

wave

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FOUR EXCLUSIVELY WATER CONFERENCES!

CALA WEST

Canmore, Alberta

September 16-18, 2005

CALA CAPITAL

Ottawa, Ontario

Fall 2005

CALA TROPICAL

Superclubs Breezes Jibacoa, Cuba

November 19-26, 2005

CALA CENTRAL

Kitchener, Ontario

March 25-26, 2006



CALA

Double Issue

LETTER FROM THE EDITOR

CALA Blossoms during spring time in Canada

Enjoy another double issue of the CALA 'Wavelink' newsletter. This issue includes: Winter 2004/2005 and Spring 2005. Once again, tons of exciting 'stuff' has happened since CALA members received the last double issue in early December 2004.

Congratulations to the following recently approved CALA Trainers

Janet Davis, Linda Rampen and Nancy Rumble have joined the team and are currently training courses. Well done! Welcome aboard!

CALA with a British Flavour – United Kingdom, here we come again (JULY)

Linda Kanninen is the official CALA United Kingdom Director. We have been collaborating with UK based fitness organizations to gain status as a recognized training and certification course. The paper work is daunting and the levels of certification and qualification, very different than in Canada. With Linda's perseverance and tenacity, CALA will contribute to the quality of aquafitness leadership in the UK. Virgin

Active (UK) has shown keen interest in our programs, so we are keeping our fingers crossed that CALA will become their training organization of choice in the UK. July 2005 will see CALA training opportunities throughout the UK, check our website for details. What a great excuse to spend some time in the UK this summer – CALA CECs!

CALA with a Spanish Flavour

Mexico here we come! (OCTOBER)

The CALA Foundation Manual is currently being translated into Spanish. The first official CALA Aquafitness Leadership Training and Certification Course (in Spanish) is scheduled for October 21, 22, 23, 2005 in Mexico.

WHAT IS ALL THIS

ABOUT ANOTHER REGIONAL DIRECTOR?

Those of you in the Ottawa region may have been in communication with Amanda DeGrace, the CALA Eastern Ontario Director. Amanda has been very busy networking with aquafitness enthusiasts and planning a variety of educational events. Amanda is spear heading the CALA Ottawa conference, to be offered in the autumn of 2005. Congratulations to Amanda and welcome aboard.

Calls for the

National CALA Exclusively Water Conference... CALA headquarters and CALA trainers have



Charlene hiking in New Zealand, April 2005

received numerous questions about the date for the traditional annual CALA Conference. In keeping with a major commitment for 2005 to meet the continuing education needs of the membership, we are offering a series of Regional CALA Conferences.



Charlene with nephew Jeff, Abel Tasman National Park, New Zealand

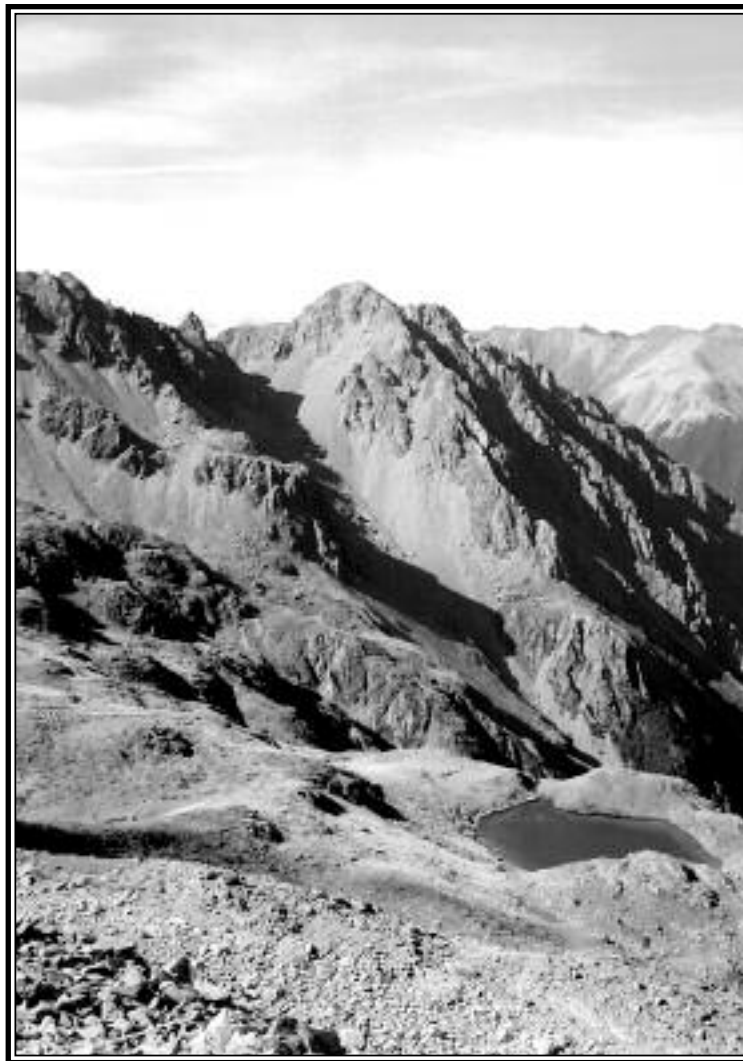
**PLANNING AHEAD
CALA EXCLUSIVELY WATER
CONFERENCES**

**CALA WEST at CANMORE, ALBERTA
Brochures Available August 1**

Mark SEPTEMBER 16, 17 and 18 on your calendar. Get ready to enjoy the mountains. Shelagh Noonan, CALA West Director is working closely with Lynn Borrowman to plan this event. To ensure you receive a conference brochure email cala.west@ca.inter.net

CALA CAPITAL at OTTAWA, ONTARIO
Late 2005 is the target, and we are waiting for confirmation of the facility and dates. The first ever 'official' CALA OTTAWA EXCLUSIVELY WATER REGIONAL CONFERENCE is in the final planning stage. Amanda DeGrace, CALA Eastern Ontario Director is the coordinator for this event. A brochure will be available at www.calainc.org by September 1, 2005 at the latest. To ensure you receive a conference brochure email cala@interlog.com

A Tropical Destination – This beautiful Super-Inclusive tropical 'adults-only' resort is popular with couples and singles (14+ years). Located beachfront on a lovely white sand strip of paradise between Varadero and Havana, the 250-room resort is surrounded by sloping hills and scenic countryside. During this special CALA week you have the choice of participating in aquafitness, beach fitness and/or attending conference sessions with professional instructors. If you are bringing a friend and being active is not their thing, then mix pure relaxation with sun and sand.



Whatever your heart desires, this is the trip for you! For registration details email cala@interlog.com.

Potential CALA conference in Toronto

We are trying to diversify and offer accessible events outside of the BIG TO. However, one never knows what lies around the corner. If we hear from enough of our membership, that a Toronto CALA conference event is absolutely necessary, we will plan one. Let us know!

**KITCHENER, ONTARIO
- MARCH 2006**

Mark MARCH 25 & 26 for the CALA CENTRAL EXCLUSIVELY WATER REGIONAL CONFERENCE, hosted at the Forest Heights Pool, Kitchener, Ontario. Janet Zomer is working closely with Charlene Kopansky to plan this event.

Charlene Kopansky



CONFERENCE

CONGRATULATIONS TO SHELAGH NOONAN

And the Hills Health Ranch for a Successful Fitness and Spa Retreat

May, 2005

CALA WEST Fitness and Spa Retreat

A contingent of keen fitness enthusiasts headed to the "Hills" to participate in the first ever CALA West Fitness and Spa Retreat coordinated by Shelagh Noonan, the CALA West Director. Conference delegates descended upon the Hills Health Ranch, located near 108 Mile House (Caribou Country, B.C.), May 6, 7, and 8th. The conference schedule included a variety of scintillating sessions and dynamic presenters. David Hatch flew in from Toronto to "wow" the crowd with spicy aqua kick box and sporty moves. Charlene Kopansky flew in from New Zealand to share her knowledge about Aqua for Older Adults, 2005 Aqua Trends and Making the Mind, Body, Spirit Connection, Shelagh Noonan opened up the spirit sharing her specialty: Aqua Nia and co-training with David. To complement

the water sessions, Shelagh selected a team of professionals from the Hills Resort including Regula Wittmer (Nutrition and Wellness Expert), Anna (the Hills Chef) and Tish Diamond (land based instructor) to integrate land and nutritional fitness into the mix of water sessions. Aside from earning CALA, AFLCA and BCRPA CECs, delegates enjoyed a variety of spa treatments and outdoor activities (hay rides, horse back riding, hiking) offered amidst 20,000 acres of 'caribou country'. Saturday night saw delegates kicking up their heels as Gale led a fun filled Line Dance session.

Kudos to Shelagh, the presenters, the Hills Health Ranch Staff and the delegates for contributing to the success of the first ever conference hosted by CALA West in B.C.



LETTERS TO CALA

Communication from the Membership

I am sure I am like every other aquafit instructor in the world - at least once a month a new participant shows up for one of my aquafit classes - sent there by the doctor/physiotherapist/chiropractor. These newcomers arrive either scornful or laughing about the concept of getting a good workout in the water. 'Lo and behold'

These newcomers arrive either scornful or laughing about the concept of getting a good workout in the water.

by the end of the very first session they are telling me "that was great - I feel so good and nothing hurts" and usually by the end of 4 to 6 weeks of regular attendance they are converted and come on a regular basis. One of the funniest occurrences happened on a Sunday 12 p.m. - 1 p.m. class at the YMCA - a 6'6" - 225 lb. athlete walked onto the pool deck - took one look at me and said "my sports doctor told me to come to aquacize because I've hurt my knee but what kind of a class can you teach?" At the end of the class he was smiling and told me "That was a great workout - I'll be back" and he was until his knee healed enough to return to land based training. - Thanks again. Can hardly wait for the conference this year!

Sylvia Jones,
CALA Certified, Regina, Saskatchewan

Open letter to Charlene Kopansky
From Denis Lavergne, CALA certified
December 2004

Saturday October 16th, 2004 was my first conference since being a CALA instructor (certified in June 2004). Not knowing what I was getting into, I was a bit nervous. Thankfully, the one-day conference was in Ottawa which was great

because it is right next door to me (I live in Gatineau) and because of my business, I cannot attend other conferences.

Upon my arrival, the nervousness dissipated very fast. Everyone made me feel at ease individually and in groups! I knew I was going to enjoy my day! Charlene, your first session

on "Finding your inner core", your center of energy your well-being...that life starts there!! It was fantastic. Thank you so much, I will never forget that! What a great way to start the day! Then came the water exercises. This is when I found out that we are all different instructors even while doing the same exercise!

Upon my arrival, the nervousness dissipated very fast. Everyone made me feel at ease individually and in groups!

The afternoon went by so quickly. Angela Curry was next; she was so good, so energetic, so inspiring. I enjoyed her presentation very much, in and out

of the water. Then came Line Marr. Since I know her personally, I know what to expect... Perfection and nothing less! So when she asked what we expected of her I asked her to do the CALA moves correctly, which she did! A video some day would be great for us beginners!

And finally, there was you Charlene. The final chapter of the day. A relaxing session to complement a busy day. What power you have over us all!! We could hear a pin drop! Mother earth found an ally in you!! What control, how peaceful it was. I was touched by the creator of CALA and when we all got together at the end, I touched you on the shoulder. There are so few lines to describe such a wonderful day.

Thank you Charlene. 'Till the next CALA conference...Denis Lavergne



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!

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RESEARCH AND READING CORNER

Here are some top favorites from CALA Leaders and CALA Trainers. To add your suggestion(s) to our list email cala@interlog.com in the subject line put: Wavelink Reading Corner Suggestions.

Submitted by Amanda Degrace:

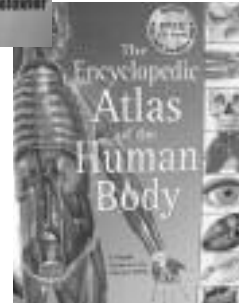
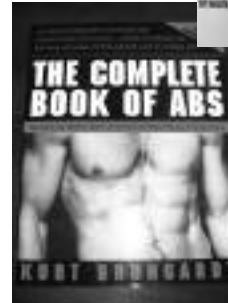
1. Successful Fitness Motivation Strategies. Brehm, Barbara. Human Kinetics. 2004.
2. Principles of Anatomy and Physiology. Tortora and Anagnostakos. Canfield Press. USA. 1978 (This is an oldie but a goodie!)
3. Concepts of Human Anatomy and Physiology. Van De Graaff, Kent. WCB Publishers. 1995.

Submitted by Nancy Sawler:

1. The Encyclopedia Atlas of the Human Body, Raincoast Books 2004. Wow! This book is big and fun to read and comes with a CD Rom.
2. The Complete Book of Abs; Kurt Brungardt 1998 Random House. This book has great descriptions on body basics/anatomy.
3. Strength Training Anatomy; Frederic Delavier 2001 Human Kinetics. A classic book with great photos for a thorough understanding of muscles.
4. For online tools, check out www.getbodysmart.com - talks about the major systems, muscle insertion and origin and is interactive!
5. Another on line site: www.ptonthenet.com

Submitted by Rob Duncan:

A favourite book of mine is The Concise Book of Muscles by Chris Jarney, published by North Atlantic Books, Berkeley CA. available at Indigo. 1-55643-466-9. This book has color pictures of isolated individual muscles showing clearly their origins and insertions, the fiber direction and joints crossed along with suggested strengthening and stretching exercises. Although expensive, I found it invaluable when I was learning this phase of anatomy for the first time. I still refer to it frequently.



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Fitness Instructors
and
Deep Water
Running Instructors

University of Calgary
Aquatic Centre

www.ucalgary.ca/aquatics



UNIVERSITY OF
CALGARY
KINESIOLOGY

CALA EASTERN ONTARIO DIVISION

Great news to all individuals within Eastern Ontario...the Regional Office has been set up and has set sail! Amanda DeGrace, CALA Trainer, has put much effort, thought and dedication on taking on this adventure. The CALA Eastern Regional Office will be readily available for all individuals west of the Greater Toronto Area (GTA), to Ottawa, including parts of Western Quebec (the Gatineau Area).

Amanda is determined to create more training opportunities for all certified individuals, as well as increase the number of Foundation Courses that are offered throughout the area.

Amanda will be organizing all training events, conferences, mentoring opportunities and merchandise sales for individuals within the above mentioned areas. Amanda is determined to create more training opportunities for all certified individuals, as well as increase the number of Foundation Courses that are offered throughout the area. The goal is to have every facility filled with CALA certified leaders. The CALA touch is spread throughout many facilities, thanks to dedicated members (such as yourself!). The Regional Office will continue to support every CALA member and your facilities!



Amanda DeGrace, Punta Cana

through her company DeGrace Energetics. Excellent customer service is top of the list, according to Amanda, and she will ensure that the CALA excellence is carried on.

Amanda has extensive experience in the fitness and aquatics industry. She is currently working on her second degree, Commerce with Honours in Management, at the University of Ottawa. Amanda has been organizing and directing many fitness and aquatic related activities throughout the Eastern Ontario region for the last 5 years,

The CALA Training Team throughout the region will continue to offer excellent training and development opportunities, under the direction of the Eastern Ontario region and the Toronto head office. Please contact Amanda DeGrace for further information regarding the Regional Office, to offer training at your facility, or for answers to questions that you may have.

Amanda can be contacted at
Amanda DeGrace
CALA Eastern Ontario
375 'C' St. Denis St., Ottawa,
ON K1L 5H8 t: (613) 746-1415
e: cala.degrace@sympatico.ca

SUMMER NOURISHMENT IDEAS

By Lisa Bixel, CALA Certified Leader

Beet and Carrot Salad

This salad is simply delicious. Carrots are one of the richest sources of the anti-oxidant beta-carotene. They are known to benefit virtually every organ in the body. When you mix carrots with beets, the combination is beneficial for hormone regulation during menopause.

Ingredients

2 1/2 cups grated carrots
1 1/2 cups grated beets
2/3 cup crumbled feta or firm tofu (optional)
Sea salt or herbamere
2 tsp. dill weed
2 tbsp. lemon juice
1 tbsp. flax oil
1 tbsp. extra virgin olive oil
Combine all ingredients in a salad bowl, refrigerate and let it sit for 1 hour. Enjoy

Summer Smoothies that Revitalize

This is a treat for a fast breakfast or snack. These are so easy to make and can be tailored to any taste. Keep ripe bananas in the freezer. Blueberries, strawberries, raspberries, and peaches all freeze well in the summer. Freeze enough for the whole year and store them in freezer bags.

Ingredients

Fruit Options: Bananas, Blueberries, Strawberries, Raspberries, Blackberries, Peaches
Other Options: Organic Yogurt, Almond, Rice or Soymilk, Organic fruit juices (like Ceres or other organic juices), Pure Vanilla Extract, Flax oil (or fish oil), Acidophilus, Water
You can even add soaked seeds and nuts. Experiment and find the flavour combinations that you like the best. Place chosen ingredients in the blender. Blend until smooth. Pour into glasses and enjoy.

CALA HEALING WATERS: AQUATIC POST REHAB AND AQUA ARTHRITIS MODULE

YOUR QUESTIONS ANSWERED!

1. What will I learn in this Healing Waters Course? Why is it valuable for me?

For specifics, refer to www.calainc.org or CALA office 1-888-751-9823 to read the learning objectives for each course.

In general, the Intro to Healing Waters (HW) Course is the entry portal to all other HW specialties. This AQUATIC POST Rehabilitation course will prepare the CALA certified aquafitness leader, as well as others with an interest in the field to work with special populations in the water. Building on the principles taught in the CALA Foundation course, this in depth series of training and certification courses qualifies the leader to design and deliver aquatic exercise classes and exercise programs for specialty populations (usually in warm pools between 89-94 degrees F.). The healing waters program provides aquafitness leaders, personal trainers and others who work with special populations with the tools to provide safe, effective aquatic exercise classes that meet the unique needs of the population studied.

With increasing frequency, health professionals are recommending community-based aquatic exercise classes and personal training programs to patients/clients following clinical rehabilitation, and as a means to assuage chronic pain. It is also of paramount importance for the fitness professional to be able to respond to the special needs of an aging population. Recognition of the healing power of movement in water within the health care industry has created the need for the

With increasing frequency, health professionals are recommending community-based aquatic exercise classes and personal training programs to patients/clients following clinical rehabilitation, and as a means to assuage chronic pain.

healing waters training and certification program. This comprehensive program will ensure participants are assisted in their quest for health and wellness.

2. Who is it targeted to?

The CALA Healing Waters Program is targeted to experienced aquafitness leaders and others who want to learn more about instructing classes and designing personalized aquatic exercise programs for clients with a variety of special needs. Participation in this course is essential preparation to work with people who have: arthritis, fibromyalgia, Parkinsons, MS, Musculo-skeletal Injuries (post MVA, athletic injuries, etc.)

This program is designed to meet the needs of the following professionals:

- Aquafitness leaders
- Personal trainers
- Kinesiologists
- Physiotherapy assistants
- Physiotherapists
- Chiropractors
- Athletic therapists
- Others who wish to provide group or individual conditioning for special populations in the water.

3. Do I need a background in Aquatic Rehab to take the Program?

No, not necessarily; but you will need a background in aquatic exercise to understand the theory of movement in water. The complete CALA Foundation Course is an excellent entry point. Any other education, training or experience in exercise or therapeutic exercise is an asset, but not a requirement. If you have NOT completed a CALA Foundation Course and/or the certification components you must request an "Application for Acceptance" which will request information about your educational background, credentials and other certifications. To request this form or to learn more about prerequisites contact CALA at cala@interlog.com.

4. If I have already taken the CALA Aqua Arthritis 20hr Specialty Course, should I still take this Program - how is it different - what additional info does it provide?





It is not required that you repeat the revised aqua arthritis course, however the 'new' program is a valuable refresher! It includes updated research, is practically oriented and the new manual includes the most recent catalogue of exercises.

5. What are the teaching opportunities within this Industry?

Unlimited! Many facilities are demanding that aquafitness leaders teach Arthritis or other specialty classes for clients with various health problems. Physicians, physiotherapists, and chiropractors are referring clients with weight-bearing issues to the pool to exercise. There are not enough leaders properly trained and certified to meet this demand. Personal trainers are frequently dealing with a variety of client health problems. Since the water is an ideal training venue for a variety of health issues, it is important for aquatic trainers and leaders to be prepared to offer appropriate exercise options to special needs clients.

Also, insurance companies are all looking for cost-effective programs to get their clients back into the workforce.

Community centres, physiotherapy and chiropractic clinic outreach programs, elder facilities, private pools (residential) and YM/YWCA's are all in need of qualified, certified instructors.

Also, insurance companies are all looking for cost-effective programs to get their clients back into the workforce. Health care givers, including surgeons, physicians, chiropractors and physiotherapists are looking for places to refer their patients once they have been discharged from a rehabilitation program. Think about your community and the networking opportunities that await you!

6. Will I get paid more per class?

That depends on whom you are working for and what their policies are. If you are required to have extra training and certification, it is fair and ethical for you to demand higher rates of pay. If you are offering these services as a consultant, you can charge more. Fees paid vary widely across the country as well as from city to rural locations. Employers demanding this level of training and certification may be willing to fund your training or to pay a higher hourly fee. Start researching the pay scales in your area and be sure to keep your certifications up to date, as you are marketing yourself and the specialties you teach.

7. How do I organize a CALA Healing Waters Aquatic POST Rehab training course at my facility?

Training venue and pool characteristics are important. Requirements include:

- Enough space for a minimum of 12 people in chest deep water (plus deep if possible).
- Water temp from 89 - 94°F / 32 - 34°C.
- One hour of pool time available for each four hours of course time (the pool hours can be scheduled while other activities are taking place, providing the other activities do not interfere with the learning experience).
- A comfortable learning environment including classroom training space adequate for at least 12 people to sit at tables and to get up and move, with overhead projector, white / black board.
- The theory room must be quiet, clean, comfortable temperature and accessible.

8. How is the CALA Healing Waters Program different from other Aquatic POST Rehab courses in the marketplace? →



The CALA Healing Waters Program is research-based, with input from physiotherapists, chiropractors, exercise physiologists and other specialists working in the field. The program has a strong practical component (pool time), supported by a rigorous theory component. All exercise recommendations in the healing waters program are based on scientific research and clinical experience.

This program is designed to equip you with practical skills and decision-making capabilities suitable to the population(s) studied. You will also receive excellent resources to facilitate continual learning on this topic. CALA trainers have a wealth of experience in Healing Waters practical skills as well as in adult education. These professionals will serve as your resource, both during the course and afterward, as you continue to grow and learn in the field.



9. What reference materials are included with the Program?

- CALA Aquatic Post Rehabilitation Prep Course Instructor Manual (Author: Elizabeth Fox, BA (Hon) Kin Masters Science, PT, P.T. Reg. (Ont) Editor; Connie Jasinskas Hons. B.Sc. H.K., Masters Science, Exercise Physiology)
- "Aquatic Exercise Therapy" Textbook (Authors: Andrea Bates and Norm Hanson)
- CALA Aqua Arthritis Course Instructor Manual (Author: Connie Jasinskas Hons. B.Sc. H.K., Masters Science, Exercise Physiology)
- Catalogue of Aquatic Exercises for Arthritis Programs 4th Edition; (Author: Peggy Stirling, CALA Certified)

10. How can I prepare for this intensive program?

Complete the CALA Foundation Course, or complete the "Letter of Acceptance" or brush up on the course contents if it has been a while; make sure you are comfortable with applied anatomy and the properties of water. Come with an open mind and be prepared to think, move, get involved, and learn. Try to set up apprentice opportunities in your community to practice and develop your skills when you have finished the course.



11. If the pool only has water temperatures that are lower than 89°, is there a type of post rehab course that can be offered to maximize the use of the facility?

There are several other options that will enable you to offer alternate levels of post rehab types of programs. A very gentle aqua aerobics type of class may be taught to arthritis participants in 84°-88°F. pools using the principles and guidelines that are appropriate to arthritis participants. These participants will need to be able to move moderately well in the water, and have less severe levels of arthritis. For pools between 82°-84°F, you can offer programs for Multiple Sclerosis participants. A module to train for that type of program will be available in the near future, however many of the principles and exercise ideas are the same as arthritis classes.

12. Our facility has warm water but it is located in our leisure pool. The pool is only hip to waist depth. Can any form of post rehab class be taught in that depth of water?

In the course you will be taught to adapt moves and modify the program to suit most types of pool/facility challenges.



**TESTIMONIALS from
CALA Healing Waters Course Participants:**

"As always, the strength of a CALA course is the amount of research that goes into the course materials. I always know that I'm going to get solid scientific research to back up what I'm doing in the pool. I think there is a need to educate clinicians, and doctors on the benefits of using water as a therapeutic tool for patients/clients. I also think there is a need to educate facility managers and budding entrepreneurs on how to make aqua therapy programs financially viable. As for the information I learned, it was easily transferable to my "land" clients. I only ever take CALA courses because I know the quality. I'm always skeptical of taking other courses because I'm not sure if I'm going to receive safe and reliable information.

- *Martha Anguish- Brantford Physiotherapy and Sports Medicine in Brantford as a Certified Kinesiologist, Brantford, Ontario*



"I took this course because it was the next 'logical step' as I'm involved in teaching therapeutic classes at my facility- programs like this meet the diverse needs of the participants". Regarding the opportunities in this field: "The program can only grow, with partnership between physiotherapists, chiropractors and other rehabilitation partners in the medical field. I am presently assisting two clients improve their day to day living, they have tried all other avenues and are finding the water to be the most beneficial and for the first time in many years are living pain free. When looking at other Rehab courses in the marketplace: "No comparison, the CALA program is far superior".

- *Marlene Cairns, CALA Instructor including Arthritis and other programs- CARI @UPEI, Charlottetown, Prince Edward Island*

Regarding one of the Course Trainers, Connie Jasinkas: "There was a lot of compassion, and understanding on the instructor's part. Information was clear and concise. A big plus -it was a lot of fun! I feel that I was given superior instructions, by that, I mean all questions were answered very well and I walked out of the course feeling confident that I could guide an individual through a post rehab program. Compared to others providers, this was very informative!

- *Dawn Colgan, CALA Instructor - Earl Beatty Community Centre and Leaside Memorial Pool, Toronto, Ontario*

"Enormous future growth in teaching opportunities within the Aquatic Post Rehab Industry! Facilities are in high need of qualified, certified CALA Instructors who can teach classes to meet the needs of diverse communities and the aging population. The CALA Healing Waters Program was excellent (practical component was the highlight) and the resources have been extremely helpful. I've referred to the manual and textbook almost weekly since taking this

program. I am looking forward to other Healing Waters Post Rehab Modules such as Sports Injuries and Osteoporosis.

- *Nancy Sawler, CALA Instructor and Aqua Personal Trainer, Waterways Fitness, Toronto, Ontario*

"I would highly recommend this course to

other Instructors! The Intro to Aquatic Therapy and Aqua Arthritis Module were a fantastic 3 days of learning. The Trainer was excellent and it has allowed me to become much more knowledgeable when teaching my classes – I am more aware of injuries, conditions and how to handle all their questions. Thank you!"

- *Lisa Bixel RHN, Aqua Instructor- Fitness Institute, Bally Total Fitness, Mermaid Fitness, Waterways Fitness, City of Toronto and City of Markham, Toronto, Ontario*

Regarding strengths of the Healing Waters Program, "The training was excellent- first & foremost, the Trainer, Connie Jasinkas, with her vast knowledge and ability to tie all aspects of the learning process together. The manual was a valuable resource: well laid out, but the addition of the reference book (Bates and Hansen) helped to gain a hands-on approach to what the manual was implying. A lot of courses focus on the "lecture" style approach to getting information across, however, they do not offer the hands-on approach so students learn to apply the knowledge. This, I believe, is the key to conducting a successful course. Theoretical knowledge and applied knowledge was well integrated during the CALA course. Even if instructors may not be teaching 'specialty' classes right now, "it would better prepare group aquafitness leaders to deal with these specialty populations when they encounter them in the basic group setting".

- *Angela Curry, CALA Trainer and Instructor, Acadia University, Wolfville, Nova Scotia*



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"I've been working with a Fibromyalgia group and their symptoms vary widely, so I wanted information about adapting some movements or which to choose for specific post rehab or movements to avoid for certain injuries. The course was great because it was very clear about which exercises are best for post rehab of certain muscle groups. I definitely would recommend this course to aquatic instructors. With an aging population and the research into the benefits of aqua rehab, the market for this kind of program is going to expand. I would also suggest that CALA lobby the government to support this type of rehab through OHIP. The instructors are excellent in presenting the information in a positive manner with high participation by the trainees. I thoroughly enjoyed the course. It met my goals. I was among the participants for the launch of CALA Healing Waters Course, what a fantastic learning experience. I took the course to become certified in Aqua Arthritis and to gain the extra benefits offered for special populations."

- Kathy Zudor, Kitchener, Ontario

"The course materials offer a wealth of information that is needed for teaching clients with a myriad of physical conditions. With the majority of the population now being those of us who aren't "40" any more there are more and more people with joint, muscle skeletal, CVA's, neuro-muscular disease, diabetes, MVA's, etc The clients are here...thus the teaching opportunities are open to the instructors to create the classes for these individuals! The

Trainer, Connie Jasinskis was great- she has a gift for bringing out the best in you so you will be able to give the best to your clients, if you have never taken a class with Connie do so it will be one of the most rewarding experiences in your quest for knowledge in aqua teaching.

What I found was the strongest aspect of this course was the time we were allowed for discussion and feedback with each other, and there was a very good mix of backgrounds of the participants. I would highly recommend taking The Healing Waters Course for all instructors even if you feel you will never be teaching Arthritis or Special Population clients. The knowledge you gain will be invaluable to you for giving options and give you insights for the client you may have now with a sore back, neck, shoulder, carpal tunnel from using computer all day and educating them how to go about their daily work routines to avoid some bad habits and implement good ones. There is no comparison to other courses outside of CALA as far as caring, concern and professionalism and having the information and the skills to impart this to us. In the future I would like to see more workshops offered in Special Populations and see more interest from other instructors. To say teaching Aqua Exercise has saved my life and my sanity is not an exaggeration! So when I have clients give me feedback on how much it means to them it makes everything worth it!! Do yourself a big favor and take this course! Still treading",

- Susan Griffins - The Glengary Memorial Hospital Pool/Recreation Plus, Alexandria, Ontario

CALA AQUA MATT

A Must for all aquafitness leaders!

Details about the mat: It's a cellular urethane pool deck mat that comes in two sizes: 1.0 metre and 1.7 metres, easily portable , non-slip surface , ultra violet, chemical resistant & odourless, no maintenance required, immediate return to original thickness following rapid & repetitious impact.

Why buy it? Aqua Matt protects your most valuable asset - "you" - from damage to your joints and loss of earnings. Designed for the safety of the pool deck Aqua instructor, Aqua Matt provides maximum shock absorption for cushioning and protecting against impact and vibration and a non-slip surface to guarantee sure footing even when wet.

Price change effective immediately. Note: the price of the Aqua Mat has remained the same for members, but has increased for non members. Another advantage of membership with CALA.

This price increase was inevitable, due to the high cost of shipping from the USA.

CANADIAN PRICES: For CALA members

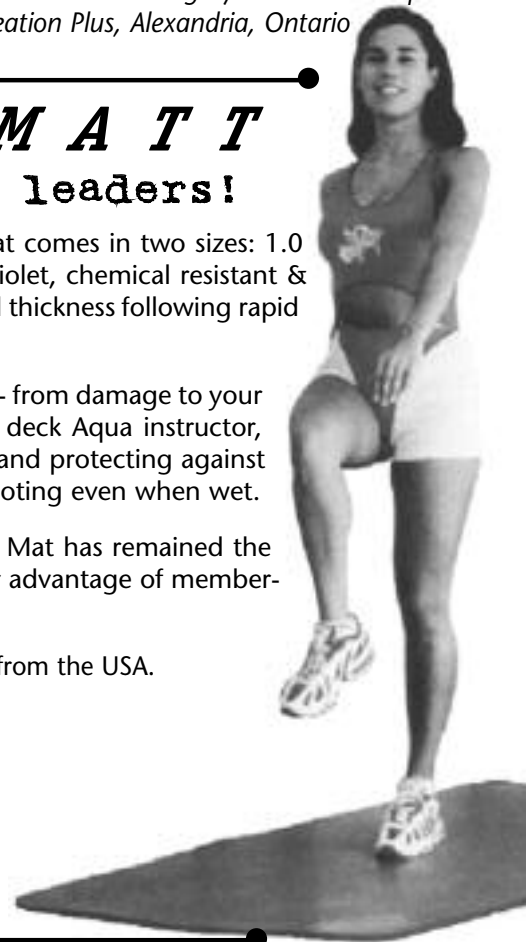
1.0 metre mat: \$152.50 + \$30.00 (S & H) + tax

1.7 metre mat: \$225.00 + \$30.00 (S & H) + tax

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



ARE YOU READY TO GET CALA CERTIFIED?

O.K., you've taken the CALA Aquafitness Leadership Training Course – the Foundation, and you have yet to complete certification...what is holding you back from doing the theory exam and the practical assessment? Many participants find the time to commit to the course, but in the busy world we live in, there never seems to be the time or energy to complete the path to becoming Certified CALA leaders.

Often individuals become overwhelmed with the amount of theory that they are expected to learn in order to be able to successfully plan safe and effective classes that are well balanced, yet fun and exciting. Here are a few tips to help you take those final steps toward your completion of certification:

Tip #1: Understanding versus memorizing.

Rather than “memorizing” the theory, focus on learning to apply the information about anatomy, physiology and the magical properties. The more you apply the theory, the more sense it will make and the longer you will retain the information. The CALA theory exam is an open book format and usually takes about 2.5 hours to complete. You are allowed to bring any written resources you feel will help you to be successful. No need to memorize everything, read your manual thoroughly, paying close attention to the learning objectives. The manual is your aquafitness “Bible” for life, use lots of page markers and highlighters, indicating where important information can be found.

Tip #2: Unraveling the mysteries of applied anatomy.

Read the CALA movement bank and assess each movement...what muscles are being used, what joint actions result, how can you make the movement easier or more intense, what visual/verbal cues are specific to each move...(i.e. Rocking Horse (rh), keep arms and legs in opposition to ensure back safety; Jumping Jacks (jj), land toe-ball-heel, keep knees in line with heels)... which movements are inappropriate in deep water, what arm and leg movements complement one another, which movements link together to create smooth transitions.

Tip #3: Getting wet.

MOST IMPORTANT BEFORE YOUR THEORY OR PRACTICAL EXAM...get in the water and try the movements, further applying the anatomy/physiology and magical properties knowledge to get a deeper understanding of how the participants feel when doing the movements you have chosen!

Tip #4: Staying dry.

Work on your own body awareness...practice movement demos in the mirror. Identify postural, alignment or movement execution that you need to improve. If necessary, take cue cards to the pool deck as self reminders...i.e. if you have a tendency to slouch, have a cue card reminding you to maintain a “tall spine” (this will also remind you to reinforce this cue to the class), if your arms tend to lift too high when demonstrating a cross country ski or jumping jack, have a cue card reminding you to check the height of your arm lift.



Nancy Rumble -
CALA Trainer

Tip #5: Remaining calm and confident.

Remember, no one is exempt from exam anxiety, just “jump in and take the plunge”. Even if you don’t succeed the first time you write the exam, you will have the opportunity to learn from any mistakes you have made.

You will rewrite the same exam. As well, everyone, including trainers themselves, gets nervous when being evaluated. As practical assessors, we expect you to be a bit nervous and take that into consideration. Nerves can make us do strange things! The assessment isn’t about finding all the “wrong” things you have done, but about providing you with constructive criticism, and giving you opportunities to improve upon your abilities. We are never beyond improvement... life is a learning experience until the day we die.

Tip #6: Refer to a professional.

Last, but not least, if you have questions or concerns, you have an entire universe of CALA certified instructors and trainers who are more than willing to answer your questions. Feel free to email me or call me, Angela Curry from Nova Scotia, 902-585-1610, acurry@acadiau.ca, or call CALA for a list of instructors/trainers in your area at 1-888-751-9823, cala@interlog.com.

ARE YOU READY?

FROM OBSERVER, TO PARTICIPANT AND FINALLY AN INSTRUCTOR!

What's more? He is a Grandfather!

The story of Denis Lavergne by Line Marr, CALA trainer.

Denis has been a regular member of Club Santé Spa in Gatineau (Aylmer), Québec for many years. Most of his workouts consisted of a few laps in the pool and a few minutes of relaxation in the steam room. A self-employed business man, his late afternoon workouts at the gym were his way to unwind after a hard day of work. Then approximately 5 years ago, Club Santé Spa began to offer aqua fitness classes at 4:30 pm. This was right at the time that Denis usually swam laps in the same pool. Not happy at first because we disrupted his workouts, Denis basically sat on the stairs at the entrance to the pool and watched the ladies do «their» thing. This observation of the class in progress went on for approximately 4 months.

After some gentle persuasion from one of our instructors, Denis finally decided to try a first class. He was hooked!! Denis loves to dance, loves music and loves to move to music. With most of the team of instructors being CALA trained, we encouraged Denis to move to music in the water and really enjoy the experience!!



Denis readily shared with us the pleasure that we gave him while in class. Being the owner of his own business, he shared with us the fact that for 45 minutes a day, he gave us his mind to do what we pleased with! Challenging choreography (which he LOVES to do), enjoyable patterns which matches our music beautifully, anchored moves for muscular work, deep or chest deep water class, he enjoyed it all!

For the following 3 years, Denis became a regular participant in our classes. We increased from one class to three classes a week in the space of a few months, and every time, he was there. Denis was also instrumental in drawing male participants into our classes. He became our spokesperson in the men's room!!

As the months passed, it became increasingly difficult to find instructors. I was nursing a hip flexor injury and having great difficulties teaching. At the same time, the CALA office was getting ready to offer a CALA foundation course in the Ottawa region, so I made an announcement about the possibilities of becoming an instructor and if anyone were to be interested, to come see me after class. Denis came to see me that same day. He asked me if I thought that it would be possible for him to become an instructor because of his age... You have to know that Denis is a great «mover» in the water and already I knew that he had the ability to do it. In the spring of 2004, Denis took the CALA Foundation course offered in Ottawa trained by Amanda DeGrace and supervised by me. The only «older» man in a group of 8 young female adults, Denis was very apprehensive. What he did not expect is how welcomed he felt the minute that we started the course and that all the young ladies were very quick to make him feel at ease.

In the months following the course, Denis worked hard. He stopped by my office many times to ask me questions on the course contents and spent countless hours in the pool training, trying and getting feedback from Darlene Tardivel, one fantastic instructor, also CALA trained instructor.

Denis got certified in April 2004. He has been teaching at my club and is doing very well. He attended his first CALA conference day in Ottawa last October and he loved every minute of it. Denis has been a great addition to our club, as a friend, instructor and CALA ambassador!

THE SASKATCHEWAN ROUGHRIDERS HAVE GIVEN AN ENTIRELY NEW MEANING TO THE TERM "FOOTBALL POOL."

By Rob Vanstone of the Leader-Post, reprinted with permission

Several members of the CFL team have been participating in thrice-weekly, hour-long workouts at the Lawson Aquatic Centre during the off-season. "I've never done this before," offensive tackle Gene Makowsky said after a recent session. "I've done different things in the pool, more along the lines of rehabilitating from an injury. This is a new and a pretty interesting way of training. "It's good to have something like this in Regina. With the kind of winter we had, we can't always go out and train. You don't like always being on a treadmill, so this is a good way to work out and get good resistance training as well."

The workouts are conducted by Regina's Brian Murray, who founded the Sweatin' Buckets aquatic fitness program. Murray's program is adaptable to any football position, and to any sport. The objective is to improve an athlete's speed, power and strength. During workouts, offensive linemen such as Makowsky and Jeremy O'Day will do blocking footwork drills in the water. Extra resistance is provided by buckets, which are attached to the players by a harness. Each bucket can provide 80 lbs. of resistance when it is dragged through the water.

Linebacker Jackie Mitchell concentrates on speed and agility drills. His workout will consist of several speed bursts. Full-back Chris Szarka, defensive tackle Scott Schultz and defensive back Kennedy Nkeyasen are among other Roughriders who have worked out in the water over the past three months. "It's pretty tough," Makowsky said. "It's a good workout. The first time Schultz and I came down here, we were almost wanting to use those buckets for something else. "It was a different experience when you're not used to moving your body in water. You're always looking to give yourself an edge and I think this is it. If you're not improving, you're regressing, so you always look for any little angle."

The low-impact aquatic workout is a supplement to Makowsky's training regimen, which also con-

sists of weightlifting, running, plyometrics and other conditioning drills. "The test will be at training camp," noted Makowsky, whose team is to begin two-a-day workouts May 23 at Taylor Field. "I know there has been an improvement from the first time I was here. It has helped my cardio. If it translates into football, I guess we'll see in a couple of weeks."

Murray contacted the Roughriders earlier this year and invited their players to try out the program, free of charge. "If they like the product, they'll help me endorse it," said Murray, 31, who is a former member of the Regina-based Prairie Fire rugby team. "This gives me a testing product to see how it works on pro athletes. If they like it, they'll keep going."

"Jackie Mitchell has been a workhorse. He has the best work ethic of any athlete I've ever seen. It's the same with Jeremy O'Day and Gene Makowsky. They get in the pool and have a hard workout. It can be as intense as you want it to be. "They pour their hearts out on the field every week. It's the

same way when they train."

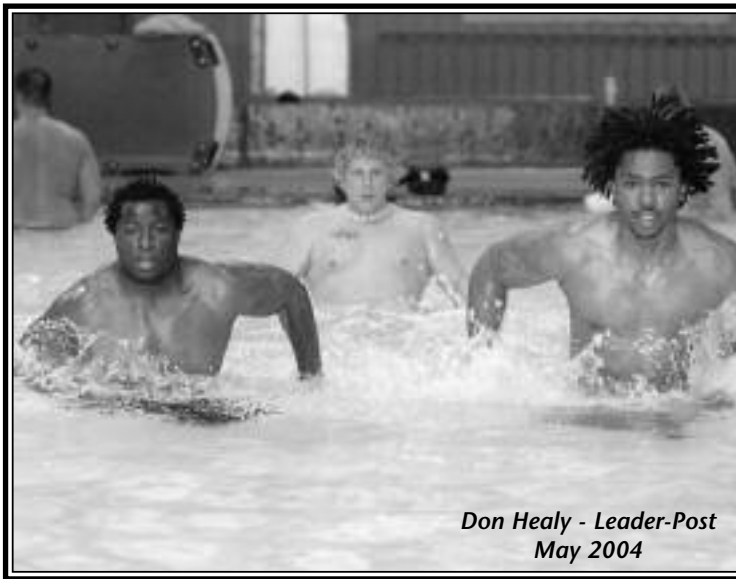
The program was born three years ago, when Murray was recovering from an ankle injury. As part of the rehabilitation process, he started running in the water. To provide some resistance, he decided to add four-gallon pails. The more he worked out, the more

buckets he added. He quickly noticed the difference.

"I wanted to go ahead and play another season (with the Fire)," recalled Murray, who is a counselor at the Paul Dojack Youth Centre. "I didn't want to sit back on the sidelines, so I started working out in the water and it made a difference. "Instead of two guys tackling me, it took five."

Murray -- who can be reached at sweatinbuckets@hotmail.com -- hopes the Roughriders will be saying the same thing this season.

"If the Roughriders win the Grey Cup," he says with a chuckle, "I want a picture -- with me and my buckets."



*Don Healy - Leader-Post
May 2004*

ASK THE SEAHORSE

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

Carpal Tunnel Syndrome: **QUESTION:**

I have someone with Carpal Tunnel Syndrome in my aquafitness class, is there anything I should not have her do in the water? Her doctor said not to do any punching motions.

ANSWER by *Connie Jasinskas:*

First, consider the "Scope of Practice" guidelines (from the CALA Healing Waters course):

- * Do no harm: whatever exercises you give her, they should not increase her pain or worsen her condition
- * Do not alter prescriptions assigned to your client by the medical community (without communication between yourself and the person who prescribed the treatment, with the client's permission for such communication). Her MD has said, "no punching motions", and that is to be respected.
- * Do not prescribe: I would ask the client what she has been told she CAN do / SHOULD do to improve her condition. If she has no idea, perhaps she should see a physiotherapist / osteopath / rheumatologist / chiropractor in order to determine what her best course of action is.
- * Until comprehensive medical advice regarding movement prescription /contraindication is available, I would suggest the following:
 1. Focus on functional posture throughout all movements / while stabilizing: scapular set; proper cervical alignment with ears over shoulders; neutral pelvis, stabilized by transverse abdominals, pelvic floor and multifidus.
 2. Have her maintain a functional, neutral, pain-free position of her wrists throughout all gross-motor activities. Just maintaining her wrists well-aligned while doing other activities in the water, she will receive a mild training stimulus to the wrist stabilizers. If she has trouble doing this, she may need the wrists



braced while exercising in the water (something she can investigate with her medical team).

NOTE: Specific exercises for the wrists should be prescribed by her medical team.

Aquajogging versus Aquarunning: **QUESTION:**

I want to know if there is a difference between aquarunning and aquajogging. Is aquarunning more specific? I know that "to jog" and "to run" are very different, but, in the water, these differences may seem superfluous.

ANSWER by *Charlene Kopansky:*

When I co-wrote the resource and training manual for this specialty course, the team of writ-

ers decided that both joggers and runners would benefit from the training effects of exercising in water. To avoid minimizing the market, we decided to include both 'names' in the manual. When training in deep water, zero impact, the biomechanics of running and jogging are very similar. There is no ground reaction force when running in deep water hence the actual running form is modified to suit the aquatic environment. The good news is that the specificity of training remains high, from water to land.

If on the other hand, one is training in chest or shoulder deep water, there is impact involved and this affects the biomechanics of water running and aqua jogging. Get into deep water, with an appropriate flotation belt and try simulating the jogging action and the running action. How does it feel? What changes did you make to the biomechanics of your movements? Try the same experiment in chest deep water. Try running at a race pace, what happens to the landing phase of your movement?



FEEDBACK FROM NEWLY CERTIFIED LEADERS

Lesa Ray, Amherstview, Ontario

I found that since I had participated in aquafitness classes for many years previous to taking the course that I was able to remember the majority of moves and could easily follow the beat of the music. The teaching style of my course trainer made it easy for me to remember new moves and to improve my exercise execution. I have read through the manual from cover to cover many times since the course and can't believe how easy it is to forget little bits of information. Using the networking list provided at the course, I have been able to email the trainer and other participants to ask questions and interact with everyone. I have not been able to instruct since I have taken the course and I feel this is a down fall for me. My suggestion is that people should have a place to be instructing almost immediately after the course so they remember the information and practice it.

Reply from Amanda DeGrace, CALA Trainer-

Congratulations on achieving certification Lesa! It certainly proved helpful that you participated in aquafitness classes with CALA Leaders previous to taking the Foundation Course. Keep actively participating in the classes lead by Certified CALA leaders. Continually educate yourself on topics of interest that will assist in enhancing your marketability as an instructor. CALA certification is recognized as the gold standard in aquafitness leadership. Interact with facility programmers and other instructors in the area. Most new instructors begin on the substitute lists at area facilities. In fact, many current instructors are looking for reliable subs. You could end up teaching a lot of classes as a replacement. Once the next session of aquafitness classes begins you may have created an opportunity to become part of the regular schedule. Also, keep posted to the CALA Job Board at www.calainc.org, job opportunities are placed there on a regular basis. Keep up the great determination and networking... it will happen!

Marie-Soleil Harvey, Montreal, Quebec

I would pass on this advice to new graduates: Don't wait too long before writing your exam! I waited two years, and there were a lot of things I forgot! However, I am truly glad I took the exam and had a chance to refresh my memory. Since then, I feel that the quality of my classes has greatly improved (my patrons noticed a difference). I have new ideas and more exercise variety. I keep checking the website for new choreography patterns and general information. I am anxious to take workshops to help me to improve even more.

Maggie Rafferty, Ottawa, Ontario

I started the CALA training course in early 2004, hoping to become certified as quickly as possible, but that ended up not being the case. After taking the course I began practicing at home, listening to

music, working on moves and establishing a routine. As time passed, school became harder and before I knew it summer had started. I continued practicing, taking as many aquafit classes as I could, learning the proper techniques of teaching and demonstrating. I knew that I would need to have proper cues and demonstrations in order for the participants to get a clear grasp of the moves and enjoyment in my classes. I continued attending classes to gain confidence and wrote the theory exam. It is straight forward, and knowing the material thoroughly helps. Months later, after practicing and worrying about completing my practical exam I felt it was time I needed to get it out of the way. To prepare for the practical exam I worked off of the practical marking sheet, making sure that my routine incorporated all of the moves possible and that my workout was holistic. It was important to me that my routine worked all of the major muscle groups and that the moves were fun and not too advanced. I was able to have a few of my friends be participants in my practical assessment, making it a little more relaxed for me. I chose one of my favorite CD's for the class. I have to admit I was a little nervous to begin with, but as the class went on I became more confident in my moves and my cues. By the end of the 30 minutes I knew that it had all come together. After finishing the assessment, I was offered helpful suggestions regarding my class and congratulations on a passing grade.

It has been a few months now that I have been certified and it feels great. I have started teaching and just recently have been offered jobs at two more city pools. With each class that I teach I learn more and become more confident. I found that the best way for me to progress as a teacher is by teaching regular classes. With ongoing practical experience, I gained confidence. As well, taking classes offered by other instructors has proven to be a valuable tool. I appreciate learning from others and incorporating my moves with their moves. I have definitely added more variety to my classes.

As an athlete I have seen the benefits of aquafit for all levels of participants. I have seen that a hard workout is always available if you put the effort into it. Considering this, I am bringing my aquafitness training to my rugby team in the fall, using the pool as a way of cross training. Knowledge of anatomy and physiology is also an important tool in teaching athletes an aquafit class. I know that athletes of all levels can benefit from a properly structured class.

I am glad that I have taken the time and effort to complete the CALA certification for aquafit. I am able to work at pools all over the city and have the opportunities to continue my learning through CALA workshops. I would strongly recommend that anyone interested in fitness and who has a love for swimming should invest in a CALA certification.



CALA MARITIME REGION – UPDATE

from Angela Curry, CALA Trainer Extraordinaire!

We have been busy in the Maritimes with workshops, conferences and courses. On April 1st, we hosted a four hour CALA workshop at Acadia University pool with a surprising attendance turnout and lots of energy to boot! Participants experienced both chest deep and deep water choreography. They put on their thinking caps on 'dry land' designing interesting choreography by mixing tempos, phrasing, and combinations. These 'choreography jams' are always a great success as they bring out the creativity in everyone. I was pleased to leave the workshop with new ideas from the group.

The Island Fitness Counsel hosted a Regional Workshop in Charlottetown with great success! I had the opportunity to train at the new CARI pool and it is an awesome facility (see pictures). The aquafitness sessions offered at the conference included the following CALA workshops: 'Choreography Goes Deep', 'Tethered Anyone', and 'New Grooves on Old Moves'. The sessions were well attended and all participants were very enthusiastic and energetic. Fun was had by all!

In April 2005, Acadia hosted part one of the CALA foundation course (see pictures). Special congratulations to Marlene Cairns (Charlottetown, PEI) who successfully trained the Magical Properties segment of the course as part of her apprentice training to become approved as a CALA Trainer. Well done Marlene! From my personal experience, this foundation course was the most enjoyable course that I have ever taught. All participants were enthusiastic, energetic, open to new ideas, willfully took part in group discussions and wasted no time working on pool tasks that were assigned. Their individual ability and drive will strengthen the CALA bond in the Maritime Provinces! Keep up the good work!



UK ASKS FOR MORE!

*Correspondence from Linda Kanninen:
CALA-UK Director:*

Darin Dieterich, (Euro-pean based, CALA certified leader) presented two workshops in the UK in April 2005 in Nottingham and Cheddar. As expected we had new people who attended these workshops as well as longstanding supporters of CALA with whom we meet up each year. Darin presented with zest and enthusiasm and caught the imagination of the delegates who went on to comment both about Darin and the event as a whole:

"Darin was fabulous."

"Please do more courses."

"I felt special during all the sessions."

"Fantastic, I want lots more courses."

"This event was very well organized, congratulations to Linda."

Many requests were made for a wide diversity of topics. CALA has also been invited to partner Fitness Wales in providing workshops in April 2006.

On offer in the UK this summer:

July 2nd in Bedford - 8hr Water Running Workshop

July 9th in Northampton & July 17th in Cheddar

- 6hr Workshop Series including 50+ Choreography To Go, Making Moves Meaningful and Megamix Master

To register or for more details:

Contact Linda Kanninen in Wales @ 01291 424521 or email: linda@bubble-it.net

Also, many thanks to GO50 Age Concern for supporting and co-organizing a great event in Nottingham in April 2005. Our collaborative efforts proved that teamwork really does count!

Naturally Charlene is in much demand here and we look forward to welcoming her back with Darin later in the year. We plan to offer the CALA Foundation Course Training and Certification Program at that time.



KEEPING IT SIZZLING

from Marlene Cairns



It can be a tough job at times keeping classes interesting. 15 years later, 23rd class for the week, I sometimes go to that last class on Saturday morning brain dead. Good thing my brain kicks into high gear once I reach the pool

deck. Here is my strategy to keep participants coming and enjoying my classes;

Laugh. I will admit I am not perfect! I have missed music cues, I have forgotten what move I was demonstrating after a participant has asked me a question, I have forgotten what class I was teaching -just for a split second, I have had many brain freezes. Having a good sense of humor and being able to laugh at myself have been my biggest assets, they are a huge part of my personality.

Do something different.

I love change, I love variety and I don't like same old, same old, not when it comes to fitness. Why not attend another fitness class? It could be an aqua class or it could be something out of your comfort zone like tennis,

ballet or any fitness activity that you have never done before. It does two things, it makes you aware how others feel when they come to your aqua class for the very first time, and gives you ideas for moves that can be incorporated into your classes.

Get in the water. There is no other way around it as you have to practice new moves in the pool. If the idea/move came from a land based class, it may have to be adapted for the water. As an instructor you have to know how the new move feels. Don't forget how the water feels because on deck the demonstration occurs without resistance, turbulence, hydrostatic pressure, thermal conductivity and buoyancy.



Read. The CALA manual is a wonderful resource, full of information, ideas and exercises that work in the water. Check out the CALA website, there are always great ideas posted or use it to ask questions to the Seahorse. Go through previous Wavelengths, there have been many wonderful articles published over the years. The library and bookstore are also good resources; see what is in print on water fitness. Local and National newspapers regularly feature articles on fitness and results on latest research.

Attend workshops or conferences. They are the best places to network and get new ideas from others. Your participants will thank you for taking the time to learn more about exercising in the water. CALA offers a variety of courses across this country. They are time and money well spent. Most facilities that I have worked for over the years have offered some financial assistance in education. It is a win/win situation for both; facilities want the members and attendance and

they want educated professional instructors.

Most importantly Be yourself.

Relax and enjoy the class too. It is easier to watch and participate in a class where the instructor allows their own personality to shine through. When you love what you are

doing it shows and the participants will keep coming back just to see what you will do next class.

I can be found at CARI (www.caripei.ca) located at UPEI in Charlottetown PEI. I would love to meet anyone visiting our area of Atlantic Canada and have you participate in one of my classes. If anyone has any questions or would like to know more details about the sizzling their class please feel free to reach me either through CALA or marlene.cairns@gmail.com



NO POOL TOO SMALL FOR EAGER PARTICIPANTS

By Robi Roncarelli, CALA Certified, Toronto, Ontario

Most instructors lead aquafitness classes in community centers or fitness club pools, and these usually are quite large - particularly the community centers. The fitness club pools tend to be smaller, but still of sufficient size for swimmers to do laps, and for aquafitness participants to spread out a bit, either for deep or shallow water classes.



Sometimes we don't have the luxury of a reasonably sized pool - but when there is an eager group of participants, no pool is too small. Suomi Koti is a Finnish retirement home on Eglinton Avenue East, in Toronto, which runs a regular series of aquafitness classes in its pool - a very small swimming pool, on a lower level of the facility. The class registrations are limited to 12 participants, and usually one or two people are away, so it isn't too crowded. There have been as many as 16 people in the class, in one day - and that proved to be an interesting challenge. The pool is not very deep, so participants tend to bunch up in the "deep" end. This does place some restrictions on class design. Also, the pool deck is quite narrow and there is little space for the instructor to move around. The

walls of the pool area are all wood paneled and the acoustics are excellent. Participants can actually hear the verbal cues, and the music can be played quite quietly.

In the last issue of the CALA Wavelink newsletter, on page 22 and 23, the pictures featured a large pool at Toronto's North Toronto Memorial CC, with close to 50 participants in the water. This is the other end of the spectrum - the Suomi Koti pool is less than one sixth the size of the NTMCC pool's shallow end. The photos show just seven participants - it was a very, very cold the day we took the photos, and attendance was down from the usual 10 or so. But it all works. Take a reasonable amount of water in a pool, some keen participants, design the classes accordingly, and the participants keep coming back for their "Aquafit fix".

Note - for those who read the article titled "Remaining 'Forever Young', about aquafitness participant Magda Feldman in the last issue of the Wavelink, she turned 98 (years young) on Christmas day.



MEMBERS AQUABELT PRICES:

- Medium \$30.00 + S&H + Tx
- Large \$32.00 + S&H + Tx
- X-Large \$34.00 + S&H + Tx

NON-MEMBERS AQUABELT PRICES:

- All Sizes \$38.00 + S&H + Tx
- Shipping and Handling \$15.00 + \$2.00 per belt.
- We only take orders for 12 or more belts

AQUABELT SIZES:

Size	Width	Lgth	Waist
• Medium	4 5/8"	32"	26"-35"
• Large	4 5/8"	33"	36"-42"
• X-Large	4 1/4"	35"	38"-45"

REPLACEMENT STRAPS:

- All Sizes \$5.00 + \$1.50 per strap (S&H) + Tx.

*** All belts come with straps included.

*** Belts are not approved for use as lifesaving personal flotation devices.

For more information about our Aquabelts and to place an order please contact the CALA office at 1-888-751-9823.

DETOXIFICATION – CLEANSING THE BODY

By Lisa Bixel, CALA Certified Leader

All people have chemicals in their bodies that are known to have toxic effects. The human body has the capacity to process toxins. In today's world, environmental toxins and toxins created within the body can overtax the body's detoxification system causing serious health issues. To maintain good health a detoxification program should be done on a regular basis.

Some of the symptoms that may appear as you detoxify are headaches, colds, fever, skin rashes and 'break outs', sluggish bowel and/or diarrhea, tiredness, weakness, nervousness, and depression.

The more you rest and sleep the faster these symptoms will disappear. Just remember that when you rest, your body is becoming younger and healthier because you are throwing off waste that eventually becomes disease and suffering.

Every day Detox

- Eat high quality whole foods preferably organic
- Fast for 10-12 hours every day

Kidneys

- Eat high water content foods raw or steamed fruits and vegetables
- Use dulse, kelp, sea salt
- Drink fresh juices, pure water and herb teas
- Avoid caffeine, alcohol, sugar, fried foods, poor quality fats, excess protein refined starch, and poor quality dairy

Liver

- Most important organ of elimination- removes chemicals, processes all nutrients, metabolizes hormones, filters blood
- Signs that the liver needs a cleanse: fatigue, poor skin quality, overweight, constipation, poor digestion, skin conditions (acne, psoriasis, eczema), allergies, depression, anger, moodiness, headaches, frequent illnesses
- See above

Colon

- Nothing beats a whole foods diet
- 1 tsp. Psyllium powder + 1 tsp. ground flax seeds + 8 oz water- first thing in the morning and last thing at night
- Foods that lubricate the intestines: spinach, bananas, sesame seed, honey, pear, prune, peach, apple, apricot, walnut, pine nut, almond, alfalfa sprouts, soy products, carrots, cauliflower, beet, okra, seaweed
- Foods that promote bowel movements: cabbage, papaya, peas, black sesame, coconut, sweet potato, asparagus, fig, whole grains

- Flora enhancing foods: miso, sauerkraut, yogurt, kefir, chlorophyll-rich foods; wheat grass, dark greens, micro-algae, alfalfa green
- Probiotics - always take these if you have taken antibiotics. They can be purchased at your local health food store in the refrigerator section. Take as directed

Lungs

- Avoid mucus-forming foods (poor quality dairy or foods that you are sensitive to or allergic to)
- Eat chlorophyll rich foods (spirulina, blue green algae, chlorella, barley, wheat grass and green vegetables)
- Get fresh air
- Practice exercise
- Proper breathing, deep breathing, yoga, Tai chi, Gi Gong, stretch and relaxation
- Avoid chemicals and pollutants
- Rinse sinuses in the shower

Skin

- Avoid skin creams that block the pores
- Exercise - until you perspire
- Saunas and steam baths
- Baths
- Epsom salts eliminates toxins
- Baking soda - makes body more alkaline
- Cider vinegar - normalizes pH balance



Tamara and Charlene

THE IMPORTANCE OF THE NECK AND UPPER BACK POSITIONING IN OVERALL HEALTH

Written by: Chantal Laporte, BSc., MSc., CALA Trainer



A person's health and well being have numerous determinants. To live well you eat well, get enough sleep, stay active, control stress, act responsibly and have good posture. It is no surprise that good posture is key to maintaining a good health.

Did you know?

- Back pain is second only to the common cold as a cause of primary care office visits and direct medical costs exceed \$25 billion per year?
- There is a 90% incidence of low and upper back pain in our lifetime? We cannot ignore our posture as it affects our overall health.
- Poor posture is a direct cause of back pain and it affects our overall health and quality of life by restricting range of motion and proper organ function.

Good posture means that your bones are well aligned and your muscles, ligaments and joints can function the way nature intended. Also your organs are in the proper position and can function optimally. Without good posture your overall health and total efficiency can be compromised. Someone with poor posture may be often tired and unable to live life to the fullest. Studies have proven that athletes with poor posture are more prone to injury, chronic pain and have decreased peak efficiency.

Poor posture can develop as a result of falls and injuries, but can also develop from bad habits. In the latter case, you have control to prevent posture related problems before they compromise your health. Even 15 minutes of reading, typing, sitting, standing in a wrong position exhausts your neck, shoulder and upper back musculature. The "forward head" is the source for most neck and upper back pain. Forward head refers to the chronic forward bending (flexion) of the spine or letting the neck and head tilt forward instead of maintaining the neck in a straight vertical line. A forward head can eventually damage neck and upper back structures. The posterior neck and shoulder muscles become elongated, overstretched and weakened while the chest and anterior shoulders muscles become shorter and tight.

Poor posture can result in:

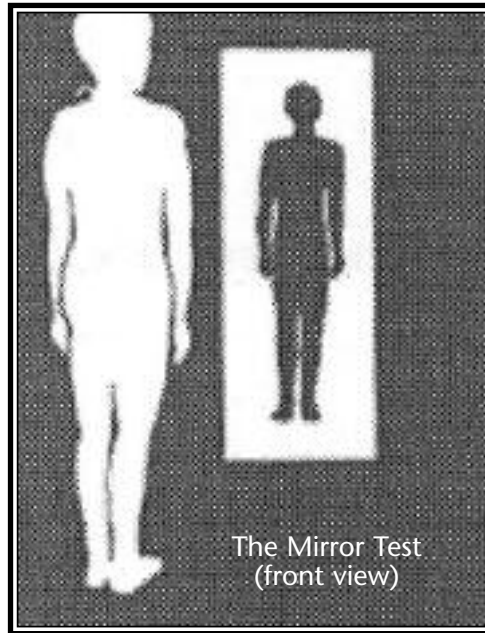
- Pushing vertebral discs posteriorly and causing herniation, pressing on nerves sending pain down the arm (impingement)
- Tight muscles pressing against nerves also sending pain down the arm
- Disc degeneration
- Tension headaches
- "Numb" shoulder
- Rotator cuff impingement (due to rounded shoulders)
- Rotator cuff muscle tears/strains
- Upper and low back pain (due to muscle fatigue, excessive forward curvature)
- Shoulder pain (due to rounded shoulders and reduced range of motion)
- Decreased neck range of motion
- Increasing breathing effort (by pushing rib cage down, thus increasing the tidal lung volume)
- Increasing risk of temporomandibular joint injury

Overall poor posture cannot only cause chronic pain and decreased mobility, but also reduce overall biomechanical efficiency and hinder the proper functioning of most organs thereby decreasing quality of life.

Proper postural alignment: Is the earlobe over the acromion process of the shoulder, over the hip joint and over a point about one inch in front of the ankle joint. From the front view, the head is erect, not slumping forward or back or tilted to the side, shoulders are not drooping forward or pulled back, hips are level and knees are at the same height.

To test your posture do the Wall Test: Stand near a wall, with your back to it, but not touching the wall. Slowly back up until a part of your body touches the wall? Did your gluteals touch first? You may be standing flexed at the hip. Did your upper back touch first? You may be standing slouched backward, with hips pushed forward. Now, stand with heels, hips, upper back and the back of your head against the wall. Bring the back of your head against the wall without raising or dropping your chin or arching your back. If you can't keep your heels, hips, upper back and the back of your head comfortably against the wall or if you have to crane your neck then these muscles and connective tissue are too tight to stand up straight.

Our role as fitness leaders has expanded over the years. We help people build better looking bodies, but also improve their performance of activities of daily living (ADL's). We help people become more functional in their every day tasks and chores. Tasks such as pulling, pushing, walking, reaching, standing, sitting, climbing, running, lifting and many others require that we impose a demand on our bodies. To produce movement the body requires balance (static and dynamic), proprioception (kinaesthetic awareness of our bodies in space), stability, postural alignment, strength and flexibility. All of these components work in unison. When any of the components is affected by injury or disease it results in a lack of functionality.

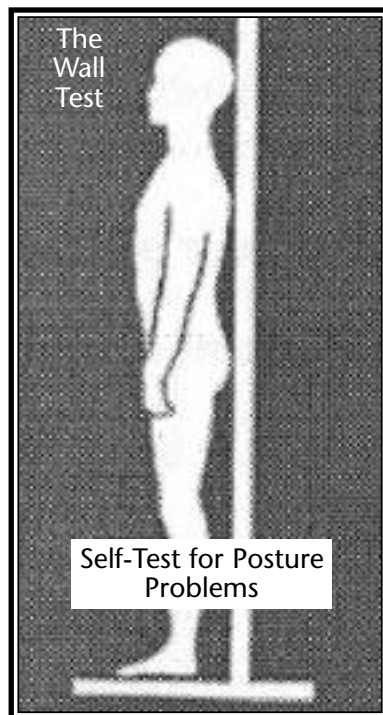


The Mirror Test
(front view)

Poor posture is something that can be practiced and taught. As instructors, we can influence people to do what is best for their health. Exercise prescription should be functional and part of functionality is maintaining proper posture while performing exercises. Another trainer and I were recently discussing how the upper back is becoming the new "abs", meaning that it is the muscle group to target if we want to improve our overall health and body appearance. We constantly obsess about abdominals not realizing that some of the exercises encourage poking the chin forward and bringing the head and neck forward while pulling on the structures. With all the forward bending we do all day in front of a computer, watching television, being sedentary at a job, driving and sitting improperly the last thing we need is more upper back and shoulder rounding.

Following are two important stretches to release tension and tightness in shortened muscles:

Pectoral Stretch: With the shoulders held back and down, arms horizontally abducted at shoulder level, thumbs up, pull the arms back until a comfortable stretch is felt, hold for a minimum of 8 seconds.



The Wall Test

Self-Test for Posture Problems

If you have a participant with poor posture you can also encourage this deeper stretch to be done at home or at work: Face a wall and lift one arm up, elbow bent out to the side and behind you then turn away from the wall, using the wall to gently brace your elbow back as you turn away, make sure you keep your head and back posture in line, hold for at least 8 seconds, 30 seconds is preferable and then switch arms.

Trapezius Stretch: Tip one ear toward your shoulder while maintaining good posture (chin retracted), slowly slide your hand down the side of your body toward your knee. Hold for 8 seconds and release, switch sides. This stretch can be also be done sitting in a chair and used as a break when typing, sitting, watching television, etc.

"Release shoulders and increase the distance between the tips of your ears and shoulders. Imagine a gentle waterfall cascading off the shoulders helping you to release the tension. Imagine a set of curtains between the shoulder blades. Now close the curtains gently as you activate the muscles in the middle back, the rhomboids. Now anchor the bottom tips of the shoulder blades into the back, setting the scapula. Avoid allowing the shoulder blades to "flyaway" from the back like wings." C. Kopansky

Instructors can also help participants maintain the important positioning of the neck by using cues such:

"Chin Retraction: Visualize a pony tail at the top back portion of the head, imagine someone gently pulling the pony tail up and slightly back, allow the chin to retract to a comfortable position. Avoid craning the neck or poking the chin forward to look up." C. Kopansky

Good posture alone will slowly correct muscle imbalances. Adding stretching exercises and increasing the flexibility of the tightened muscles of the shoulders and chest will further help correct posture. Exercises to retrain and strengthen the →

upper back and posterior shoulders are crucial to maintaining good posture and begin healing if you suffer from upper back, neck and shoulder pain.

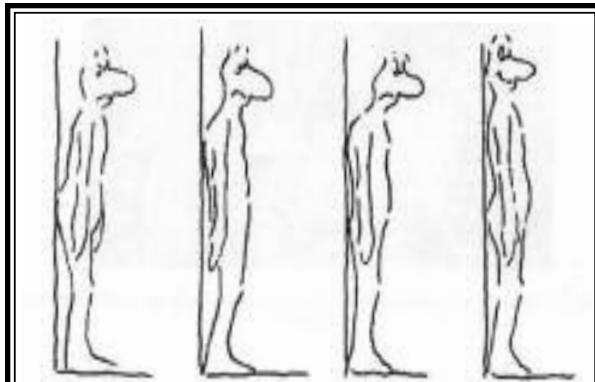
Upper back extensions, double chin exercises, arm and leg reaches, bridging, external rotations, high row, bent-over flys are all great land exercises.

In the water using High Chest hug and blade squeeze, unison or alternating Breast Stroke arms while focusing on the scapular retraction are great exercises to include in every class. Rotator cuff arms (Flasher arms) are also a complementary exercise to offset the effects of poor posture on the rotator cuff.

Everyday Habits: There are things we can do every day to prevent forward head and rounding of the shoulders:

- Don't let your head droop forward when sitting and standing. Posture is a voluntary exercise!
- When standing hold your head high, chin retracted, shoulders back, chest out and abs tucked in.

Exercises to retrain and strengthen the upper back and posterior shoulders are crucial to maintaining good posture and begin healing if you suffer from upper back, neck and shoulder pain.



Do this wall stand test, described above, to see if you have the healthy positioning needed to avoid neck and upper back pain.

- Raise your computer monitor up so you don't have to bend your head forward to work.
- Move your keyboard and mouse so that while typing your shoulders are relaxed, wrists are flat, and elbows are bent at 90 degrees and resting at your side.
- Move your television up higher, don't allow yourself to curl forward to watch it.
- Move your desk and car seats closer in, so that your knees are higher than your hips
- Take a break from your computer every 20 minutes and stretch (place a reminder on your monitor and pictures of beneficial stretches).

As fitness instructors we need to check our own posture and correct it if necessary. Cue proper posture while exercising and also teach participants the rewards of good posture and how it needs to be maintained through all of our daily tasks. We can also notice poor posture in our clients and advise them on stretching and strengthening exercises that can be done during class and also at home.

Lastly, we can design exercise programs which are functional, include stability exercises and focuses on building posterior neck and upper back strength and increasing flexibility in the chest and anterior shoulders.

References:

- Power Posture Sequence, Charlene Kopansky, CALA Wavelink, 1999
- Move with Stability, Farhan Dhalla, 1999
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- Managing Low-Back Pain, The Physician and Sports Medicine, Jonathan Drezner, MD, Stanley A. Herring, MD, 2001
- Neck Pain, Bad Cervical (Neck) Discs, Nerve Impingement, Upper Back Pain, Round Shoulders, and Shoulder Pain, ACE Journal, Dr. Jolie Bookspan, 2003

POWER POSTURE SEQUENCE

- *Chin retracts*
- *Shoulders relax*
- *Scapula retracts*
- *Chest opens*
- *Core activates*
- *Hips level*
- *Gluteals tighten*



EXCLUSIVELY FUN

CLASS 2: RESISTANCE

By Cathy Ward, CALA-SA (South Africa) Trainer

Special notes for second class

- * Wear bathing costume/suit
- * Do not get straight into the pool
- * Short recap of previous session

REVIEW - QUICK

- * Body, mind, spirit
- * Question and answer

OBJECTIVES

- * To learn the importance of water specific exercise for health & fitness
- * To understand resistance
- * To feel different resistance options
- * To understand the purpose of visual cues
- * To learn appropriate resistance cues

WATER VERSUS LAND

Because of the magical properties of water, exercising in water creates a totally different physical experience for the body than its land-based counterpart. During these sessions, you will learn how to effectively use the water in order to maximize your workout and ensure your safety in the pool. All the exercises are designed specially for the water in order to achieve the goals of fitness that you have set. It takes time to learn to move with comfort in the water. During the learning phase you may make mistakes. You may feel uncoordinated and you may struggle with certain exercises. It is natural. Eventually your brain will develop a neuromuscular pathway to the muscles and the exercise will become familiar. This will enable you to apply more effort to the move and become fitter.

RESISTANCE

The density of water is approximately 1,000 times greater than air. This requires the body to work harder in the water than when exercising on dry land. The resistance to movement in all directions, gives great potential to exercise the muscles sufficiently to achieve goals of fitness. The resistance or "pressure drag" can be altered by manipulating the shape, size and speed of the moving body parts. The amount of work done is a determined by resistance x distance traveled (range of motion).

HOW TO FEEL RESISTANCE OPTIONS

Lift your hand out of the water, form a gentle fist with your hand and punch the air. Now put your hands and arms back into the water and punch again. Which move is harder to perform?

Walk slowly through the water. Now run as fast as you can. Which action is harder to perform?

With elbows bent at 90°, swing your arms backwards and forwards as if you were running on land. Now swing arms without bending them, keeping arms straight. Which action is harder to perform?

It is possible to manipulate the body and the way it moves in order to make the actions harder or easier. Once you



know which options to use, you may choose your own comfortable zone in which to work. In other words, you may decide whether you would like to increase or decrease your resistance to suit your specific need. When you increase surface area or speed, you must expend more energy to execute the move. Then you will increase metabolism and burn more calories.



of the hand is enlarged. Ensure that a fist is a comfortable hand position, and if it should hurt at all, your option is to hold the fingers rather folded than fist. A fold is similar to a fist, but without the top part of the fingers tucked under. Pretend that you are holding an egg, rather than clenching.

A flat hand is the hardest resistance option. When opting for a flat hand, the wrist joint should not flop around. Keep it firm.

Hand positions used to increase or decrease resistance are the following:

- * Slice: the hand slices through the water
- * Fist/fold: form a fist, the hand punches through the water
- * Flat: form a paddle shape, the hand pushes/pulls the water

The slice is the easiest resistance option. Keep the thumb tucked in to the side of the hand to prevent injury to the thumb joint. The first option exerts more resistance as the surface area

VISUAL CUEING

The pool environment often creates communication challenges due to the following reasons:

- * Noisy gym
- * Poor acoustics
- * Swimmers using a section of the pool
- * Short sound of the moving water

Visual cues to reinforce correct alignment and reinforce safety will help to overcome the challenges of this environment.

Surface area Cues:

slice hand	Show a slice hand position. Draw attention to the hand position by pointing to and looking at your hand. Then, show the arm action you want with the slice hand position
fist/fold hand	Show a fist or fold hand position. As above, draw attention to the hand, then show the arm action you want with the fist or fold hand.
flat hand	Show a flat hand position. As above, draw attention to the hand, then show the arm action you want with the flat hand position.
gentle pointed foot	Show a gentle point (plantar flex) position. Draw attention to the foot, then the leg action you want with the pointed foot.
gentle flexed foot	Show a gentle flex (dorsi flex) position. Draw attention to the foot, as above, then show the leg action you want with the flexed foot.
lever length	Show the difference between a long and a short lever. Next, emphasize the lever length that you suggest, by demonstrating the move with that lever length option

Speed of motion – tempo cues

tempo	Make a “T” shape with the hands by placing the palm of one hand on top of the fingers of the other hand with vertical forearm (“time out” symbol in sport)
half tempo	Hold one arm vertical (bottom part of “time out” symbol above). Make a diagonal downward slicing action across the middle of the vertical forearm, then place the slicing hand/arm on top (“T”)
quarter tempo	Same basic format as the half tempo cue, but perform two distinct slicing actions.
double tempo	Hold the bottom part of the “time-out” symbol above, then show a “v-shape” with the fingers of the other hand, indicating “two”. Tap the “v-shape”, twice on top of the tips of the hand that is in a vertical position.

LETTING YOUR JOURNEY TOWARDS EXCELLENCE BEGIN

By: Amanda DeGrace, CALA Trainer & Eastern Ontario Director

"Stop! Take a look around. What is that sound? What is going on in the water? It looks like the participants and instructor are having a great time. Laughing, moving, working the cardiovascular system, challenging the muscles and letting the spirit soar." Is this really aquafitness - the class that non-athletic individuals participate in? This was my reaction, the first shift I worked at the local pool where I was assigned as lifeguard to the evening aquafitness classes.

Raised in an athletic family, I was a competitive figure skater, and later began my quest in aquatics. I thoroughly enjoyed sports, as long as they were challenging, competitive and allowed me to sweat. I always thought aquafitness was not challenging enough. I didn't think it would provide a full body work out, relieve stress or help me forget about "the outside world". My mouth dropped as I watched the instructor lead the aquafitness class enthusiasts through a spectacular warm up, cardio and muscular endurance/strength component. The 'workout' ended with a gentle cool down and stretch section. Everyone appeared relaxed and satisfied. The cardio section included intervals with participants breathless, yet smiling in spite of the effort expended. Wow, I thought to myself, this must be something great if all these people come here after a long day of working.

This was the day my personal journey towards excellence in aquafitness leadership began. Aquafitness soon became my new 'thing'. During that first encounter, as soon as I had a break I headed straight for the class schedule to see what would fit into my hectic life of full time school, volunteer work and fitness. The next day I was the first one into the pool, front and center, ready to work! The moment the music started and the instructor led us through the warm up I could feel my body temperature increase along with my heart rate. I knew I was getting a great workout. I was soon hooked, unable to get enough. For days I told everyone about my new passion. "Just trust me", I would say, "come out and try it".

I wanted to teach aquafitness, I wanted to educate, motivate and lead individuals through this amazing journey of fitness in the water. I signed up for a CALA course and spent an intense weekend learning the CALA movement bank, the holistic approach to fitness and refining my executions of the movement. Later I studied applied human anatomy and physiology to get a deeper understanding of the benefits of each movement. Most

important of all, I became part of an outstanding organization with support from the CALA team of trainers, instructors and course graduates.

CALA is composed of a group of wonderful and motivating instructors who can conquer anything they put their minds to. Within a short time, I earned status as a certified instructor and it was my turn to educate and motivate participants. The participants all looked at me in awe as I finished my first ever class. The "cheerful lifeguard" had just taken them through a great class with easy to follow combos, motivational cueing, body alignment reminders and most of all had managed to keep them smiling. At that moment, the feeling I had, was indescribable. To this day I still get that 'rush' after every class I teach.

I took the next step along this aquafitness journey by attending the CALA T4T (Training for Trainers in Alymer, Quebec - January 2003). This opportunity opened the doors to become a CALA trainer. After a rigorous apprenticeship, I earned CALA Approved Trainer Status. This journey has been rewarding and challenging. I love watching course participants catch the 'aquafitness leadership bug' as the learning progresses. It is definitely satisfying to assess individuals who have practiced and studied for hours, just as I did, to achieve certified status.

Now I have taken the biggest step of all to become the CALA Eastern Ontario Regional Director. In this role, I plan to offer ongoing educational opportunities on a local level. My ultimate goal is to fill each and every pool with CALA certified leaders and help to improve the well being of the community along the way. I look forward to meeting more of the membership at CALA events and through the newsletter.

In closing, next time you are leading a class of aquafitness enthusiasts remember this: You are a role model for each and every individual in that facility. With every move that you execute with precision and motivation, you have the ability to inspire the clients, co-workers and spectators in the pool area.

As Frank Outlaw said, "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become character. Watch your character; it becomes your destiny." Listen to your mind, body and spirit and let the music carry you away.

CALA CERTIFIED MEANS CLEARLY QUALIFIED

*CERTIFICATION EARNED BETWEEN NOV 24/04 AND APRIL 30/05.
CALA promotes ongoing growth and development of our leaders.
Start banking your CECs now. It is advisable to check our website –
www.calainc.org – on a regular basis for a list of upcoming events.*

Certified November 2004

Stephanie Cappelli
Daniel D'Aoust
Debbie McNamee
Amanda Schnitker

Certified December 2004

Dianne Cox
Caroline Halle
Libusa Kadlecik
Rachel Wagner
Shaunna Yuzik

Certified January 2005

Janet Davis

Certified February 2005

Meztley Abrego
Marianne Grant
Kathleen Muldoon
Maggie Raferty
Nicolas Valois

Certified March 2005

Sarah Badran
Jennifer Bell
Colin Boland
Jenn Campbell
Corinne Chessell
Lesley Cira
Sue Creighton
Janice Firth
Jennifer Geick
Susan Griffins
Marie-Soleil Harvey
Angela Hill
Lyndsey Koentges
Danielle Lalonde
Kate Lamarche
Marina Macar
Brittany Orton
Lesa Ray
Carmen Reinhardt
Paula Robertson
Valerie Shaw
Emily Stephen

Certified April 2005

Jessica Girard
Sara Mills
Shareen Woodford

CALA CERTIFIED MEANS CLEARLY QUALIFIED HEALING WATERS PROGRAM PREP COURSE & AQUA ARTHRITIS

Morven Barnes
Janet Davis
Susan Griffins
Sarah North-Harris
Linda Rampen
Peggy Stirling



CALA Grads - South Africa, March 2005

CALA CERTIFIED MEANS CLEARLY QUALIFIED WATER RUNNING AND AQUA JOGGING CERTIFIED SPECIALTY LEADERS

Amanda DeGrace
Marianne Grant
Crystal McKenzie
Laurie Pow
Sheila Rico
Christina Scott
Brenda Sorge

CALA CERTIFIED MEANS CLEARLY QUALIFIED CENTRE OF POWER – AQUA KICK BOX

Amanda DeGrace
Liz Tilden

Certified leaders are encouraged to contact the CALA office to process re-certification. CALA has a record of continuing education credits (CECs) on your personal file. You are able to 'petition' for CECs if you do not have the number required to fulfill the recertification quotient. Remember your renewal date and re-certification date have been merged and you will need to gather 8 continuing education credits (CEC s) on an annual basis in order to be eligible for re-certification. The good news is you can bank extra credits and use them in the following years. Some of our certified leaders have over 100 CECs banked. WOW!



*CALA Grads Practicing CALA Moves:
Caitlin, Cindy, Lesanne - Fox Fitness,
Bellville, South Africa, March 2005*

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA Course Graduates from CALA Foundation Courses and Specialty Courses, from December 2, 2004 to April 30, 2005

***Kitchener, ON, Forest Heights Pool,
December 2004***

Sarah Badran
Colin Boland
Corinne Chessell
Lesley Cira
Kate Lamarche
Sarah Launslager
Marina Macar
Barb Maslanko
Brittany Orton
Genevieve Schirm
Valerie Shaw
Kathy Zador

Trainer: Connie Jasinskas
A special thanks to Janet Zomer-Beer for hosting this course.

***Montreal, QC, EPIC Centre,
December 2004***

Marianne Champagne
Annick Chapados
Cathy Desdell
Annie Geneau
Steve Geronazo
Elianne Jean-Gregoire
Anouk Landry
Suzanne Leblanc
Melanie Ouellette
Veronique parent
Nicolas Valois

Trainer: Marie-Claude Leblanc
A special thanks to the Epic Centre for hosting this course.

***Williams Lake, B.C., Sam Ketcham
Pool, The Cariboo Memorial Ctr,
January 2005***

Candice Garrett
Laurie Jodoin
Donna Lemky
Darlene MacKay
Cheri Wiebe

Trainer: Shelagh Noonan,
CALA WEST – Regional Rep.
A special thanks to Deborah Radolla for hosting this course.

***Guelph, University of Guelph, ON,
February 2005***

Corinne Behan
Sofie Caap
Gayle Goldstone
Debra Konings (Part 1)
Cindy Ng
Krista Sheppard
Erin Wiley

Trainer: Pat Richards and Connie Jasinskas

A special thanks to University of Guelph for also hosting this course.

***Amherstview, ON, W J Henderson
Pool, March 2005***

Jennifer Bell
Sue Creighton
Angela Hill (Part 1)
Danielle Lalonde
Lesia Ray
Emily Stephen

Trainer: Amanda DeGrace
A special thanks to Sue Creighton for hosting this course.

***Kitchener, ON, Breithaupt Centre,
March 2005***

Amanda Baker
Christina Balch
Kiara Hanemaayer
Susan Hubbard
Cassandra Maxted
Heidi Newton
Amanda Reick
Michelle Sage
Allyson Samms
Anne Schmidt
Heather Trussler

Trainer: Nancy Rumble
A special thanks to Janet Zomer-Beer for hosting this course.

***Calgary, AB, Calgary Winter Club,
March 2005***

Lesley Bates
Cody Ford
Cheryl Gross
Sara Johnson
Elaine Lam
Glynnis Manson
Michelle McAuley
Christine Penny
Ginger Petersen
Janet Sima
Anita Strong
Andrea Thatcher
Sharon Ward

Trainer: Shelagh Noonan,
CALA WEST – Regional Rep.
Special thanks to Marilyn Sawford for hosting this course.

***Comox, B.C., Comox Valley Sports
Centre, March 2005***

Lesley Bates
Mindy Buck
Lindsay Butler
Melissa Furlotte
Jennifer Judd
Joanne Stephens
Regan Williams
Trainer: Shelagh Noonan,
CALA WEST – Regional Rep.
Special thanks to Deanna Johnson for training/assisting this course

A special thanks to Darcy Walters & Jennifer Dickens for hosting this course

***Wolfville, N.S., Acadia University,
April 2005***

Elizabeth Cole
Jenny Evans
Karen Geddes-Selig
Tammy Hirtle
Charlene MacIntyre
Sara Mills
Christine Sandahl-Bland
Maryann Zinck

Trainer: Angela Curry
A special thanks to Angela for also hosting this course.

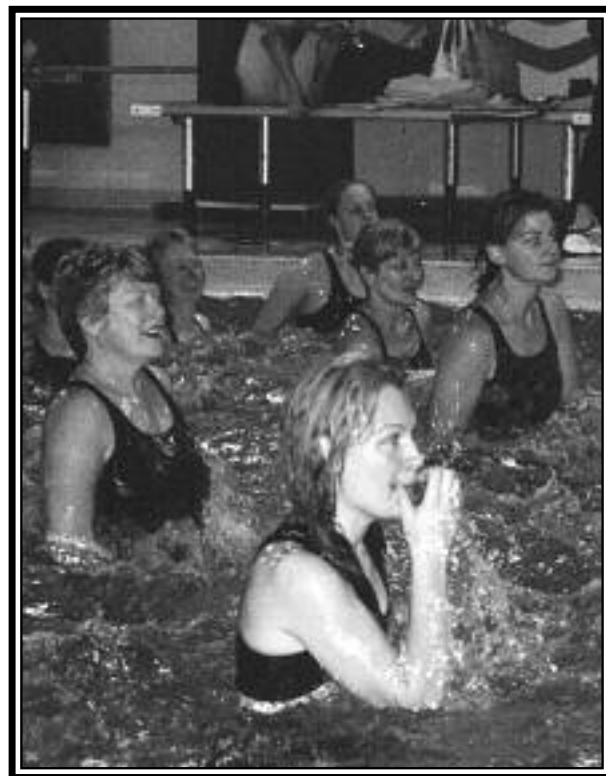
The Specialty Courses

***Langley, B.C., Walnut Grove Com.
Ctr., January 2005***

Aqua Natal Specialty Course
Ruth Adam
Renee Kelly
Brittany Konkin
Rachel Peppлар
Chandra Stone
Stacey Strome
Trainer: Shelagh Noonan,
CALA WEST – Regional Rep.

***Langley, B.C., Walnut Grove Com.
Ctr., January 2005***

***Centre of Power: Aqua Kick Box
Specialty Course***
Anne Erhardt
Natasha Files
Barbie Hebron
Caitlin Kellner
Brittany Konkin
Chandra Stone
Trainer: Shelagh Noonan,
CALA WEST – Regional Rep.
A special thanks to Shelagh for organizing events in Western Canada



CALA UPCOMING EVENTS:

Meeting the needs of Educational Needs of Vertical Water Training Enthusiasts
 - Aquafitness Leaders - Water Runners and Coaches - Aqua Kick Box Instructors
 - Aqua Natal Specialists - Aquatic Post Rehab Specialists - Aqua Yoga Enthusiasts

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?

All registrations are done through the CALA office, unless otherwise specified.

Contact CALA, 125 Lilian Dr.,
 Toronto, ON., M1R 3W6
 Ph. 416-751-9823
 Toll Free: 1-888-751-9823
 Fax: 416-755-1832
 Email: cala@interlog.com

FOUR CALA CONFERENCES!

1. CALA West Canmore
 Where: Canmore Recreation Centre
 When: September 16, 17, 18, 2005
2. CALA East Ontario - Ottawa
 Where: Plant Recreation Centre
 When: Fall 2005 (exact date tba)
3. CALA Tropical - Cuba
 Where: Super Clubs Breezes Jibacoa
 (b/w Varadero & Havana)
 When: November 19 - 26, 2005
4. CALA Central Ontario - Kitchener
 Where: Forest Heights Pool
 When: March 25 & 26, 2006

To reserve an early bird spot for any of the conferences listed email cala@interlog.com - provide your contact details and indicate which conference you plan to attend in the 'subject line'.



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

CALA FOUNDATION – AQUAFITNESS LEADERSHIP TRAINING COURSES

TORONTO ON:

CALA Foundation Course - Part 1 only
 Where: Fitness Institute, TD Waterhouse Tower
 Dates: Thursday night starting July 14th for 5 wks
 Times: 5:45pm – 9:45pm
 Trainers: Tara Weiderick & Nancy Rumble

KITCHENER ON:

CALA Foundation Course
 Where: Lyle Hallman Pool-City of Kitchener
 Dates: Parts 1 & 2: August 27,28,29,30,31
 Times: 9:00-6:00pm each day
 Trainer: Connie Jasinskas & Nancy Rumble

AMHERSTVIEW ON:

CALA Foundation Course
 Where: W.J. Henderson Pool
 When: Sept. 23, 24, 25 and Sept. 30, Oct 1 & 2
 Trainer: TBA

CALA FOUNDATION COURSE IS COMING TO SCARBOROUGH! CALL CALA TO HAVE YOUR NAME ON THE INTEREST LIST

MEXICO

CALA Foundation - Part 1 only
 Where: Guanahuato City
 When: October 21, 22, 23 2005
 Trainer: Charlene Kopansky

CALA WORKSHOPS

AMHERSTVIEW ON:

- Workshop Series
- (1) Splish Splash! CALA Kids Style
 Where: W.J.Henderson Pool
 When: Sunday July 3,2005, 3-6pm
 Trainer: Amanda DeGrace
 - (2) Aqua Choreography Workshop
 When: Sunday July 3, 2005, 11-2pm
 Trainer: Chantal Laporte

TOWN OF MARKHAM ON:

- Workshop Series
- (1) Aquatic Post Rehab Intro Workshop
 When: Aug. 20, 2005
 Trainer: TBA
 - (2) Aquatic Kick Box Workshop
 When: Oct. 7, 2005
 Trainer: TBA
- Registration: 905-475-4731 or www.markham.ca

CALA SPECIALTY COURSES

AMHERSTVIEW ON:

CALA Water Running Specialty
 Where: W.J. Henderson - Amherstview
 When: Sept 11, 2005
 Trainer: TBA

MONTREAL PQ:

CALA Aqua Natal Specialty
 Where: Epic Centre
 When: Sept. 11, 2005
 Trainer: Marie-Claude Leblanc

CALA Healing Waters Specialty

Where: Epic Centre
 When: Nov. 18, 19, 20, 2005
 Trainer: TBA

CALA Water Running Specialty Course

Where: Epic Centre
 When: Autumn 2005
 Trainer: Maryvonne Berthault
 Note: This course will be in French

MISSISSAUGA ON:

CALA Healing Waters Program:
 Aquatic Post Rehab Prop Course and
 Aqua Arthritis Course
 Where: Huron Park Rec. Centre
 When: September 16-18, 2005
 Trainers: Linda Rampen, Janet Davis

INTERNATIONAL FOCUS

UNITED KINGDOM:

Water Running Specialty Course
 Where: Bedford
 When: July 2, 2005
 Trainer: Charlene Kopansky

UNITED KINGDOM:

'Aqua Choreography To Go' Workshops
 Where: Virgin Active, Northampton
 When: July 9, 2005
 PLUS
 Where: Kings of Wessex, Cheddar
 When: July 17, 2005
 Trainer: Charlene Kopansky
 Registration: call 01291 424521 or
 Email: Linda@bubble-it.net

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