

Wave

L I N K

Double



Issue

*Looking forward to 2006 -
Confirmed CALA Conference
CALA Central - Kitchener, Ontario,
March 24, 25, 26*

We are proud to announce that CALA has received endorsement from Fitness Wales. CALA Certified Leaders in the UK are entitled to insurance coverage through Fitness Wales. All CALA educational programs including specialty courses and workshops receive 'REPS' Accreditation through Fitness Wales. CALA-UK hosted a successful launch of the first CALA-UK Foundation Course in Cheddar, UK, November 2005 with 15 dedicated and eager participants.

LETTER FROM THE EDITOR

Proudly introducing the CALA-UK Director – Linda Kanninen

Linda Kanninen B.A. (Hons) PcET, Cert.Ed.
Linda is currently involved in fitness following a career as a Registered Nurse spanning 18 years.

A highly competitive swimmer as a youngster and into her teens she has always been a 'natural' in water. This background in sport proved a valuable asset when Linda was inspired to teach Water Running Classes using the CALA methodologies. Around 10 years ago, Linda re-trained to teach fitness and soon began developing a talent for teaching aqua exercise, aerobics and lecturing in general. Work at Adult Education colleges was

always part of the picture for Linda. This was followed by a Project Coordinator role for a major FE institution managing and developing programs for those with mental health issues.

In the year 2000, Linda met Charlene Kopansky at a convention and understood immediately what CALA could offer the UK in terms of excellence and forward thinking. This partnership was formed and has been providing aquafitness leaders and vertical water training enthusiasts with the education and training they have been looking

for. The holistic - mind, body and spirit philosophy that forms the foundation of CALA, has instantaneous appeal both to the aqua leaders and their students allowing liberation and learning through movement.

Linda shares her commitment and passion for aqua exercise teaching with CALA and is proud to represent this organization in the UK. Currently Linda teaches two Water Running sessions and one aqua aerobics class per week. Her popularity is apparent as her classes can be 'sold

out' and clients are turned away. Participants who attend the Water Running Sessions range in age from 16 to 80 years old. It is truly amazing

to see the pool absolutely brimming to capacity with such a diversity of ages, sizes, shapes and fitness levels. Linda's wonderful sense of humor and empathetic nature keep people coming back for more. Linda also teaches on land. Classes include Triple Step, Basic Aerobics, Step & Sweat, Bodytone, and Bodysculpt.

In 2002, 2003 and 2004, Linda worked together with GO50 Age Concern to coordinate a series of successful

CALA workshops. In response to the demand for more training leading to CALA certification,

Linda stepped up the offerings in 2005. The schedule included the following events: Aqua Acadia Celtic Energy with Darin Dieterich, April, in Cheddar, UK; Aqua Choreography to Go AND the CALA Water Running Specialty Course with Charlene Kopansky, July in Cheddar, Bedford and Northampton AND the CALA Foundation Certification Course, November in Cheddar.

The future is looking bright for CALA-UK. In

late November Linda and Terry Nelson (another CALA enthusiasts) will feature a Water Running Showcase, in Newport, Wales.

Linda has been invited to present at the Fitness Wales Convention in 2006 following the success of introducing Water Running to South Wales and continues to offer support as a specialist advisor on a voluntary basis to various projects.



Charlene

MEMBERS SPEAK

Communication from the Membership

1. Email sent one year ago... Good Morning,

My purpose in writing is to request an updated list of the credits I presently have with CALA. I would appreciate this list including the titles of the workshops in regard to the most recent conference I attended in Ottawa on October 16th, 2004. Thank you for this.

At this time, I would also like to thank Charlene for her leadership in promoting the mind, body spirit aspects of CALA, and it was my experience at the conference in Ottawa in October that she has a new awareness of this connection and she is sharing that understanding with us. I particularly found the last relaxing exercise of the day to be beneficial in promoting the sense of being one, both as a group of professionals as well as in the work we do.

I see my work with CALA as a vocation and not 'just' a job. I often sense an aspect of unity as I teach from the deck and often visualize, to myself, that unity I experience in my spirit, and foster it with eye contact, signs of affirmation and encouragement, etc. (I almost sense hugging my participants as I do a wide j'om). I believe there is somewhat of a fine line between this awareness of being called to serve others with our talents and being there to 'put on a good show'. I am not sure if I am expressing well what I am trying to say. I do believe it is important for us to empty ourselves a little, of ourselves, in order to be truly present for the participants.

Marian Brethour, CALA Certified, Ottawa, ON

2. Another email sent one year ago...

Thank you for the reminder about recertification with CALA. I have decided not to recertify with CALA again. I have been teaching for a long time and I think it's time to retire. I have enjoyed the years with CALA and I cannot say enough good things about the organization, the teaching program and the instructors. I am especially grateful to Charlene for her encouragement in making me a great role-model and the "best instructor" I could be. Thanks.

Sincerely, Irene Campbell (CALA Certified from 1995 – 2004!, Calgary, AB)

3. Another email sent a while back...

Hi Charlene: One point I would like to bring up is the counting. I don't like counting as an instructor, and as a participant I don't like an instructor counting in a class. There is an excellent instructor where I go as a participant and she does not do the count

down but goes very smoothly from one move to another and does not restrict us to 8 or 16 or 32 beats. I don't understand the significance of it.

Name Withheld

Response from Charlene: With respect to your comments about the count down, if the instructor can change moves with smooth transitions, without the count down, then that is perfectly legitimate. The count down, which is meant to be visual rather than verbal is simply a sign for people that a change is coming up.

I hope that answers your queries and I do agree with you, it can be really annoying if an instructor is constantly counting.

4. Members Reminisce... A Story from the Past – The Glebe Collegiate Swimming Pool

I attended Glebe Collegiate from 1952 to 1957 and know the pool well. I did my first bronze medallion in the pool and often went swimming there for our gym class. Needless to say, the pool holds many special memories for me.

In the 'old' days, the boys used to swim naked during gym class. They always entered the pool from the boys' dressing room at the opposite end of the pool from where the girls entered. There were several occasions, however, when a scheduling error occurred and the boys came running in and jumped stark naked into a pool filled with a gym class of girls. What chaos ensued, especially considering those 'puritanical' days of the 1950's!! Fortunately or unfortunately, I was not amongst the swimmers in the pool, during those exciting times!

Judy Laughton, CALA Certified, Ottawa, ON



BUOYANCY

Density of Water Versus Air Resistance Options: By Cathy Ward

OBJECTIVES

- To understand the difference between water based and land based exercise regarding buoyancy
- To understand buoyancy
- To feel different buoyancy options
- To learn some appropriate buoyancy options

WATER VERSUS LAND

There are a number of differences between land based exercise and water based exercises. One of the major differences is 'impact'. On land, participants may opt for either high or low impact fitness disciplines or variations on a move. An example of a high impact option is running. An example of a low impact option is a low-impact land aerobics class. Most injuries in land-based exercise stem in part, from the impact of the exercise on the joints. In water, impact is very low or non-existent, depending on the pool depth. This does not mean that exercise in water is less intense than exercise on land. Water exercise can in fact be more intense, depending on how the resistance factor is utilized. Remember last week's lesson regarding resistance – you felt how the water resisted your movement in a multidirectional way. Today we are dealing with the magical property of water called buoyancy. Some of the most effective water aerobics movements manipulate buoyancy to increase or decrease the workload.



BUOYANCY

Buoyancy = floatability

When a body is immersed in water it will displace an amount of water equal to the weight of the body submerged. The displaced water rises and surrounds the body and pushes up and out towards the surface of the water. Buoyancy is an upward force that counteracts the downward force of gravity. Buoyancy makes the body feel quite weightless. The deeper the body is submerged the less gravity will pull it down and the more buoyancy will lift it up. The reduction of gravity and the increase in buoyancy will support the body frame and reduce the weight the joints are normally required to carry on land.

The degree to which a body will float is determined by the following factors.

- The ratio of body fat to lean tissue
- Where the body fat is carried
- The air in the lungs
- Anxiety level

HOW TO FEEL BUOYANCY OPTIONS

In water one can work with buoyancy to assist the improvement of mobility and flexibility. One can also work against buoyancy to improve muscular strength and muscular endurance.

Task One:

Perform a cross-country ski movement using a light bounce option. Do a cross-country ski movement using the anchored option. Do a cross-country ski using the propulsion option. Compare how the body feels during each buoy-

ancy manipulation? Describe how each option feels different? Where do you feel the work of the body when using the light bounce option? Where do you feel the work when you do the anchored option? Where do you feel the work when you do the ski using the propulsion option? Try doing the move in using suspension – zero impact? How does the body feel?

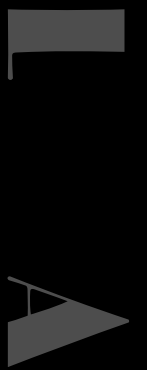
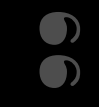
Task Two:

Do a narrow tuck using light bounce. Do a tuck using propulsion. Answer the same questions as above in Task One.

VISUAL CUES

BUOYANCY(LAPS)CUES:

Light bounce	With the hands in front of the chest or at the sides of the head, make two small upward circling actions at the wrist.
Anchored	With both hands starting crossed at the wrists, at chest height, do the “you’re safe” signal from baseball.
Propulsion	With both hands in front of the body, thumbs pointing up make a large circle simultaneously with both hands. Thumbs point up at the finish of the circle, to demonstrate the idea of “taking off” from the pool bottom.
Suspended	Place one hand palm up, as though carrying a platter. Point the fingers of the other hand down, toward the palm of the first hand. Perform a cross-country ski action with the fingers of the superior hand, imitating legs with no contact with the pool bottom.



MOM'S BOOT CAMP

By Peggy Stirling, CALA Certified, Author of *Catalogue of Arthritis Exercises and Multiple Sclerosis Supplement*. (Story submitted July 21, 2005)

On May 4, 2005, my 82-year-old mother had a total knee replacement. For the last couple of years, due to osteoarthritis, her range of motion has been quite restricted, and her mobility poor. Mother moved to Halifax (from Newfoundland) a number of years ago, after my father passed away. She did this to be near me, her only daughter. As with many people helping to care for an aging parent, the role reversal has become more and more evident. It is important (for both of us) that Mom be as mobile and independent as possible. To help her achieve this, I have 'hopped out' of retirement and back into the pool on a regular basis, directing an aquatic rehab program that will help Mother improve her mobility, independence, and quality of life. Here is our story, including the techniques we have used in the pool to enhance her recovery from knee replacement surgery. I hope these ideas will be useful to those of you who are designing aquatic programs of a similar nature.



Mother's recovery has been slow and painful. Normally, post surgery, the knee should be able to extend to 180°. After 6 weeks of physiotherapy at the hospital, she still could not get the desired full range of motion (I believe that the most she was able to achieve was about 150°-160° of extension). No further progress was apparent, and Mom was discharged from the hospital physiotherapy program. She could not walk unassisted or fully load bear. I was quite concerned thinking that this was as good as she was ever going to get. She was actually in worse shape than before her surgery! What to do?

A couple of times during the first 6 weeks after surgery, I was able to convince Mother to come into the pool and just walk in the water. She was not keen on this, because she was still in a lot of pain and found it quite exhausting. She is very fortunate to live in a condominium where there is a beautiful pool that is kept at about 86°F. Access to this pool is somewhat challenging to someone using a walker, as there is a set of stairs leading from the locker room to the pool deck. Fortunately, each day she goes to the pool, the entry process becomes a little easier.

Having had both of my hips replaced, I know the benefits of aquatic post-rehabilitation! I was determined that I would help Mom progress in her recovery. We decided that without fail, she would go into the pool at least twice a week. Mother also performed her home routine of exercises, 3 times a day. Mother had an appointment to see her surgeon August 2, but the physiotherapist agreed to see her again about two weeks after discharge from the hospital program, to make sure she hadn't lost any of the range of motion she had achieved up to that point. Following our training routine for a number of weeks, it was discovered that Mom's ability to straighten her knee had improved by 3°. Finally we were starting to get positive results! Even her attitude was noticeably improved, and she now looks forward to our pool sessions.

Following is an outline of our training routine called, "Mom's Boot Camp". Included are details of aquatic exercise techniques; important things to look for, and suggested corrections for common difficulties that might be encountered in a similar situation.



Specific Goals of the Pool Training Sessions:

1. Range of Motion:

One of our main goals has been the achievement of a full 180° of knee extension. Therefore, our pool activities focus on exercises that will lengthen the knee flexors (hamstrings, gastrocnemius) as well as the shortened ligaments and tendons around the knee joint. It is, of course, important to strengthen the knee extensors (quadriceps) and all the connective tissues that stabilize the knee.

2. Gait Training:

Because the knee is unable to fully extend, Mother has great difficulty generating the proper “heel-strike, roll-through” of a normal walking stride. Her ability to load bear is also minimal, shortening her stride and affecting her gait considerably. To help her normalize walking on land, each pool session starts off with a routine of water walking moves. Careful observation and correction is necessary to help her achieve better walking technique and work toward correct biomechanics.

3. Alignment Essentials:

Painful, dysfunctional movement affects all support structures in the body. With the assistance of buoyancy, Mother is able to stand tall, shoulders back, chin tucked in, abdominal muscles activated, and breathe normally.

Due to the pool characteristics and water depth, the area available for walking is only about 12 feet (3 meters) wide. Therefore, Mother does 10 laps while performing each of the following exercises:

(i) Forward walking. Cues:

- Focus on striking down with the heel first and rolling off the ball of the foot.
- Maintain proper postural alignment and an even, symmetrical stride in order to load bear equally on the affected and unaffected side.
- Try to eliminate any evidence of a ‘limping’ gait. This trains the body to accept a more normal load on each side. It helps to eliminate the alignment habits learned with a limp. On land, Mother was limping badly but in chest-deep water, the load on her legs is dramatically decreased, and her gait is more normal. Eventually we hope that the limp will subside on land too.
- Gradually increase the length of each stride. This will help increase range of motion at the knee. Specifically, a long stride will provide a greater stretch to the hamstrings, and gastrocnemius muscles (during heel strike), and will lengthen hip flexors (during full hip exten-

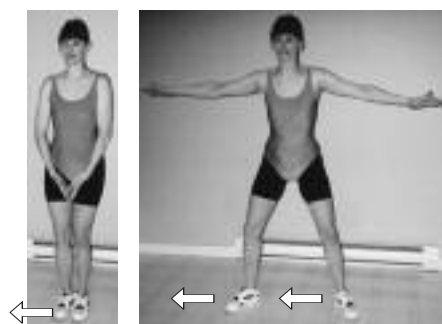
sion) just before the push off of the back foot. For the first couple of weeks we didn’t focus too much on the arm movement. Using breast stroke arms at first increases stability and buoyancy. This helps increase confidence and reduce the load on the knee. We have now progressed to a normal flexion and extension of the shoulder joints (normal reciprocal ‘walking’ arm actions where the right arm swings forward with the left leg; the left arm swings forward with the right leg).

(ii) Reverse walking. Cues:

- While walking backward, focus on placing toe / ball / heel down completely and purposefully (Mom had a tendency to just place the toes down and keep the knees bent in a semi-squat position as she hobbled backwards).
- Stand tall and reach back with each leg as far as comfortably possible. This exercise is important to stretch the quadriceps, hip flexors and gastrocnemius muscles, as well as strengthen the gluteals and hamstrings.
- Start with reverse breast stroke arms, then progress to reciprocal shoulder flexion and extension. Balance and proprioception are challenged with reverse walking.

(iii) Side steps. Cues:

- Maintain proper alignment while performing a step-together-step-together in the frontal / coronal plane. Adductor and abductor muscles of the thigh are alternately activated and elongated, improving strength and range of motion around the hip. Core musculature is challenged by lateral forces on the trunk.
- Gently scull hands/arms to assist maintenance of balance to start.
- To progress, add a balance challenge by placing hands on hips.
- To progress, add a slight squat. This creates a gentle, healthy challenge for the knees. Note: This move didn’t pose much of a problem for Mother, however I felt that she still needed to continue strengthening the inner and outer thighs to help support the knee structure. Unfortunately the depth of the water prevents her from bending the knees as far as we would like. Shallower water would provide more of a gravitational challenge.

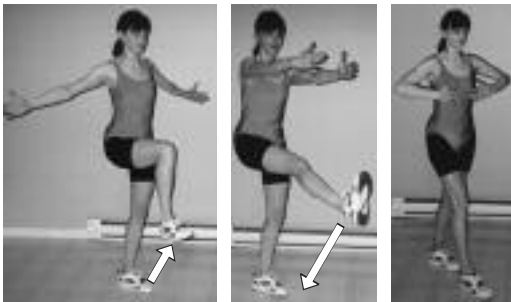


Side Step

cont'd →

(iv) Stork step. Cues:

- Lift knee up to hip level, extend the knee with the leg raised. With the foot dorsi-flexed, step forward into a heel-strike-roll-through and repeat the step with the other leg. The support phase challenges the stabilizers of the standing leg, hip and torso. The lifted leg is being bent at the knee, encouraging normal range of motion in that knee joint. Extending the knee with the leg raised stretches the hamstrings, while it strengthens the quadriceps and hip flexors. Making sure that the foot is dorsiflexed stretches the Achilles' tendon and gastrocnemius / soleus, while it strengthens the dorsi-flexors (tibialis anterior, extensor digitorum longus).
- Focus on contacting the floor with the heel while the knee is almost completely straight on each step. This stride pattern encourages healthy range of motion in all joints involved in the kinetic chain.
- Challenge the walker to focus on each separate phase of the movement in order to improve technique and increase awareness of each aspect of the movement. (Mom was just lifting her leg at the hip with minimal knee action. By slowing it down and focusing on each phase she was also challenging her balance.)



Stork Step

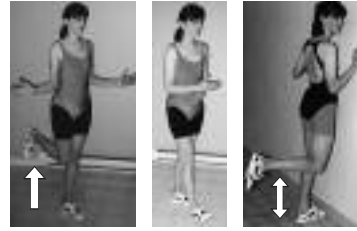
(v) Hamstring curl walk. Cues:

Note: The flexed knee must remain pointing straight down as the hamstring curl occurs at the beginning of each stride. This is a challenge to instruct. The tendency is to flex the hip as the knee bends. This may be due to tight hip flexors and quadriceps, or just because it is unusual to walk this way).

The following cueing sequence helped Mother understand the movement better:

- Bring the heel up towards the gluteals and then return it straight down to the pool bottom.
- Maintain dorsiflexion of the foot as much as possible and scuff the heel gently on the pool floor as the leg swings forward.
- Keep the knee nearly straight on the swing-through phase.
- Perform the usual heel-strike-roll-through, and transfer the weight to the moving leg.

- Repeat the process with the other leg: hamstring curl; heel scuffs the floor as the moving leg swings through; heel-strike-roll-through during weight transfer to the forward leg.

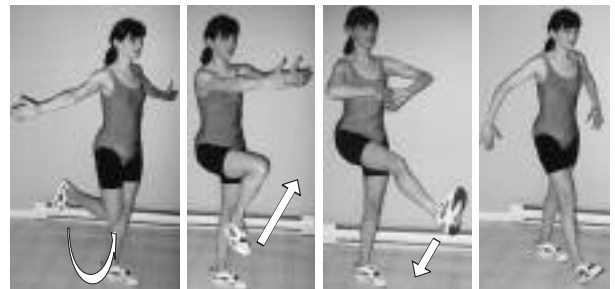


Hamstring Curl

(vi) Hurdler step. Cues:

This move combines the stork step and the hamstring curl. Keep the movement slow and focus on each phase of the step in order to challenge proprioception and balance as well as the muscles involved.

- Begin the movement with a hamstring curl (knee straight down, no hip flexion).
- Maintain the knee flexion and swing that flexed knee down and up to the front into knee and hip flexion. Perform the stork step from there.
- Remind the walker to keep the foot dorsi-flexed in order to stretch the tight muscles on the back of the leg.

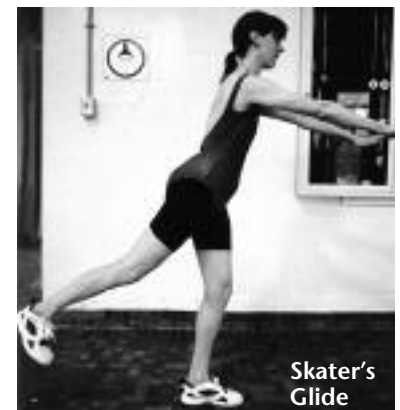


Hurdler Step

(vii) Skater's glide. Cues:

This move provides another opportunity to extend the knee and strengthen hip extensors.

- Slowly and alternately extend the hip and reach the heel backward in a skating action. The knee joint is fully extended (activating quadriceps) as the gluteals and hamstrings extend the hip joint. An added benefit is that hip flexors are stretched and torso stabilizers strengthened. These benefits have helped Mother to stand taller and not be constantly leaning forward when doing some of her other moves.



Skater's Glide

Although there are several other water walking moves to choose from, the ones outlined here have been the most effective for this situation. We have not used walking patterns where one leg crosses in front of the other. This might place too much stress on weakened structures within the knee. In the months ahead, as Mother's strength improves, we will begin to explore more walking options.

Following, are a variety of moves designed to increase range of motion and strength of the knee joint. These exercises were done while using the pool wall for stabilization:

- (i) Toe taps: to stretch the calf while strengthening shin muscles. At first Mom found this move to be nearly impossible with the heel planted on the pool bottom. We modified the movement by having her lift the foot off the pool bottom as she performed dorsi and plantar flexion of the ankle joint. After several attempts she finally progressed to doing the toe taps with the heel planted.
- (ii) Repeater knee 'flexions' (narrow quad kicks): these were done with the knee at hip level to strengthen knee extensors and lengthen hamstrings. Keeping the foot dorsi flexed provides further strengthening of the foreleg as in toe taps above.
- (iii) Repeater hamstring curls: keep the front of the torso against the wall to prevent hip flexion during the movement. After each curl, bring the heel down to the pool bottom, lengthening the hamstrings and working the quadriceps on knee extension phase.
- (iv) Heel press: while maintaining excellent postural alignment, flex, then extend the hip and knee in the sagittal plane. Concentrate on full knee extension on the end of each movement.



- (v) Repeater pendulum: thigh abductor and adductors, torso musculature, lateral and medial muscles of the foreleg are all challenged and strengthened in this move.
- (vi) Hip kick: hip flexors are strengthened during the 'up' phase; hamstrings and gluteus maximus are strengthened during hip extension. Torso stabilizers are challenged by the action of long leg levers.
- (vii) Karate kick: each phase of this move helps improve coordination and should be done slowly and carefully

Karate Kick



Normally in situations with joint replacements most pool programs start off in the deep water so that there is no load on the joints. When Mother started in the water I needed her to focus on walking techniques to work on supporting her body weight and straightening the knee joint. After a few weeks we did add a deep water component to the sessions for variety.

Deep Water Movements:

- Narrow bicycle
- Narrow tuck
- Cross country ski
- Tuck ski

We finish off each session with 10 minutes in the hot tub stretching all the muscles and joints that have been worked. The session in the hot tub is Mother's reward for a job well done.

Mom is still using a walker, but has recently started using a cane for short distances. I don't know how long it will take before she is able to function normally without any sort of assisting device, if ever. However, we will persevere. We are all getting older, and at Mother's age, a full, prompt recovery is not likely. I have to prepare myself that each day brings her closer to a point where she will become totally dependant on me or someone to care for her. However, I hope our exercise program will help make her remaining years as full and comfortable as possible.

With thanks to C. Jasinskas for editorial support.

WaterWays

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Who are the TeleClass Coaches?

As the leader of the class, the TeleCoach facilitates discussion, teaches concepts, and keeps the class moving. WaterWays Tele-Classes feature well known, top CALA educational experts in the field of Aqua Fitness, Post Aquatic Rehabilitation and Facility Programming. No pressure is on you to actively participate and just listening is acceptable. How you participate is entirely up to you. We hope you will join the discussion, share your experiences and thoughts, and ask questions, but you get to decide.

How much does it cost?

There is a fee for each class or series which you will find by each class description. Depending on the length of call and resources included, fees usually range from \$19.99-\$29.99 per tele-class (includes CEC). For most people there is a long distance charge as our telephone bridges are located in the US. With long distance rates becoming so competitive you can now find phone rates for .04 cents a minute (\$2.40 per hour) or lower and with the growing popularity of Voice Over IP, long distance is free.

15% discount for CALA Members!

TO REGISTER: 1-866-731-AQUA (2782) Local in ON:416-485-9593

Email: waterwaysfitness@rogers.com

**For TeleClass Topics, Dates and featured CALA TeleCoaches,
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These are the most popular timeslots, but remember all calls are recorded so if you can't listen to the call on the date(s) shown, you have the option to listen later, at your convenience!

Space is limited, so register early to avoid disappointment. Once your registration is processed you will receive a confirmation, a receipt, a dial-in-number and an access code that is specific to each class.

If you have requests for other TeleClass Topics, please email our team at:
waterwaysfitness@rogers.com
Or call 1-888-731-AQUA (2782) or 416-485-9593

Tuesday Dec. 13th 2005

Time: 9:00-10:00pm EST

Topic: Preparing for the CALA Theory and/or Practical Exams: Everything you need to know to complete your CALA Certification!

Cost: CALA Members \$23.99 CDN CALA Non-Members \$27.99 CDN

Register: 1-888-731-AQUA (2782) or 416-485-9593

Tuesday Jan. 10th 2006

Time: 9:00-10:00pm EST

Topic: How to teach a safe and effective "Older Adult" Aquafitness Class

Cost: CALA Members \$23.99 CDN CALA Non-Members \$27.99 CDN

Register: 1-888-731-AQUA (2782) or 416-485-9593

Thursday Feb. 9th 2006

Time: 9:00-10:00pm EST

Topic: Anatomy 101: The Shoulder Joint (Part I of The Anatomy 101 series)

Cost: CALA Members \$23.99 CDN CALA Non-Members \$27.99 CDN

Register: 1-888-731-AQUA (2782) or 416-485-9593

Tuesday Feb. 28th 2006

Time: 8:00-9:00pm EST

Topic: There is a need for Aquatic Rehabilitation Classes at our facility. What are the requirements, pool specifications and instructor training/credentials?

Cost: CALA Members \$23.99 CALA Non-Members \$29.99

Register: 1-888-731-AQUA (2782) or 416-485-9593

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CALA



TELECLASSES

GETTING THEIR FEET WET

featuring Marlene Cairns, CALA Certified, PEI

Thanks goes to Carolyn Drake of The Guardian Newspaper, PEI, for permission to publish the following article from December 14, 2004. Article written and photos provided by Mary MacKay.

The UPEI Panthers hockey team dives into aqua jogging, the newest wave in cross training, at the CARI Aquatics Centre in Charlottetown, PEI.

It's 7 a.m. and the UPEI Panthers hockey team is primed and ready for cross training action. But instead of donning bulky gear and taking to the ice or lifting weights at the gym, they're slipping into swimming trunks and diving into an aqua jogging class at the CARI Aquatics Centre at the UPEI campus in Charlottetown.

"They're used to working on water but very stiff water. I'm going to get them into the liquid form of water," says Marlene Cairns, CALA certified aqua fitness instructor presenting this aqua jogging class.

"Water has a thousand times more resistance to that of air so that should give them an all-over total body workout, work on their core strength, their core stability, their balance and just give them an awesome workout."

This unusual form of cross-training actually mimics real running but has none of the down sides of running outside in the snow or on hard surfaces. "Aqua jogging is good for everyone. It's kind of like the bank with no credit, you only get out what you put in. So you, who just came back

from the Olympics, would get a good workout and your twin sister who never goes to the gym and is a couch potato would also get a great workout," Cairns says.

"It's great for skiers, for basketball players, for everybody. Seniors do aqua jogging as well. To think that you could have a program that you could have these guys in it and you can have the senior citizens come as well. What else can you have that's so all encompassing?"

The Panther players spread out in a broad line to receive flotation belts that will keep them from sinking. Because there's no impact with the bottom of the pool, aqua jogging (sometimes called water running) won't jar the joints, spine, hips, knees or anything else for that matter.

"On land you may weigh 102, in the water you weigh nothing. When you're not touching bottom you have no impact, but water has 1,000 times the resistance to that of air."

The guys dive in, laughing as they begin the workout moves demonstrated by Cairns at pool side. Because a person's centre of buoyancy is in the middle of the body, aqua jogging is an excellent core workout.



CALA Certified aqua fitness instructor Marlene Cairns wraps up her aqua jogging class with the UPEI Panthers hockey team with a cool down session. This heart- and core-strengthening workout is equally beneficial and doable for this young crowd as it is to the 90-year-old participants Cairns has in another aqua jogging class.

"We're also going to use the bungee cords to tether one against the other. So the guys are going to (run) in opposite directions to really challenge themselves to get their heart rate up and to make them work," Cairns says.

Panthers coach Mike Kelly says the aqua jogging is something new for the Panthers. "We have a break that's going to last for over a month, so obviously our first priority is to stay in good physical condition. But we're looking for ways to change it up for the guys instead of being on the ice everyday," he says.

“Everybody knows that being in the pool is one of the best forms of exercise you can get. It’s easy on the joints and it’s great cardiovascular. It’s also a change of pace for players who are used to a specific on-ice or weight training regime of cross training.”

“It’s a change of pace for the guys. They get into the pool here at seven o’clock in the morning and they’re having fun,” Kelly says. “And if you’re training the same way all the time, if we’re on the ice every day, it gets monotonous and you can get stale. We wanted to avoid that, but we wanted to make sure we were getting a good solid workout as well. So this is perfect for us.”

Back in the pool, the laughter has ebbed, replaced by some honest-to-goodness heavy breathing as the guys start to feel the physical effects of this hard core aqua jogging. “They can sweat in the water,” Cairns says, smiling at this pumped up drill for the hockey players. “Twenty minutes into this class there’s little drops of dew. Of course they’ll tell you it’s just the pool (water).”

Panthers assistant coach Doug Shepherd climbs out little more than midway through the workout. “I’ve done this before. It’s tough. It’s harder than you think. But I think it’s good for the guys, it’s a effective core (work) and we concentrate on a lot of core exercises when we work on our off-ice exercises. So it kind of goes hand in hand.” Shepherd says “strong body core muscles are key for skaters. When players have a strong core down the middle of their body, chances are they’re going to be better balanced on their skates.”

“(Aqua jogging) is also great for guys who are a little sore and trying to rehab injuries because they’re not getting that constant banging on their muscles.”

The class finishes at a slower pace intended as a cool down before player Joel Ward and the rest of the team climb back on land and regain their footing. “I’m probably the only one actually who pretty much can’t swim. At least I’m the honest one,” laughs the Panthers captain. “To be honest I was a little nervous. I’ve never heard of the type



UPEI Panther hockey player Josh Patterson and the rest of the team had an unusual early morning workout recently when they traded their hockey gear for swimming trunks to try out an aqua jogging class at the CARI Aquatics Centre on the UPEI campus in Charlottetown for a change to their usual cross-training exercises.

of exercise before or heard of anyone doing it. But for me it was something different and for most of the rest of the guys, it was something we enjoyed.” Ward admits they underestimated aqua jogging’s capacity to be an excellent cross training workout.

“At first you’re just having fun but once you start to run back and forth and doing lengths like that you really start to feel it all over your legs and your core. When you get to the end (of the pool) you kind of want to take a long breather and hold on to the wall,” he adds with a smile. “A lot of guys, I think, were tempted to swim but to get an honest workout out of it you have to do it right. And it was a really good workout actually.”

For more information about the aqua jogging program (taught by Marlene Cairns, CALA certified) or any other classes at the CARI Aquatics Complex, call 569-4584 or visit their Web site at www.caripei.ca



AQUA CYCLING

The What; the Where; The How... and other questions.

By Charlene Kopansky, CALA Founder and President

Over the last few years, I have been asked various questions about various types of water classes and movements. This article will answer some of those questions with regards to Aqua Cycling.

1. At what depth is aqua cycling done?

Aqua Cycling is usually performed in a suspended position, making deep water and a flotation device the 'equipment' of choice. The movements can be modified if chest deep water is the only depth available.

2. What type of cycling positions can be done in the water?

There are five different CALA Aqua Cycling positions including:

- seated (sitting upright),
- vertical (standing),
- prone (triathlon: front lying on a diagonal),
- recumbent (sitting in a lying back-supine posture) and,
- 'velodrome' (right or left: side lying on a diagonal).

3. What are the cycling moves that can be done in the water?

There are three basic CALA Aqua Cycling movements including:

- narrow cycle,
- wide parallel cycle and,
- wide externally rotated cycle.

4. How can the basic cycling moves be varied in the water?

There are three different ways to perform the basic moves:

- alternate legs,
- unison legs and,
- repeater legs.

Plus, there are three different directions to move the legs including:

- forward cycle,
- reverse cycle, only works with certain positions and movements, and,
- one leg forward while the other leg is going in reverse (a definite 'coordination culprit').



5. Are there any safety issues regarding aqua cycling moves in water?

It is important to 'play' with the moves and practice them in water, to see which combination will meet the needs of the participants. The most common and the easiest CALA Aqua Cycling move is: seated alternate, forward narrow cycle. Ensure that participants are given permission to change any move that does not feel comfortable for them. Ask participants to listen carefully to how their body responds to a movement position/range of motion/speed of motion and/or intensity.

6. What can be done with the upper body while the lower body is doing aqua cycling?

A wide variety of complimentary upper body actions can be added to the cycling leg actions to work the arms, shoulders, chest, back and abdominal areas while working the legs and body core. Manipulating the tempo of the moves adds challenge and spice to the CALA Aqua Cycling experience.

7. What techniques can be used to keep people focused during an aqua cycling session?

Create visualizations to add a unique motivational flavour to the workout experience – imagine mountain biking, triathlon racing or training, pleasure cycling, speed cycling in a velodrome... the list is endless. Picture specific scenery, in the mountains, along a forest path, on a hard, flat sand beach, along a cycle pathway (along the Niagara River, Ontario, Canada; along the Saar River, Mertzig, Germany; on the beach in Algulus, Cape Region, South Africa; through the forest access roads, Richmond, New Zealand; along the myriad of canals, Huizen, the Netherlands, around the Seawall, Stanley Park, British Columbia, Canada, through the foothills of the Dandenongs, Victoria, Australia...)

8. How are aqua cycling moves used in aquafitness?

Some facilities are offering 45 minute aqua cycling classes on a regular basis. This is a great way to attract new people into classes that might not want to try water training. Other instructors will add a few cycling moves to their regular class format. This can be fun and challenging if the instructor adds new 'twists' on the cycling action, rather than sticking with the traditional seated style of alternate 'narrow' cycling. body.

AQUA PILATES?

By Darin Dieterich, CALA Certified

Director of CALA- EUROPE, in affiliation with "Royal Events"

Edited by Rob Duncan

Land based Pilate's popularity grew tremendously in the last decade. Certified U.S. Instructor numbers swelled from around 200 in 1991 to over 15,000 by 2004. Typically, this land trend has become a question for water experts to ponder. Can we offer the Pilates method in water? Is the combination of Aqua and Pilates a perfect fit?

Or has the industry "watered" down or diverged from the original Pilates concept to include classes such as Cardio Pilates and Aqua Pilates.

One of Germany's largest fitness chains introduced an intensive class called Aqua Pilates just to fill the pools. When asked to define the style and content of the class, the Group Fitness director, who asked not to be identified, remarked, "The concept is still in the works".

Why do people have to jump on a trend to "fill the pool" with participants. Why do some European fitness clubs, with 'state of the art' pool facilities, think that aqua based classes can hold their own without connecting the class to a trend like (Aqua Pilates) or (Aqua Box)?

Most instructors and club owners agree that filling fitness studios and pools is a priority. Large numbers of fitness instructors have jumped on one 'fitness bandwagon' or another, only to end up 'head scratching' and wondering what all the hype was about. Remember the "slide" phase we went through.

How can we modify Pilates, a discipline based on the use of gravity so that it will be effective in water - a gravity reduced environment? Well, it CAN be effective!

If an instructor has been properly trained in land based Pilates, most of the basic principals can be incorporated in the water. One huge advantage to

Aqua based Pilates is that the water environment makes many of the moves easier to execute creat-

ing a class more suitable for more people. Anyone educated on the benefits of water would appreciate that Aqua Pilates reduces the stress upon the spine and neck areas. This makes for a safe and interesting stepping stone to the land based Pilates, not to say that Aqua Pilates is only for beginners.

An instructor must be correctly trained not only in Aqua fitness, but also in Pilates before teaching a combination of the two. While some Aqua and some Pilates instructor training organisations require weeks or months of training,

others distribute certification licenses in one weekend. A weekend course may be okay if it follows a base fitness theory course.

The original concept developed between 1912 and 1926 by German boxer and gymnast, Joseph Pilates, involves a series of controlled movements executed slowly with very few repetitions. In water, if the movements are too slow, the resistance is diminished and the pool temperature must be adjusted to prevent cold. The purpose of the class would shift to a focus on range of motion, stability training and relaxation. Same name, different outcome.

Making Pilates "safe" or changing any part of the structure may cause outcry. Proponents of 'Classic

Pilates' point to some new fangled classes such as "Cardio" Pilates designed to burn calories. They call for performing certain moves very quickly and multiple times which ignores Joseph Pilates original concept. When he conceived of Pilates, it was a change from "traditional or Classic" training methods. Aqua Pilates represents another change. Change is good as it limits boredom for participants and keeps people coming back.

Anything to fill pool and gyms and keep people active is a good thing. Or is it?



ASK THE SEAHORSE

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

Hello CALA members:

My name is Greg Smith and I work for the University med center in Arkansas. I would like to ask for your assistance in gathering information on Aqua Aerobic studies dealing with cardiac patients. I have reviewed many articles about aqua aerobics, but have found that the bulk of the material written is oriented to sports injuries or physical therapy. I have been trying to find study results of "aqua aerobics" and its effect on newly diagnosed and recovering cardiac patients with regard to VO2 max. The information is limited as far as I have seen. I do feel that aqua aerobics would be very beneficial to our patients and I am asking for any leads as to web sites or articles I might consult. I know that water therapy would be a much better mode of treatment than traditional methods being a former competitive swimmer and seeing the effects it had on me. I appreciate your attention and any feedback the CALA members may have.

Sincerely,
Greg Smith, LSW, Cardiology

Response:

Dear Greg,
I haven't done a recent lit review in the area, but do have a suggestion to offer. Have you contacted Bruce E. Becker (Medical Director, St. Luke's Rehab Institute, Spokane WA, Clinical Prof U of Washington School of Medicine, Seattle). Dr. Becker co-authored Comprehensive Aquatic Therapy (Butterworth Heinemann, ISBN: 0-7506-7386-9).

I would expect Dr Becker would be an excellent resource for you. I know you are looking for something outside of the rehab field. I believe Dr. Becker will have his finger on the pulse of this topic, even though he mostly works in rehab. I'll have a look through some of the info that I have. I believe it is all rehab oriented, as opposed to 'post' rehab.



Please let me know what you find out. We certainly need more research in the area. The challenge, of course, is quantifying 'aquafitness' or aquatic exercise in general, and I think that scares a lot of serious researchers away.

Good luck with your quest.

Cheers,
Connie Jasinkas, M. Sc.,
CALA Master Trainer

QUESTION:

I have only completed Part 1 of the Foundation Course, as I have a degree in Human Kinetics. However, there was not much time spent on the movement bank and the execution of the moves throughout Part

1. How can I become familiar with the moves and their execution now that the course is over?

ANSWER:

It is highly recommended that all individuals fully participate in Part 1 and Part 2, in order to become comfortable and understand the Magical Properties, CALA Movement Bank, Class Design, Music, Anatomy and Physiology. Since as a Human Kinetics graduate you have strengths in anatomy and physiology you chose not to participate in Part 2 (which is more advanced anatomy and physiology, as well as refining your moves and execution). I suggest that you find a few CALA certified leaders in your area, who have abundant experience in aquafitness. This will allow you to become more familiar and comfortable with the Movement Bank and the execution of the moves. Please contact your Regional Office, or the Toronto Office, to assist in finding a mentor for you. In previous Wavelink issues we have also created stick figures that shows the executions of the moves. This may also be assistance to you!

Good luck,
Amanda Degrace, CALA
Eastern Ontario
Regional Director



AQUA CHOREOGRAPHY

by Chantal Laporte, CALA Certified Trainer, additions by Charlene Kopansky

Block One: 32 counts (Hip Abductor and Hip Adductor focus). Be creative and add arms to this block of choreography!

- 1/2 T L Light Bounce (L) trs pendulum x 4 (right (rt), left (lt), rt, lt) (counts 1 - 8)
- 1/2 T L rpt pdl leg swing side (rt leg out, x over in front, out & down) (counts 9 -16)
- 1/2 T L trs pendulum x 4 (lt, rt, lt, rt) (counts 16 - 24)
- 1/2 T L rpt pdl Leg swing side (lt leg out, x over in front, out & down) (counts 25 -32)

Block Two: 32 counts (Hip Flexor & Shoulder Diagonal Adductor Focus)

- 1/4 T Anchored (A) rpt rt sartorius j'om with "Sartorius" arms x 4 (counts 1 -16)
- 1/4 T A jj with reverse breast arms, travel rt x 4 (counts 17 - 32)

Block Three: 32 counts (Spinal Rotator Focus)

- on T L rt flamingo sw x 4 (counts 1- 8)
- on T L rt kicking flamingo sw x 4 (counts 9 - 16)
- 1/2 T L rt x over j'om with kayak arms x 4 (counts 17-25)
- 1/2 T L rt x over quad kick with kayak arms x 4 (counts 26-32)



Block Four (repeat block two starting on other leg):

- 1/4 T Anchored (A) rpt lt sartorius j'om with "Sartorius" arms x 4 (counts 1 -16)
- 1/4 T A jj with reverse breast arms, travel lt x 4 (counts 17 - 32)

Block Five (repeat block three starting on other leg):

- on T L lt leg flamingo sw x 4 (counts 1- 8)
- on T L lt kicking flamingo sw x 4 (counts 9 - 16)
- 1/2 T L lt x over j'om with kayak arms x 4 (counts 17-25)
- 1/2 T L lt x over quad kick with kayak arms x 4 (counts 26-32)

Block Six: 32 counts (Hip Flexor/Extensor & Knee Flexor focus)

- 1/2 T L rt lead rh x 4, travel forward (counts 1-16)
- 1/2 T L rt lead kicking rh x 3, on the spot (counts 17-28)
- 1/2 T L rt lead ski x 2, on the spot (counts 29-32)

Block Seven: 32 counts (Hip Flexor/Extensor & Knee Flexor focus)

- 1/2 T L rt lead wide x ski x 8, travel back (counts 1-16)
- 1/2 T L rt lead Wide ski tap x 8 (counts 17-32)



Block Eight: (repeat block six starting on other leg):

- 1/2 T L lt lead rh x 4, travel forward (counts 1- 16)
- 1/2 T L lt lead kicking rh x 3, on the spot (counts 17-28)
- 1/2 T L lt lead ski x 2, on the spot (counts 29-32)

Block Nine: (repeat block seven starting on other leg):

- 1/2 T L lt lead wide x ski x 8, travel back (counts 1-16)
- 1/2 T L lt lead Wide ski tap x 8 (counts 17-32)

Block Ten: 32 counts (Hip Flexor/Extensor & Knee Flexor/Extensor focus)

- on T Suspended (S) rt lead, alt narrow cycle, travel fwd, alt br str arms (counts 1 - 16)
- on T S rt lead quad kick, alt reverse breast stroke arms (counts 17 - 32)

Block Eleven: 32 counts (Hip Flexor/Extensor focus)

- 1/2 T S narrow tk with uni x ski arms x 4 (counts 1 - 16)
- 1/2 T S ski turn 180 degrees x 2 (counts 17 -32)

Block Twelve: 32 counts (Hip Flexor/Extensor focus)

- 1/2 T S wide tk with uni hammer hand arms x 4 (counts 1 - 16)
- 1/2 T S w ski tk with uni hh arms (counts 17 -32)



OLDER ADULTS -

TIPS TO INCREASE ACTIVITY LEVEL

Introduction: We know that Vertical Water training (The Kopansky Method) or aquafitness (CALA style) is for everyone. However, when observing a regular aquafitness class, one will usually find that the majority of participants are 50+. This is a good thing, for many reasons. As the numbers of older adults dominate the percentage of population, this group has an ever increasing, considerable impact on every aspect of life in Canada and in many foreign countries. Finally, (well it is never too late), the Canadian government is beginning to pay lip service (it is a start!) to the concerns about the burden that an unwell, aging population can place on the Health Care System... Money Talks! And of course, we cannot ignore the 'health and well being' statistics when it comes to every other age group... our youth for example – the incidence of obesity and diabetes is reaching epidemic proportions... why is anyone surprised?

For now, I thank The International Council on Active Ageing (ICAA), CEO, Colin Milner, who has given permission for CALA to reprint the following list of tips. Although this document is targeted at older adults, many of the tips and advice ring true for people of all ages.

FITNESS EXPERTS OFFER TIPS ON HOW OLDER ADULTS CAN BECOME MORE ACTIVE

While advice on how to become active floats around the airwaves or appears in print, it's mostly aimed at a general audience. For older adults, these tips range from the helpful to the downright dangerous. To help combat this misinformation The International Council on Active Aging (ICAA), the world's largest association for the senior fitness and wellness industry, and members of its renowned advisory board has come up with 30 tips specifically aimed at helping older adults become and stay physically active.

The ICAA is aware of the many considerations older adults face when beginning an active lifestyle. The 50-plus adult's physical capabilities and chronic diseases make this individual's needs different than those of a younger person. Too often people jump into exercise or try to do what they did 20 years ago, injuring themselves in the process.

Yet, according to ICAA board member Dr. Steven Blair, the CEO and Director of Research at The Cooper Institute for Aerobic Research in Dallas and the lead author of the Surgeon General's Report on Physical Activity and Health, which was released in 1996, "There are few things you can do that have a more profound effect on more bodily systems than exercise."

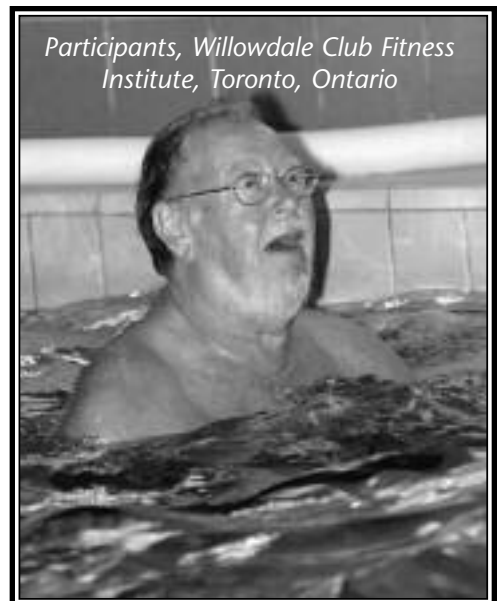
To encourage older adults to become active and to minimize their risk of injury, the ICAA has put together the following tips with the help of eleven of the organization's renowned board of advisors:

1. Get a checkup

Meet with your healthcare provider to see whether you'll need to consider any special modifications before starting an exercise program. If necessary, get a clearance to begin a program.

2. Know your options

Before starting any program, examine your options. Pick a program you know you will enjoy. Some individuals like to go to a gym and do a structured workout, while others enjoy a neighborhood walking club. Either will help improve your fitness, ability to function and quality of life-but only if you do it regularly.



Participants, Willowdale Club Fitness Institute, Toronto, Ontario



3. Determine your participation style

Would you prefer taking a class or going solo? Are you a morning or night person? Does indoor fitness appeal to you, or would you prefer to play outside? Could you dedicate large blocks of time to physical activity or could you fit only shorter, more frequent intervals into your schedule? Be realistic about how you participate.

4. Start slowly

Many people are eager to get started and sometimes overdo it, which usually makes them sore and can make them want to stop. A good way to start slowly is to discover your baseline. Record all your activities during each waking hour or for two- or three-hour time blocks, tracking how much time you are sedentary (e.g. sitting at your desk) or active (e.g. walking to the bus stop). At day's end, count how many hours you have and have not been physically active. Then look at when you could fit some short (e.g. 10 minutes) bouts of brisk walking into your day.

5. Make a date

Find a buddy to exercise with you and keep you motivated. Whether it's a friend to walk with in your neighborhood or a personal trainer in a gym, that appointment makes it more likely you'll do the walk or workout.

6. Set specific short- and long-term goals

Make goals as specific as possible. For example, On Monday, Wednesday and Friday, I will do a brisk, 10-minute walk in the morning before my shower, at lunch time and after dinner. Being specific means you are planning for activity in your day and making it a priority. Long-term goals are also important. Is there an activity you would like to do that you feel physically incapable of at the moment, but may be able to do with a little effort? Set a long-term goal to help you do it.

7. Make a list

List the benefits you expect from your physical activity program, then make sure these are realistic and reasonable. Many people expect enormous benefits, such as losing 30 pounds in a month. When these benefits don't materialize, they feel disappointed and relapse because they feel like they've failed. Try to make the benefits about things you can control, rather than an outcome (such as weight). Build your list of benefits as you increase your physical activity-you'll be surprised at how long your list becomes.

8. Make another list

List all the reasons to be physically active-things like decreasing stress or depression, stronger bones, greater strength and flexibility to help maintain independence, increased energy, better sleep, etc. Keep this list in a visible place as a daily reminder of the long-term rewards.

9. Invest in your health

Do you want to spend money on joining a program? Or would you prefer to develop a program you can do for little cost, using objects or props in your home or office? Both options are available.



10. Checkout the facility you want to join

Does the facility feel friendly? Can you change clothes comfortably? If the facility has a pool, what is its water temperature? About 84-86°F is comfortable for moderate to vigorous activity, while warmer temperatures are nice for range-of-motion and relaxation programs. Does the pool or workout room have an easy and safe exit/entry? Ask to try various programs, so you can decide which program feels the most comfortable and fun.



11. Checkout the staff

Are the people who work in the facility friendly and interested in you? Are they qualified to work with older adults? Do the staff members each have a college degree in health? Do they offer pre-exercise fitness assessments, with periodic updates? Are they interested in helping you learn how to modify exercises to fit your fitness level and conditions? Do they encourage social interaction? Talk to mature adults who currently participate in their programs to build a complete picture.

12. Make choices

To move forward, we need to leave some things behind. What are you willing to give up to make room for exercise? Bad habits? Nonproductive activities? Non-beneficial relationships?



13. Every step counts

Wear a step counter throughout the day to count how many steps you take. Less active people tend to take about 4,000 steps or fewer per day. Aim to do 250 to 1,000 additional steps of brisk walking, until you reach 8,000 to 10,000 steps in a day.

14. Keep moving all the time

Stretch, walk, march in place, stand and sit as many times as possible when you're talking on the phone or during TV commercials.

15. Do your own house and yard work

16. Create a support network

Tell friends and family about your new goals and ask for their support and encouragement. Involving others often helps us to keep our commitments. Consider scheduling telephone reminders from your support network to help keep you on track.



17. Know your challenges

List things that keep you from being active and come up with a solution for each. Recognize that challenges can be overcome.

18. Use the principles of progressive overload & specificity

Exercise in a way that makes your muscles work harder than they are accustomed to, but in a gradual and progressive manner. And understand that you get what you train for, so exercise according to your desired outcomes.

19. Join a class

Select an exercise class appropriate for your health status and ability. Check with your local YMCA, JCC, hospital-based fitness program, city recreation program or health club to view the course offerings. Visit the local arthritis foundation for a list of all aquatic and land-based classes designed for those with arthritis conditions.

20. Wear the right shoes

Foot comfort and support is important for all impact physical activities. If you have arthritis, diabetes or orthopedic problems, you can remain physically active with the help of appropriate shoes.

21. Participate in events

Once you're more physically fit, set a goal to participate in a charity event. Prepare to walk, run or bike to raise money for a special cause. Ask a friend to be your exercise and event partner.

22. If it hurts, don't do it

Work around pain, not through it.

23. Focus on the major muscle groups in the legs, chest and back**24. Do balance exercises, as well as strength exercises****25. Keep a journal**

Record activities that have become easier to do in your life, as well as those that may be more difficult. Instructors can help you progress and modify exercises, if needed.

26. Make your car work for you

Park at the outer edges of the grocery store parking lot, rather than looking for the space closest to the door. Walk up the first flight of stairs in a high-rise, rather than waiting for the elevator. Add another floor every week. Walk to the grocery store or other services when possible.

27. Reach up

Take items from the highest shelf you can reach in the kitchen and wash them. Do a different cupboard each week.

28. Follow a well-rounded program

Include all five components of a successful program: warm-up, flexibility, cardio, resistance and cool-down.

29. Reward yourself

Once you've reached your goal, treat yourself to something that reminds you what a good job you've done and encourages you to continue. Make it something that feeds your spirit, but is not necessarily food or an expensive purchase.

30. Don't quit.

Like brushing your teeth, make exercise part of your daily life.



WHAT CAN WATER RUNNING DO FOR ME?

Written by Linda Kanninen and Terry Nelson, Edited by Charlene Kopansky

Following is the handout that Linda and Terry will distribute to all participants in the Water Running Master Class

Do you want to get stronger and last longer?

Do you want to be more supple and flexible?

Do you want to decrease stress and be more relaxed?

Do you want to feel better and enhance your fitness level?

Do you want to improve the function of your heart and lungs?

You have the opportunity to achieve these goals through Water Running. You can improve cardiovascular condition; muscle strength, muscle endurance and flexibility by exercising in an aquatic environment.

Suspended comfortably in deep water with the aid of a flotation belt, you are able to breathe easily and perform a wide range of movements. If uncomfortable in deep water, you can run in chest deep water using the buoyancy belt to decrease the amount of impact on your body.

Buoyancy provided by water supports the body and eliminates all impact. Resistance of water creates the opportunity to manipulate the intensity level of the workout – making it easier or harder depending on your goals.



Water running uses all the major muscle groups of the body providing total body conditioning. The support of the water decreases gravitational pull and dramatically reduces stress on joints, muscles, bones, tendons and ligament.

Whatever your age, interests or physical condition, water running provides a format of exercise in which you can be instantly successful. A great advantage of water running is that different abilities can train together providing an effective activity for all sizes, shapes, ages, and fitness levels which is not gender specific.

Vertical water running has no impact, no limits. It is all inclusive and all empowering.

Participation in CALA training and educational events provide opportunity for the...

'mind to discover, the body to move, and the spirit to soar.'

*Charlene Kopansky, Hons. B. Sc. H.K., B. Ed.,
CALA Founder & President*

WHY ADD WATER RUNNING TO MY FITNESS PROGRAMME?

Research has proven that a Water Running Programme can be confidently implemented in the short or long term as a substitution for land based running.

Water running is as effective as land based running in maintaining or improving aerobic and anaerobic fitness, offering all the benefits of cross training without the injury risks.

While water running, the global and core abdominal and back muscles are challenged, improving stability, functional ability and posture.

Athletic Benefits:

- "FACT....66% of all runners will experience a running related injury over the next 12months..."
- A runner will typically hit the ground 500 and 1250 times per kilometre (800-200 times per mile)
- Running on land in excess of 56 kilometres (35 miles per week) increases the chance of injury by more than 55%"

Excerpt from the CALA Water Running Training Course Manual

Deep Water Running is a revolutionary method of resistance training for both novice and peak performance athletes. A dynamic breakthrough in rehabilitation from illness, injury and surgery.

Sprinters, middle distance runners and marathon training can all be performed in deep water. Simply transfer any given session into the pool.

Your running technique will improve as the connection between 'your mind thinking, your body moving and your spirit feeling', grows and is nourished by this method of training and the CALA philosophy, developed by Charlene Kopansky. Using the Kopansky methodologies, your training sessions will be greatly enhanced and you will find yourself in tune with your body at a level never experienced before.

Football, Rugby, Basketball, Tennis players, Martial Artists and those involved in many other team sports can work on agility drills, kicking exercises and co-ordination.

Extremely high levels of intensity can be reached and most land based movements can be specifically simulated without trauma to the musculoskeletal system.

WATER RUNNING IS UNIQUE AND IMPACT FREE!

Research has shown that Deep Water Running is the only known method of maintaining and improving conditioning while recovering from an injury.

Deep Water Running protects the musculoskeletal system from further punishment and will leave you feeling re-juvenated and exhilarated. Your muscles receive a soothing massage instead of being fatigued and sore.

The resistance of water is much greater than the resistance provided by air. The water promotes muscular balance and improves blood flow to the muscles which in turn will speed up recovery from land based workouts.

Whether you want to improve your personal best or get the edge you are searching for in competition, Water Running will help you achieve your goals.

CONDITIONING FOR THOSE WHO FIND EXERCISE DIFFICULT

Regaining Control of Your Life!

Deep water running also has benefits in helping a wide range of medical conditions and individuals with personal challenges.

Weight Control:

Deep water exercise burns calories faster than any known activity while firming and toning the body...deep water running classes provide the important social atmosphere and support of a group activity.

Control of Arthritis and Lower Back Pain:

A wide variety of back pain can be relieved through water exercise. Arthritis sufferers, many too immobile for other forms of exercise can take control of their pain and increase their range of movement.

Learning relationships are generative: they generate answers to questions and solutions to problems.
Bentley, 1998

Cardiac Rehabilitation:

Cardiac patients find water exercise provides a workout equal to or superior to dry land activities- with a reduced heart rate and similar training effect.

Rehabilitation Therapy:

Water exercises allow those recovering from an illness, injury or surgery to resume normal activities more rapidly than conventional methods.

Water Running and aqua exercise have benefits in helping a wide range of medical conditions including but not limited to:

- Spinal Cord Injuries
- Shoulder/Neck Injuries
- Post Cancer Treatment
- Post-Op Ankle-Knee Surgery
- Hip Surgery
- Depression
- Multiple Sclerosis
- Kidney Dialysis & Transplant Patients
- Diabetes
- Osteoporosis

Water Running will leave you feeling relaxed, invigorated and refreshed.

Welcome to a whole new world of aquafitness training!

References

- Bentley, T. 1998 Learning Beyond the Classroom
- J. Glenn McWaters Deep Water Exercise for Health and Fitness
- Kopansky, C., Aquajogger Manual
- Wilder and Brennan Deep Water Running

The flyer used to promote this event is on page 24.



*Promoting Water Running - in the UK.
Linda Kanninen and Terry Nelson are determined to increase the number of people running in water in the UK. To meet their goals they are offering a series of clinics. This flyer features the first clinic of this sort. You might find these ideas interesting and useful to introduce water running to your community.*

FREE MASTERCLASS!



CALA UK Division invites you to sample the Worldwide Gold Standard in Aquatic Fitness *DEEP WATER RUNNING*. A revolutionary breakthrough in sports specific conditioning.

Sat Nov 19th 4:00-6:30pm at

**Maindee Swimming Pool, Victoria Ave
Newport (Masterclass at 5.30pm)
NP19 8GF**

- Enhanced speed cardiovascular conditioning / flexibility /muscular strength.**
- Unmatched benefits for injury rehabilitation & impact free.**

Masterclass starts at 5.30pm with display/equipment/DVD /meet the presenters etc from 4pm onwards.

In association with Aquajogger and Aqx.

With Terry Nelson World Transplant Champion 5000m & Linda Kanninen B.A.(Hons), UK CALA Director Details on www.lindak.co.uk tel: 01291 650466 or e mail:Linda@bubble-it.net

CALA ENTHUSIASTS in CANMORE

By Charlene Kopansky

The CALA "WEST" 2nd EXCLUSIVELY WATER REGIONAL CONFERENCE provided an opportunity to earn BCRPA, CALA, CFP, AFLCA, and SPRA credits. The event was hosted by Lynn Borrowman and her team at the Canmore Recreation Centre, Alberta, on September 16 - 18, 2005.

Shelagh Noonan, the former CALA West Regional Director, organized the entire conference. The event ran smoothly and we thank Shelagh for her outstanding efforts.

If you were unable to attend the conference, you missed Sensational Sessions. Following is a listing of what happened, who presented and also the delegate feedback provided in writing.

Personal Training in H2O: Hatch (theory, pool). Use the water as an alternative method to cross train clients and build a business that accommodates all populations. Basic anatomy & muscle conditioning techniques will be discussed.

Delegate Feedback: Excellent instruction including motivation and cueing; Amazing on deck presence; David could do an entire session on using equipment, when he went into the water to demonstrate, and explain the moves for personal training, he was amazing; Hands on demonstration in the water was a great idea; Needed more time and more detail in theory session; Add information about how to set up a personal training business

Aqua Trends 2005: (All presenters!) (pool, theory) Experience an invigorating mix of Aqua Kick box, Aqua Cycling, Water Running, Aqua Abs, and Aqua Nia. Learn new moves and creative ways to motivate your classes. This active workshop is A combination of pool & dry land. Leaders will walk away with tons of new ideas, programmers will get a chance to see different ideas for Aqua class formats, & participants will leave happy & motivated!

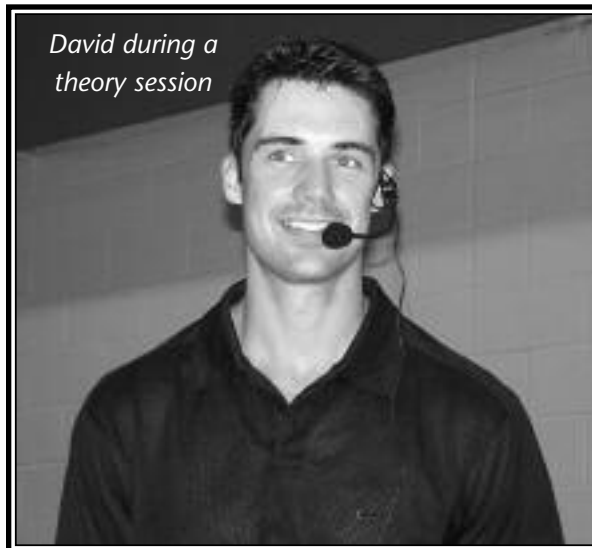
Delegate Feedback: Awesome presenters; loved the time spent in the water – it was not rushed like other CALA conferences; LOVED the yoga; the contrasts in trends were nice to see; needed time to explain the combinations on dry land and specific handouts would have been great; Michelle: great combos, good ideas and wonderful presentation, great workout for core and legs; David: you're a powerhouse, a natural presenter, so dynamic, loved the power of the moves; Shelagh: so much fun and so different, your smile is beautiful & you are engaging, enjoyed the 'let it go' aspect; Patty: you are a strong, open and calming person, great explanations of the cool down moves.



David Hatch
"From the top"



Shelagh Noonan
Conference Coordinator



David during a
theory session

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CANMORE - CONT'D

Changing Tides: Aquafitness for 50+: McLaren (theory, pool) This workshop will focus on the physiological changes associated with the aging process & the subsequent implications for correct exercise communication techniques in aquatic exercises.

Delegate Feedback: Theory session a little too long, more time in the water; more time in theory, the moves were basic and most people can learn them quickly; excellent in-depth written handout by Charlene Kopansky and well presented by Michelle; wanted all the information on the over-heads on the handout.

Bootcamp! Drills & Skills: Hatch (pool, theory) Take a closer look at the potential power of the water. Through analysis of sport movement, learn how to manipulate resistance & build explosive power using sport specific movements & interval training.

Delegate Feedback: Loved the combinations and power of the movements, motivating and inspirational, I can take the combos back to my pool immediately, excellent building in blocks and breaking down the moves. Thanks.

Deep Water Wall Workout: Grant (pool, theory) Experience the wall like never before. This deep-water class will give you new & creative ideas to incorporate the wall throughout your class while keeping your participants in a cardiovascular training zone.

Delegate Feedback: Approachable and enthusiastic presenter; lots of fun and a great sense of humour, needed more space to work in the pool; the warrior stretch seemed too fast – could be that I need to practice it more; interesting new way to use the pool space

CALA Aqua Natal Specialty Course – 8 hour: Noonan (theory, pool, theory, pool) This 8 hour course includes theoretical & pool sessions. Learn how to design safe & effective classes for the pre & post natal population. Many women are deciding to begin or maintain a healthy, active lifestyle during the childbearing years. Group activity leaders & personal trainers need to be prepared for this special participant. This course involves discussion on: * the physiological effects of water on the perinatal; *analysis of moves & modifications; *precautions associated with pregnancy & exercise & more!

Delegate Feedback: Excellent presentation and in-depth knowledge; Loved programming ideas over an 8 – 12 week session; Lots of physiology, with easy to understand terms; Avoid the chit chat and get right to the research information.



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Six times a year **Active Living** reports on: • professional development opportunities • research • new books • conferences/coming events • resources • nutrition • news of the field • programs and profiles from active living communities • active living and health • important articles and editorials in other publications • fitness and active living for seniors and young people • the mental side of leadership • journals and newsletters • government initiatives • and more.

Active Living is the official newsletter of the New Brunswick Council for Fitness and Active Living, the Island Fitness Council, the Saskatchewan Parks & Recreation Association Fitness Division, the Active Living Coalition for Older Adults, and the Fanshawe College Fitness and Health Promotion Program.

Why not make it your newsletter, too?

A subscription is just \$35 a year (GST included) in Canada (\$60 for two years) from:
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phone (705) 445-4968
fax (705) 445-4997
email active@bconnex.net

SMILE

The most destructive habitWorry
 The greatest JoyGiving
 The greatest loss.....Loss of self-respect
 The most satisfying work.....Helping others
 The ugliest personality trait.....Selfishness
 The most endangered species.....Dedicated leaders
 Our greatest natural resource.....Our youth
 The greatest "shot in the arm"Encouragement
 The greatest problem to overcome.....Fear
 The most effective sleeping pillPeace of mind
 The most crippling failure disease.....Excuses
 The most powerful force in lifeLove
 The most dangerous pariah.....A gossip
 The world's most incredible computer.....The brain
 The worst thing to be without.....Hope
 The deadliest weaponThe tongue
 The two most power-filled words "I Can"
 The greatest asset!Faith
 The most worthless emotion.....Self-pity
 The most beautiful attire.....SMILE!
 The most prized possession.....Integrity
 The most powerful channel of communication.....Prayer
 The most contagious spirit.....Enthusiasm

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Jennie Queen



Sharon Attias & Nancy Sawler

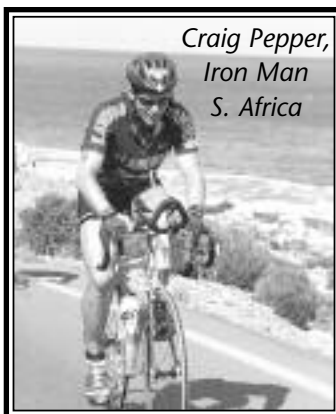


Line Marr

FOOD FOR THOUGHT

about exercising in water and body fat composition

"I used to compete as an 'age grouper' triathlete when the series was sponsored by Royal Lepage and Marvelous Muffins (if my memory is correct). I am the founder and president of the Canadian Aquafitness Leaders Alliance Inc.. Our training and certification courses include aquafitness and water running, aquatic post-rehabilitation... to name just a few. Using proper training techniques, I believe the athletes you are coaching would benefit immensely from water running, using correct biomechanics to encourage the highest specificity of training.



Craig Pepper,
Iron Man
S. Africa

Following are my comments on the final sentence in the paragraph below – an excerpt from an article on an athletic training website:

Excerpt:

"ELEVATED BODY TEMPERATURE A KEY TO REDUCING BODY FAT"

"I often run into ex-collegiate swimmers at the pool who are ten to twenty pounds overweight. Even with the extra bodyweight, these ex-swimmers can still swim fast and have a stronger than average cardiovascular system. "Why can I swim two miles a day and still be chunky?" they ask me. The answer lies in the core temperature that athletes are able to achieve while exercising. The temperature of virtually all swimming pools and lakes are cooler than the swimmer's body temperature. During swimming, athletes lose energy from their bodies up to 20x faster than in moist hot air and the brain becomes stimulated to eat and replace the energy lost in the water. During running, cycling or soccer in the heat, the brain simply wants to cool down and shuts down the eating stimulus for 60-90 minutes. My triathletes have known for years that after a hard track workout they rarely want to eat but finish a hard

morning swim workout and they want to clean out the entire refrigerator. The moral of the story is that if you want to lose weight, you are better to do exercise in a warmer environment than in a cooler one."

Comment: Over the past 20 years, in my role as a trainer of fitness leaders and a leader in vertical water training: the Kopansky method, I have seen tremendous

results from exercise in water. While aquafitness is vertical for the most part, as is water running, the medium of water is the common denominator with swimmers. As you are aware, swimmers attempt to streamline the body while moving efficiently and effectively through water. Those in aquafitness, or related activities with goals to decrease body fat, increase lean muscle tissue, improve cardio-respiratory and musculo-skeletal health and well being, create as much resistance as possible while moving in water. I have seen incredible body composition changes along with improvements in fitness level in many aquafitness and water running participants over the years.

I would recommend that swimmers who are carrying extra weight, or triathletes that feel like cleaning out the fridge after a swim might try an appropriate snack 15 - 30 minutes before the water workout. And post water workout, perhaps they need to focus on their breath, while stretching or being still. Allowing a few moments of stillness post workout usually does the trick of allowing athletes to recognize that it is thirst that they are experiencing, not necessarily extreme hunger.

Just food for thought.

Charlene Kopansky, Hons. Biological Science, Major in Human Kinetics, B. Ed., Science and Physical Education, CALA President & Founder

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.

CALA CERTIFIED MEANS CLEARLY QUALIFIED

CONGRATULATIONS
Following is a list of leaders who earned certification status with CALA between April and October 2005.

Group Aquafitness Certified Leaders

Certified April 2005
Janet Sima

Certified May 2005
Corinne Champagne
Ariane Erkoreka
Josee Harpin
Lindsey Jackson
Nadia Karawani
Sara Kurki
Elena Maximenko
Sabrina McCargar
Isabelle Pilon
Angie Rachuk

Certified June 2005

Teri-Lynn Arnell
Christina Balch
Erin Cadigan
Elizabeth Cole
Amanda Greenfield
Kiara Hanemaayer
Robyn Hill
Helen Kaplin
Katie Keast
Katie Lloyd
Barb Maslanko
Casandra Maxfed
Darcie Profeit
Julie Ridler
Michelle Sage
Jessica Samborski
Genevieve Schirm
Samantha Scully

Certified July 2005

Helen Albert
Lisa Beaupre
Carrie Burrows
Sue Julien
Marilyn Parisien
Michael Parson

Certified August 2005

Normand Dufresne
Robyn Pimm
Lindsay Wilson
Vicky Yau

Certified Sept. 2005

Linda Cantillas
Kensi Dickinson
Christine Stewart
Meagan Stonkus
Shadi Tahmasebi

Certified October 2005

Beverly Allen
Judith Byrnes
Dinah Gibbs
Pauline Laflamme
Lisa Letourneau
Sasha Mackay
Jamie-Lynn Orwood
Sylvia Smith
Rosalie Vink

Healing Waters Program Prep Course & Aqua Arthritis Certified Leaders

Certified May 2005
Eleanor Lorenzi
Dianne Cox

Certified August 2005

Kathy Callaghan
Renee Garceau

Certified Sept. 2005

Janet Coyle
Mary Ann Hill

Certified October 2005

Jocelyn Bornstein
Debbie Cole
Erit Zajdfudem

Water Running and Aqua Jogging Certified Specialty Leaders

Certified May 2005
Angie Curry
Diane Blonde Pinkerton
Esther Burke
Boni Griffith
Carole Groleau
Mark Lawson
Dona Saunders

Certified June 2005

Jillian Crowder
Robert Webb

Certified July 2005

Normand Dufresne
Hendrica Verheyden

Certified August 2005

Lezli Kirsch

Certified October 2005

David Smith

Aqua Natal Specialty Certified Leaders

Certified April 2005
Chandra Stone

Certified July 2005

Sarra Tidjani



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CLEARLY QUALIFIED

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA Course Graduates from CALA Foundation Courses and Specialty Courses, from April to October 30, 2005

FOUNDATION COURSES

Montreal, QC., Epic Centre, April 2005

Hassan Aziz
Erin Cadigan
Corinne Champagne
Normand Dufresne
Josee Harpin
Lindsey Jackson
Nadia Karawani
Elena Maximenko
Isabelle Pilon
Sara Reich
Johanne Sheehy
Yvon St. Pierre
Katherine Stravo
Trainer: Marie-Claude Leblanc

Spruce Grove, AB, April 2005

Sabrina McCargar
Angie Rachuk
Trainer: Shelagh Noonan

Hamilton, ON., YWCA, May 2005

Marina Ballantyne
Valerie Bettio
Shawna Button
Sara Cormier
Andrea Green
Robyn Hill
Nicole Jean
Ava Opalinski
Michael Parson
Alexandra Pedersen
Katherine M. Preston
Nicola Stapelton
Robin-Leigh Van Kasteren
Lindsay Wilson
Trainer: Tara Weiderick

Surrey, B.C., YMCA, May 2005

Vanessa Butler
Linda Cantillas
Christina Ellis
Christopher Jouan
Rachel Kotler
Barrie Mills
Katie Reid
Trainer: Shelagh Noonan

Markham, ON., Centennial Pool, June 2005

Dinah Gibbs
Karim Jivan
Debra Konings
Jamie-Lynn Orpwood
Britany Ostridge
Pauline Pioro
Rita Shahin
Andrea Spracklin
Christine Stewart
Sandra Traquair
Vicky Yau

Gaila Zavarelle
Trainers: Nancy Rumple & Tara Weiderick

Whitehorse, YK, Whitehorse Lions Pool, June 2005

Debra Jonasson
Jeremiah Kitchen
Teagan Lee
Alexandra Morrisson-Rusas
Dean Nakamura
Trainer: Shelagh Noonan

Ottawa, ON., Orleans Recreation Complex, June 2005

Terri-Lynn Arnell
Bruno Barrette
Galina Frunze
Amanda Greenfield
Sue Julien
Helen Kaplin
Katie Keast
Katie Lloyd
Michelle Morisson
Julie Ridler
Jessica Samborski
Samantha Scully
Trainer: Amanda Degrace

Cornwall, ON., Paradise Health & Fitness Ctr., July 2005

Lisa Beaupre
Emily Brady
Carrie Burrows
Kensi Dickinson
Debra Laundry
Kim Maurice
Marilyn Parisien
Trainer: Chantal Laporte

Toronto, ON., The Downtown Fitness Institute, July 2005

Simon Easton
Tamara Fleming
Corinne Lonergan
Michelle Marshall
Julie Shelkovnikova
Meagan Stonkus
Trainers: Nancy Rumple & Tara Weiderick

Kitchener, ON., Lyle Hallman Pool, August 2005

Joan Berry
Carly Butterworth
Meaghan Duffy
Pam Germann
Danielle Hughes
Shazeema Hussain
Stephanie Judd
Susan MacKay
Holly Malleck

Audrey Schnurr
Kara Shouldice
Trainers: Connie Jasinskas & Nancy Rumple

Timmins, ON., Archie Dillon Sportsplex, October 2005

Beverly Allen
Judith Byrnes
Nathalie Coulombe
Pauline Laflamme
Liza Letourneau
Sasha MacKay
Melanie Marchand
Rosalie Vink
Trainer: Amanda Degrace

The Specialty Courses

Centre of Power: Aqua Natal Specialty Course Canmore AB, CALA WEST - Canmore Conference, September 2005

Jocelyn Davidson
Karen Dreaver
Ruby Dunai-Mangold
Cindy Ferguson
Gertie Griffith
Cheryl Gross
Shelly Hume
Dawn Landault
Glynnis Manson
Willa Poon
Carla Stauffer
Trainer: Shelagh Noonan

Water Running and Aqua Jogging Specialty Course Orangeville, ON., May 2005

Diane Blonde Pinketon
Esther Burke
Boni Griffith
Carole Groleau
Mark Lawson
Dona Saunders
David Smith
Robert Webb
Trainer: Pat Richards

Calgary AB, Glencoe Club June 2005

Beth Chidley
Janelle Irvine
Christine Penny
Todd Spencer
Anita Strong
Trainer: Michelle McLaren

CALA Healing Waters Program: Aquatic Post Rehabilitation Prep Course and Aqua Arthritis Course

Ottawa, ON, Plante Rec Centre, May 2005

Erin Cadigan
Sara Clayton
Dianne Cox
Renee Garceau
Libi Kadleck
Eleanor Lorenzi
Sandra MacKay
Andrea Simard
Emma Taylor-Binnie
Trainers: Linda Rampen & Janet Davis

Pender Harbour, BC., June 2005

Lesley Bates
Debbie Cole
Patrick Dickie
Patti Harper
Deanna Johnson
Jill Munro
Alison Ritchie
Taylore Sinclair
Trainer: Connie Jasinskas

Mississauga, ON., Huron Park Recreation Centre, September 2005

Valerie Bettio
Mary Lou Billy
Jocelyn Bornstein
Janet Coyle
Janet Douris-Stringer (Prep Course only)
Michael Parson
Sheila Williams
Sarah Wojkowski
Erit Zajdfudem
Trainer: Linda Rampen & Janet Davis

International Courses

United Kingdom Bedford High School Pool, July 2005

Lorraine Crook
Laraine Drew
Charlotte Fricker
Linda Kanninen
Terry Nelson
Ali Syme
John Walker
Trainer: Charlene Kopansky

Our apologies: We are still awaiting the Lists of Graduates for the following courses:

1. South Africa, U. of Stellenbosch, "Group Aquafitness Specialty Course" March 2004
2. South Africa, U. of Stellenbosch, WATER RUNNING and AQUA JOGGING SPECIALTY COURSE, March 2004 and March 2005

A special thanks to Estelle Van Niekerk for hosting the above courses.

We apologize to Kathy Zador for the incorrect spelling of her family name.

Please contact the CALA office if you notice that your name is missing from this list. We do apologize if we missed you this time!

Also: Please inform the CALA office if your name has been spelled incorrectly.

GROUP AQUAFITNESS CERTIFIED LEADERS

TRENDS - ASKING CALA ENTHUSIASTS:

The International Council on Active Aging (ICAA) asked for Future Trends in fitness from an 'aqua' point of view.

These are areas that I feel need attention. The following topics may or may not become trends in the immediate future, however, they are on my list of topics to research and write more about.

1. Obesity, Diabetes and Exercise - How to utilize vertical water exercise as an effective training tool.
2. Practicing Stillness in a World of Frantic Exercise - The use of gentle warm water movements for relaxation and revitalization.
3. Technique, Technique, Technique - Reinforcing powerful posture, stability, and clean lines of movement for safe and effective results.

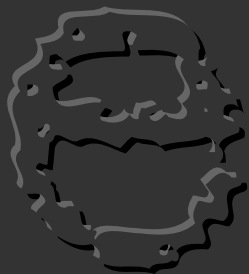
4. Pumping Water - The Liquid Weight Room - Cross training from land to water and water to land.

5. Eliminating the Fear of Falling - How water workouts help to build the confidence, strength and balance to minimize the risk of falling.

and...

6. Practicing Congruence - Truly, deeply integrating the mind, body and spirit into the water fitness experience.

Any feedback and/or additions to the list, from CALA enthusiasts would be appreciated. Do any of these topics speak to your quest for knowledge? Or, are there any specific topics that you would like to see developed and researched by the CALA team of trainers?



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!

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

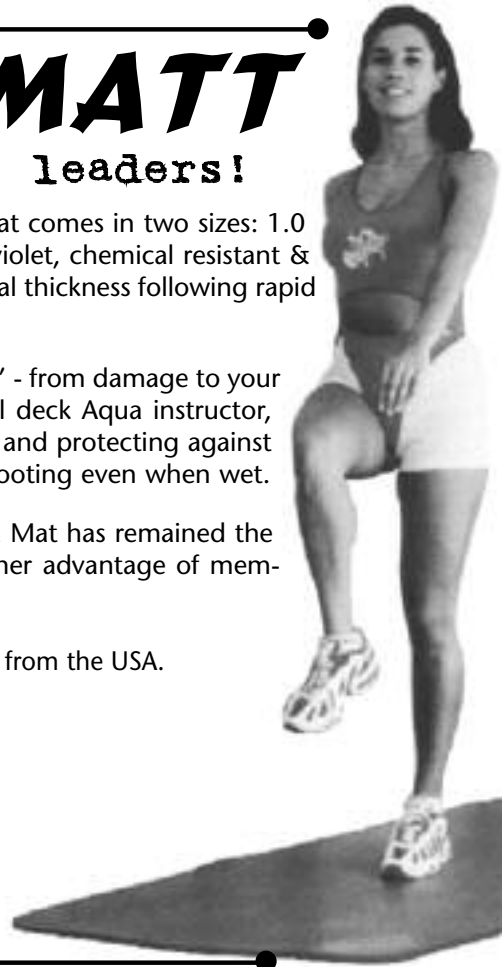
1.0 metre mat: \$152.50 + \$30.00 (S & H) + tax

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



UPCOMING CALA FUN EDUCATIONAL EVENTS!

Be sure to check out the CALA website at www.calainc.org for the latest updates.
 Often courses and workshops do not make it into Wavelink on time for publication.
 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

CALA CONFERENCES!

- CALA East Ontario - Ottawa**
 - Where: Facility to be announced
 - When: Looks like 2006 – Spring
- CALA Central Ontario - Kitchener**
 - Where: Forest Heights Pool
 - When: March 25, 26th 2006
- CALA West Fitness & Spa Retreat – Coming Again!**
 - Where: The Hills Health Ranch – 108 Mile House, BC
 - When: Spring or Fall 2006, to be confirmed

CALA FOUNDATION COURSES!

- CALA Foundation Course - Part 1 Only**
 - Where: Sylvan Lake Aquatic Centre, AB
 - When: Dec 2-4th 2005
 - Trainer: Sharon Burns
- CALA Foundation Course - Part 1 & 2**
 Where: Cameron Heights Pool, Kitchener, Ontario
 When: Dec. 2005/Jan. 2006 (TBC)
 Trainer: Connie Jasinskas
- CALA Foundation Course - Part 1 Only**
 - Where: Epic Centre, Montreal
 - When: Dec 16-18 2005
 Registration through EPIC Ctr.
 - Tel: 514-374-1480 ext. 231
 Stephanie Rochette
 - Trainer: Marie-Claude Leblanc
- CALA Foundation Course - Part 1 & 2**
 - Where: University of Guelph, Ontario
 - When: Feb. 10, 11, 12 and March 3, 4, 5, 2006
 - Trainer: Pat Richards
- CALA Foundation Course - Part 1 & 2**
 - Where: Pool to be confirmed, Calgary, AB
 - When: early 2006
 - Trainer: Michelle McLaren



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*** CALA TRAINING FOR TRAINERS ***

- CALA T for T in Alberta**
 - Where: Facility to be announced
 - When: To be announced (possibly early May 2006)
- CALA T for T in Ontario**
 - Where: Toronto, ON
 - When: To be announced (possibly January 2006)

CALA WORKSHOPS

- Aquatic Kick Box Workshop**
 - When: To be announced
 - Trainer: David Hatch
 - Bar Code: XXXXX
 Registration through Susan Bennett:
 905-475-4731 or www.markham.ca

CALA SPECIALTY COURSES

MONTREAL PQ
 CALA Aqua Natal Specialty
 Where: Epic Centre
 When: TBA
 Trainer: Marie-Claude Leblanc

MONTREAL PQ
 CALA Healing Waters Specialty
 Where: Epic Centre
 When: TBA
 Trainer: TBA

INTERNATIONAL EVENTS

more details about these events will be posted on www.calainc.org as they become available.

SOUTH AFRICA

CALA Foundation - Part 1 & 2 and CALA Workshops
 Where: Cape Town
 When: Mid Feb to Mid March 2006
 Trainer: Charlene Kopansky

MEXICO

CALA Foundation - Part 1 only
 Where: Guanajuato City
 When: June 2006
 Trainer: Charlene Kopansky

UNITED KINGDOM

CALA Workshops
 Where: UK
 When: Early Feb 2006
 Trainer: Charlene Kopansky
 Visit website for updates **HYPERLINK**
 "http://www.lindak.co.uk" www.lindak.co.uk or www.calainc.org

GERMANY

CALA Workshops
 Where: Germany
 When: June 2006
 Trainer: Charlene Kopansky
 Visit website for update **HYPERLINK**
 "http://www.calainc.org" www.calainc.org



CALA Foundation Course, Cheddar U.K.

