
- 2.5 hours

Practical Component

- 30 minute Assessment
- 1:1 (Personalized feedback)

CALA CERTIFIED!

(annual membership required)

CALA Continuing Education Credits

(8 Hours of CECs in 1 year, one hour = one CEC)

CALA CECs:

CALA CEC's can be gathered, banked and bumped forward.
Earn credits by attending workshops, courses, conferences
and writing articles for Wavelink.

CALA RECERTIFIED!

(recertification date is merged with membership renewal date)

CALA CERTIFICATION AND RECERTIFICATION

Effective January 1, 2003

At CALA, we pride ourselves in constantly updating our methods and policies — not only to keep our position as world leaders in Aquafitness but to help you, our certified instructors, remain at the forefront of this growing field. With this in mind, 2003 saw some positive changes in the way CALA certification and recertification will be handled in the future.

WHAT THIS MEANS TO YOU

Upon completion of both components of CALA certification, you will receive a CALA certificate a certification card and a certification letter. Your certification is valid for one year. Your recertification date will be merged to the same date as your membership renewal.

THE HIGHLIGHTS:

- One year recertification period effective January 1/03 - replaces three year recertification period
- If you are currently CALA certified, when your certification comes due, you will be put on to the one year recertification period
- Your recertification date will be merged with your membership renewal date
- A total of 8 credits/yr are required for recert.
- CALA credits may serve as credits for other orgs.
- CALA credits can be gathered before taking the course, before completing certification and before becoming a member of CALA
- Extra credits will be bumped forward into your next recertification period
- If low on credits, CALA certified leaders can petition for credits - it is very easy to maintain your certification status

RECERTIFICATION POLICY

All CALA Continuing Education Credits (CECs) from CALA workshops count toward recertification. One hour = 1 CALA credit.

Recertification requirements include:

1. CALA Membership (single or corporate).
2. 8 CEC's per year.
3. Annual recertification fee of \$16.05.
4. You can "bank" or accumulate CALA CECs before and after you have attended the foundation course, or completed your certification. If you collect more than 8 credits, CALA will bump your extra credits into your next recertification period. It is easy to collect credits and gain enough credits to maintain your certification with CALA
5. If you did not manage to collect enough CALA credits, you can petition for credits for workshops that you have attended with other organizations. Contact CALA for a copy of a CEC petition form.

CALA highly recommends that leaders have current in First Aid and CPR. The facility at which you

plan to work will let you know their exact standards before hiring you; these standards vary from facility to facility across the country.

EARNING & GATHERING CONTINUING EDUCATION CREDITS (CECS):

- 1) **Attend educational events** (workshops, specialty courses, courses, conferences) offered by CALA: one hour = one CALA CEC
- 2) Attend educational events (workshops, specialty courses, courses, conferences) offered by organizations other than CALA: Simply **petition for credits** with other organizations through the CALA petition process: one hour = one CALA CEC
- 3) **Write an article** for the CALA Wavelink newsletter: Share your successes, your experiences, something you have learned with respect to aquafitness leadership or related topics. Earn 3 CALA CECs if your article is printed.
- 4) Audit a CALA course: **Repeat a CALA course** and earn 12 credits per weekend.
- 5) **Upgrade your education** about fitness and related topics (nutrition, massage, pilates, personal training) by attending courses with other organizations including colleges and universities and simply petition for credits through CALA.

NOTE: A leader certified by a provincial or national organization other than CALA, may receive continuing education, renewal and/or recertification credits by participating in a CALA course, clinic, conference and/or workshop.

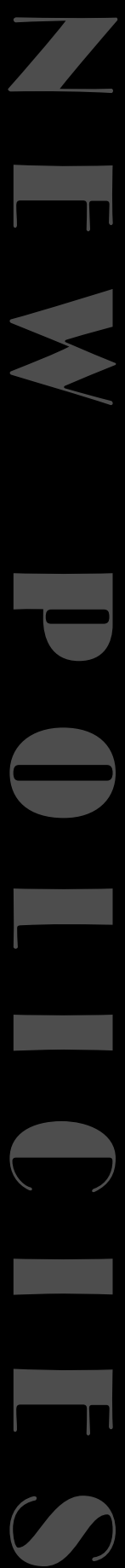
CALA PARTNERS WITH PROVINCIAL AND NATIONAL FITNESS ORGANIZATIONS:

CALA often applies for credits with other organizations. These organizations grant credits to CALA, so that instructors can use the CALA credits for more than one purpose.

For example:

- a) if a three hour workshop is offered by CALA in Calgary, CALA will apply for and be granted AFLCA credits. So an AFLCA instructor will get credits towards AFLCA and CALA recertification.
- b) if an instructor has completed certification with another organization in BC, then upon completing a one weekend course with CALA, the instructor earns 22 renewal credits with BCRPA.

CALA Certified Means Clearly Qualified!



INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

GALA COURSE GRADUATES FROM GALA FAST TRACK AND TOTAL TRACK AND SPECIALTY COURSES from 06/01/02 - 12/31/02

Note: the CALA Fast Track course is now referred to as Part One of our Foundation Course, while the Total Track course has become the CALA Foundation Course Parts One and Two.

**Thunder Bay - Frank Murphy
Community Centre, ON
Fast Track (Part 1) June 2002**

Denise Byrne
Jennifer Caratti
Monique Mercier
Kimberly Petrash
Jill Racioppa
Dorothy Smith
Rachel Talbot
Janice Tocheri
Apprentice Trainer:
Wendy Andruski
Master Trainer:
Charlene Kopansky

**Calgary - Calgary Winter Club, AB
Fast Track (Part 1) June 2002**

Gurli Albrecht
Erin Cox
Andree Dionne
Shondel Gummow
Alex Holden
Marnie Lusi
Sarah Matthews
Diana Mazurek
Nuala McCreanor
Nicole Redekop
Emma Stokes
Carmelita Widdifield
Stacey Yasinowski
Trainer: Michelle McLaren

**HAMILTON - YWCA OF HAM., ON
FAST TRACK (PART 1) JULY 2002**

Lisa Fleischmann
Kelly Grant
Justin Moore
Trainer: Tara Weiderich

**Hamilton - YWCA of Hamilton, ON
Total Track (Parts 1 & 2) July 2002**

Nancy Almond
Kate Dobrucki
Erind Hametaj
Norm Hamilton
Phil Poyton
Nancy Rumble
Trainer: Tara Weiderich

**Hull - University of Hull, QC
Total Track (Parts 1 & 2) August/02**

Bianca Boudreau
Paula Duchesne
Melanie Therrien

Sarra Tidjani
Michele Vaillant
Trainers:
Line Marr and Catherine Morisset

**Gloucester - Sawmill Creek Pool, ON
Total Track (Parts 1 & 2) August/02**

Josée Lacasse
Alison Magnes
Palma Paciocco
Lesley Peace
Ariel Zoe Seguin
Tatiana Sotindjo
Renée St-Pierre
Anastasia Taylor-Munro
Amanda Wiens
Sylvie-Anne Williams
Trainers:
Line Marr and Catherine Morisset

**Ottawa - Walter Baker Sports
Complex, ON
Fast Track (Part 1) September 2002**

Denise Beylea
Lindsay Campbell
Rupert Dziuba
Jennifer Geick
Kamille Grenier
Eden Jarvis
Amanda Kinch
Chantal Laporte
Natalie Lavictoire
Jessica Mender
Jo Anne Sowten
Andrea Van Diermen
Trainer: Jennie Queen

**Toronto - Cedarbrook Com. Ctr., ON
Fast Track (Part 1) September 2002**

Jaime Doherty
Erika Dusil
Mara Richter
Trainer: Tara Weiderich

**Toronto - Cedarbrook Community
Ctr., ON
Total Track (Parts 1 & 2) Sept. 2002**

Sonia Byrne
Dawn Colgan
Joanne Douros
Kristina Douros
Dale Jones
Andrée Lachapelle
Evelyn Neuhaus
Janice Sera

Andria Terry
Trainer: Elaine Elliott

**Espanola - Espanola Regional Rec.
Complex, ON
Fast Track (Part 1) October 2002**

Sue Bennett
Kathy Lewis
Trainer: Connie Jasinskas

**Calgary - Fitness on Fifth/YWCA, AB
Fast Track (Part 1) October 2002**

Colleen Bailey
Sharon Burns
Lori d'Argent
Lori Downey
Susan LeGrice
Angela Lowe
Martin Matyas
Leah Poole
Renee Prusak
Christa Smith
Apprentice Trainer:
Krista Prevost
Master Trainer:
Charlene Kopansky

**Ottawa - Ottawa Athletic Club, ON
Fast Track (Part 1) November 2002**

Rima Alhaji
Allison Cooper
Gayle Kyte
Tanja Melvin
Jennifer Monk
Kari Anne Scaletta
Trainer: Carol Weerdenburg

**Sherbrooke - Sherbrooke Uni., QC
Fast Track (Part 1) November 2002**

Lysianne Agenor
Anne-Marie Boisvert
Vanessa Bueno
Catherine Chayer
Clarisse Dufau
Christophe Ferrere
Maud Georgelet
Emilie Lacasse Pelletier
Nancy Laflamme
Stephanie Landry
Eliane Lussier
Elena Mayo
Annabelle Mir
Kateri Rioux
Lorraine Roberge
Patricia Rochetaing

Nathalie Roy
Alexandre Smith
Catherine St-Pierre
Robert Vaillancourt
Trainer: Nancy Shannon

**Guelph - Guelph University, ON
Fast Track (Part 1) November 2002**

Fyonna Brooman
Valerie Dimitroff
Tara Hayes
Apprentice Trainer: Pia Francis
Trainer: Pat Richards
Master Trainer: Connie Jasinskas

**Guelph - Guelph University, ON
Total Track (Parts 1 & 2) Nov. 2002**

Margareth Carvalho
Ariah Easley
Joanne Lee
Katherine MacDonald
Kameela Ramsubeik
Mary Warne
Wendy White
Apprentice Trainer: Pia Francis
Trainer: Pat Richards
Master Trainer: Connie Jasinskass

**108 Mile House- The Hills Resort, BC
Fast Track (Part 1) December 2002**

Jennifer Fletcher
Clare Gibson-Bull
Patti Harper
Janet Huffman
Kristi Iverson
Patsy Kohnke
Heather Lay
Shelagh Noonan
Cindy Wickingstad
Deena Williamson
Trainer: Charlene Kopansky

**Varennes - Le Complexe Aquatique
de Varennes, QC
Fast Track (Part 1) December 2002**

Josée Beauchemin
Carol Benard
Sylvie Blanchette
Béatrice Chartrand
Jessie Courteau-Ebacher
Marie-Eve Daigneault
Véronique Gendron
Catherine Lussier-Cardinal
Olivier Malaisé
Annie Malo Desruisseaux

COMMITMENT

Majorie Marc-Aurèle
 Suzanne Morin
 Chantal Nault
 Emilie Poirier
 Dominique Prud'homme
 Martine Sigouin
Trainers:
 Marie-Claude Leblanc
 Marie-France Hebert

The Specialty Courses

**Calgary - University of Calgary, AB
 Water Running and Aqua Jogging,
 May 2002**

Amy Anderson
 Ruby Dunai
 Colin Hyland
 Emm Kutryk
 Erin Olmstead
 Lynn Wilson
Trainer: Michelle McLaren

**Thunder Bay - Frank Murphy
 Community Centre, ON
 Water Running and Aqua Jogging,
 June 2002**

Wendy Andruski
 Denise Byrne
 Cristina Degano
 Jean Hall-Armstrong
 Lisa Labossiere
 Courtney Martin
 Anne Parr
 Amanda Seed
 Dorothy Smith
 Pam Stranges
 Pauline Willenbacher
Trainer: Charlene Kopansky



*Aqua Trends workshop
 participants - Ottawa,
 January 2003*

**Dartmouth - Dart. Sportsplex, NS
 Water Running and Aqua Jogging,
 July 2002**

Jill Bishop
 Anne Campbell
 Kathryn Clark
 Maggie Doucett
 Valérie Fortier
 Pamela Gaines
 Anne Leblanc
 Louise MacTavish
 Debbie Murphy
 Barbara Sawler
 Gail Teixeira
 Jennifer Thorburn
Trainer: Charlene Kopansky

**Guelph - University of Guelph, ON
 Water Running/Aqua Jogging, Oct/02**

Nancy Almond
 Michele Benoit
 Julia Beswick
 Jen Castle
 Linda Caston
 Trish Dean
 Sandra Di Paolo
 Melanie Dobler
 Janet (Jaye) Graham
 Cathie Hosker
 Susan McCormick
 Nicol Mentis
 Leela Sandrasagra
 Sil Valeriote
 Leah Widynowski
Trainer: Charlene Kopansky

**Hamilton - YWCA of Hamilton, ON
 Aqua Arthritis, November 2002**

Johnathan Avery
 Jennifer Bunstead
 Kathy Callaghan
 Tom Casey
 Jennette Czuba
 Sarah Healey
 Thomas Kim
 Patricia Kohanik
 Amy Raymer
 Sabrina Rielly
 Tara Weiderick Jones
Trainer: Connie Jasinskas

Note: if your name is missing from this list or is spelled incorrectly, contact CALA immediately so that we can rectify the situation.

*A relaxed group of workshop
 participants - December 2002
 Stephenville, Newfoundland*



CALA UPCOMING EVENTS:

Included are upcoming events & other information on:
Annual Highlights, Conferences and Training for Trainers (T4T)*, Workshops*,
Aquafitness Leadership Training Courses, Specialty Training Courses, Certification Opportunities
Training events are added weekly, call us for the latest info this listing

CONTINUING EDUCATION CREDITS (CECs):

Our high quality training opportunities listed are recognized for CEC's by ALL national and provincial organizations through a petition process including: BCRPA, AFLCA, SPRA, MFC, OFC, CanFitPro, CPTN, CFES, NSFLAA, NBFA, PEI, NFLD, YMCA & YWCA

HOW TO REGISTER?

Unless otherwise stated, through CALA:
125 Lillian Dr., Toronto, ON, M1R 3W6
Toll free: 1-888-751-9823
Phone: 416-751-9823 Fax: 416-755-1832
cala@interlog.com

I - HIGHLIGHTS IN 2003

What: "Exclusively Water"
CALA 2003 Conference
When: May 30 to June 1, 2003

Where: Etobicoke Olympium, Toronto, ON
Close to the airport! Expect a brochure early 2003

What: SUN, SAND & SURF -
A TROPICAL CALA FITNESS JAM

When: Early December 2003
Where: An outstanding resort with divine beaches
More in the Spring Issue of Wavelink

What: "H2Oz - Australia" Conference
Aqua Africana; Aqua Spinning;
Seniors Strength and Functional
Stability Training

When: April 25 - 27 and May 2 - 4/03
Where: Melbourne, Sydney, Newcastle,
Who: Charlene Kopansky
Registration through Bettina Bokori-
Mayman - H2Oz in Australia

What: "GO 50 - Age Concern" -
United Kingdom Conference

When: September 6 and 7, 2003
Where: Loughborough, U.K.
Who: Charlene Kopansky
Registration details pending

II - WORKSHOPS * CEC's awarded for all workshops

MONTREAL, QUEBEC *OFFERT EN FRANÇAIS*
Aqua Jam

DATE: Sat. Mar. 22, 2003 TIME: 10am - 12pm
FORMATRICE: Marie-Claude Leblanc
SITE: University of Montreal, 2100 Boul. Edouard
Montpetit (Métro Edouard Montpetit)
Directions: Martine Jeffrey:
514-343-6111 poste 4824

WOLFVILLE, NOVA SCOTIA

i. Liquid Energy Systems Workshop
DATE: Saturday, April 5, 2003 TIME: 9am - 12:30pm
ii. Liquid Muscle Workshop
DATE: Sunday, April 6, 2003 TIME: 9am - 12:30pm
TRAINER: Diane Levy
SITE: Acadia Fitness and Aquatic Building

MONTREAL, QUEBEC *OFFERT EN FRANÇAIS*

i. Aqua Boot Camp
DATE: Sun. May 11, 2003 TIME: 9am - 12pm
ii. Aqua New Wave
DATE: Sun. June 15, 2003 TIME: 9am - 12pm
FORMATRICES: M. C. Leblanc & Johanne Bertholet

SITE: YM-YWHA 5400 Westbury Ave., Montreal, QC
Directions: Marie-Claude Leblanc
au 514-343-2471, fax 514-343-2181
eMail: info@kinesiologue.com

CAMBRIDGE, ONTARIO

Bridging & Linking
DATE: Sat. June 7, 2003 TIME: 9am - 12pm
TRAINER: CONNIE JASINSKAS
SITE: W.G. Johnson Centre, 31 Kribs Street,
Cambridge, ON

PRINCE RUPERT, BRITISH COLUMBIA

i. Workshop -
Water Running and Aqua Jogging
DATE: Tues. June 10, 2003 TIME: 6pm - 10pm
ii. Aqua Muscle and Seniors Strength
Training

DATE: Wed. June 18, 2003 TIME: 6pm - 10pm
TRAINER: Charlene Kopansky
SITE: Earl Mah Aquatic Centre

NORTH BAY, ONTARIO

Creative Splash
DATE: Sat. June 21, 2003 TIME: 12pm - 3pm
TRAINER: Charlene Kopansky
SITE: Good Life Fitness Club, North Bay (On Main, off
Fisher St.)

WATERLOO, ONTARIO

Aqua Natal
DATE: Saturday, Oct. 04, 2003 TIME: 7pm - 10pm
TRAINER: Connie Jasinskis
SITE: Waterloo Swimplex

CALGARY, ALBERTA

Beyond Abs - Training the Inner Unit
DATE: Mon. Nov. 03, 2003 TIME: 7pm - 10pm
TRAINER: Charlene Kopansky
SITE: Westside Recreation Centre, Calgary

III - SPECIALTY TRAINING COURSES * CEC's awarded for all courses

TORONTO, ONTARIO

WATER RUNNING & AQUA JOGGING (8 hrs)
DATE: To be announced
TRAINER: To be announced SITE: To be announced

MONTREAL, QUEBEC

OFFERT EN FRANÇAIS and ENGLISH
AQUA NATAL (7 hrs)
DATE: Sun. March 30, 2003 TIME: 10am - 5pm
FORMATRICE: Marie-Claude Leblanc
SITE: YM-YWHA 5400 Westbury Ave., Montreal, QC
Directions: Marie-Claude Leblanc au
514-343-2471, fax 514-343-2181 ou
eMail: info@kinesiologue.com

VARENNES, QUEBEC

OFFERT EN FRANÇAIS and ENGLISH
WATER RUNNING & AQUA JOGGING (8 hrs)
DATE: Sat. April 5, 2003 TIME: 9am - 6pm
FORMATRICES: Maryvonne Berthault &
Marie-Claude Leblanc
SITE: Complexe Aquatique de Varennes, 131, ch. du
Petit-Bois, Varennes, QC, J3X 1P7
Téléphone: 450-929-1111
Télécopieur: 450-929-1769
courriel: c.aqua@ville.varennes.qc.ca

MONTREAL, QUEBEC

OFFERT EN FRANÇAIS and ENGLISH
CENTRE OF POWER AQUA KICK BOX (8 hrs)
DATE: Sat. April 12, 2003 TIME: 9am - 6pm
FORMATRICE: Donna Reeves
SITE: UQAM, Centre Sportif, 1212 rue Sanguinet (entre
Sherbrooke et Ste-Catherine) Tel: 514-987-7678
Directions: Andrée Dionne au
514-987-3000 poste 4092 ou
Marie-Claude Leblanc au 514-343-2471

CALGARY, ALBERTA

*ONE DAY SPECIALTY COURSE
WATER RUNNING & AQUA JOGGING (8 hrs)
DATE: Sun. May 4th, 2003
TRAINER: Michelle McLaren
SITE: University of Calgary

IV - AQUAFITNESS LEADERSHIP TRAINING: Foundation Courses

The Aquafitness Leadership Training Course:
"Foundation Part I only" (20 hrs) is an
abbreviated version of the Combined Basic
Fitness Theory and Aquafitness Leadership
Training Course: "Foundation Part I & II"
(40 hrs)

Strongly recommended prerequisites for
taking Part One only: Training in Basic
Fitness Theory; confidence in applied anatomy,
physiology, effects of immersion & excel-
lent leadership skills.

All CALA courses are recognized by
NFLAC, OFC (16 credits), CanFitPro (FIS),
YWCA, YMCA, CPTN, BCRPA (22 credits);
SPRA (12 credits); NSFLAA, CFES

MISSISSAUGA, ONTARIO

* CALA Aquafitness Leadership Training
Course: "Foundation: Part I only" (20 hrs)*
DATE: March 21, 22, 23, 2003
TIME: Fri: 6-10pm, Sat: 11am-8pm, Sun: 8:30am-4:30pm
TRAINER: To be announced
SITE: The Mississauga Club - Fitness Institute
@2021 Cliff Road, Mississauga, Ontario

MISSISSAUGA, ONTARIO

* CALA Combined Basic Fitness Theory and
Aquafitness Leadership Training Course:
"Foundation: Part I & II" (40 hrs)
DATE: March 21, 22, 23 and March 28, 29, 30
TIME: Fri: 6-10pm, Sat: 11am-8pm, Sun: 8:30am-4:30pm
TRAINER: To be announced
SITE: The Mississauga Club - Fitness Institute
@2021 Cliff Road, Mississauga, Ontario

ESPANOLA, ONTARIO

* CALA Aquafitness Leadership Training
Course: "Foundation: Part I only" (20 hrs)*
DATE: April 25, 26, 27, 2003
TIME: Fri: 5pm-10pm, Sat: 9am-6pm, Sun: 9am-6pm
TRAINER: Connie Jasinskis
SITE: Espanola Regional Recreation Complex @ 175
Avery Drive, Espanola, Ontario

THUNDER BAY, ON

* CALA Aquafitness Leadership Training
Course: "Foundation: Part I only" (20 hrs)*
DATE: June 6, 7, 8, 2003
TRAINER: Wendy Andruski
SITE: Lakehead University, C.J. Saunders Field House,
955 Oliver Road, Thunder Bay

CALGARY, ALBERTA

* CALA Aquafitness Leadership Training Course: "Foundation: Part I only (20 hrs)"
DATE: June 6 (6 - 10pm), June 7 (9am-6pm) and June 8 (9am-6pm), 2003
TRAINER: Michelle McLaren
SITE: the v.R.R.E., 3304 33rd Street.

CALGARY, ALBERTA

* CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course: "Foundation: Part I and II (40 hrs)"
DATE: June 6 & 13 (6 - 10pm); June 7 & 14 (9am-6pm) and June 8 & 15 (8am - 4pm), 2003
TRAINER: Michelle McLaren
SITE: the v.R.R.E., 3304 33rd Street.

PRINCE RUPERT, BRITISH COLUMBIA

* BCRPA - CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Foundation Part I & II" (40 hrs)
DATE: June 6 & 13 (6 - 10pm); June 7 & 14 (9am-6pm) and June 8 & 15 (8am - 4pm), 2003
TRAINER: Charlene Kopansky
SITE: Earl Mah Aquatic Centre

PRINCE RUPERT, BRITISH COLUMBIA

BCRPA-CALA Aquafitness Leadership Training Course "Foundation Part I only (20 hrs)"
DATE: June 13 (6-10pm); 14 (9-6) and 15 (8-4), 2003

CONCEPTION BAY SOUTH, NF

* CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course: "Foundation: Part I & II" (40 hrs)
DATE: to be announced - targeting July 2003
TIME: to be announced
TRAINER: to be announced
SITE: CBS Recreation Complex

** If you choose to take part one only, you are a highly experienced leader with excellent knowledge of applied anatomy and physiology, and an ability to lead classes using music effectively.*

V - CERTIFICATION OPPORTUNITIES

Pre-Scheduled CALA Theory Exam and Practical Assessment Dates: TORONTO, ONTARIO

* CALA Theory Exam and Practical Assessment
DATE: Sat. March 29, 2003
Theory Exam: 3pm - 5:30pm
Practical Assessments: 45 minute time slots from 10am - 2pm
SITE: Centennial Recreation Centre, 1967 Ellesmere, Toronto (West of Markham Rd)

WOLFVILLE, NOVA SCOTIA

* CALA Theory Exam and Practical Assessment
DATE: Sat. Apr. 5/Sun. Apr. 6/03 TIME: 12:30-2pm
ASSESSOR: Diane Levy
SITE: Acadia Fitness and Aquatic Building

MISSISSAUGA, ONTARIO

** CALA Theory Exam and Practical Assessment
DATE: Fri. April 25, 2003
Theory Exam: 5:00pm-7:30 pm and 8:00pm- 10:30pm
Practical Assessments: 45 minute time slots from 5:00pm - 10:30 pm
SITE: The Mississauga Club - Fitness Institute @ 2021 Cliff Road, Mississauga, ON.

THUNDER BAY, ON

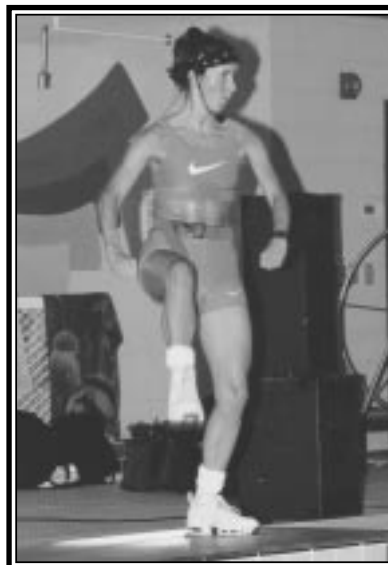
* CALA Theory Exam and Practical Assessment
DATE: To be announced
Theory Exam: 8:30am - 11:00am
Practical Assessments: after the theory exam
SITE: Lakehead University, C.J. Saunders Field House, 955 Oliver Road, Thunder Bay



Exclusively Water, the 2003 Conference, is coming soon!



Bettina returns to the CALA Conference.



THE CANADIAN AQUAFITNESS LEADERS ALLIANCE INC. is proud to present our

11TH ANNUAL CONFERENCE

Exclusively Water 2003! CALA 2003 CONFERENCE

MAY 30, 31, AND JUNE 1, 2003

at the Etobicoke Olympium, Toronto, Ontario (near airport)



When: Friday May 30, Saturday May 31, Sunday June 1 **Where:** Etobicoke Olympium, 590 Rathburn Rd., Toronto, ON

What: A Wide variety of Aquatic Rehabilitation, Aquafitness & Specialty Workshops and Classes

Continuing Education Credits: (pending): CALA, CanFitPro, CPTN, AEA, AFLCA, BCRPA, MFC, NSFLAA, SPRA, YWCA, YMCA

POTENTIAL WORKSHOPS :

- | | | |
|---------------------------|---------------------------------|------------------------------------|
| Aqua Personal Training | Aqua Elements | Cueing Techniques |
| Strong Bones for Life | Aqua Latino | Aqua Spinning |
| Aqua for Chronic Fatigue | Intro to Aquajogging | Hydro Warrior Dance (Aqua Tai Chi) |
| Amazon Arms | Aqua Deck Teck | What it takes to be a CALA trainer |
| On Deck Leadership Skills | Aqua New Wave | Urban Spinning |
| Water Strength | Anatomy 101 | Torpedo Blast |
| Crunch | Aqua Moves | Water Running |
| Aqua Stretch | Aqua Boot Camp | Hey Baby and Mom |
| Aqua Rock | Master Class | Tech Wave |
| Tethered Training | Aqua Sport | Aqua Rehab |
| When music comes to life | Aquafitness Choreography | Fish Tricks |
| Older Adults Specialty | Creating your best class | Bridging And Linking |
| Liquid Learning | Stability Ball | Older Adults Basics |
| Maximum Aqua Abs | Liquid Body Rhythms | Weight of Water |
| Aqua Disco Daze | Aquatic Program Design | Aqua Yoga |
| Aqua Natal | Cardio KickBox | Noodle Soup |
| Aquapunch and sculpt | Extreme H2O Runner (Speed Play) | Liquid Deep |

CONTACT CALA FOR A COPY OF OUR CONFERENCE BROCHURE.

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