



# SPLASH INTO SUMMER CALA EAST CONFERENCE

We invite you to celebrate with us

## SATURDAY MAY 31, 2025

Burnhamthorpe Community Centre, 1500 Gulleden Drive,  
Mississauga, ON

Accreditation: Full day registration: 8 CALA, 4 canfitpro, 8 CFES,  
8 BCRPA 8 SPRA, 8 NSFA, 8 NBFA, 8 OFC, 8 YMCA, CCAA

Half day registration: 4 CALA, 2 canfitpro, 4 CFES, 4 BCRPA 4  
SPRA, 4 NSFA, 4 NBFA, 4 OFC, 4 YMCA, CCAA

In partnership  
with:



[www.calainc.org](http://www.calainc.org) | [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) | 416.751.9823



# Splash into Summer CALA Conference on May 31, 2025 Mississauga, ON.

## 7:30am - 8:30am Registration & Trade Show

Pick up your registration package, meet other aquafitness enthusiasts and browse the Trade Show.

## 8:30am - 9:30am Welcome address in Applewood Conference Room

Enjoy an inspiring welcome with Charlene & Dylan to prepare for a fabulous day of sessions to energize your body and spark your creative spirit while focusing on having fun all day.

## 9:30am - 9:40am Session A change for Main Pool session, Session B stay in Applewood

## 9:40am – 12:40pm Choose one of the following sessions: A or B

<p><b>A: Choreography Unplugged: The Art of Fire &amp; Flow</b></p> <p><b>Jennie Queen &amp; Jill Young</b> If you think choreography is just about counting beats? Think again! This workshop teaches you how to craft sequences that adapt to every class. Master the art of building choreography blocks that work in multiple formats: high-intensity vs. low-impact, cardio vs. strength, power vs. precision. With our Fire &amp; Flow approach, you'll leave with a toolbox full of adaptable sequences, guaranteed to elevate your classes and keep your participants engaged!</p> <p><b>Main Pool, then transition to Applewood Conference Room</b></p>	<p><b>B-1: Medications: Implications for Water Exercise</b></p> <p><b>Heather Hadden</b> Learn how prescription drugs and over the counter medications may affect the way participants move in warm water and in main pool temperatures. Fine tune your observational skills to identify participants who might be showing signs that they are medicated. Leave this session with strategies on how to safely guide participants during your aqua classes.</p> <p><b>B-2: Building Strength, Stability and Stamina</b></p> <p><b>Julia Ito &amp; Charlene Kopansky</b> Learn strategies to mitigate age-related decline in muscle, bone and cognitive well-being. Discuss common conditions that affect confidence and quality of life. Experience a series of exercises in warm water that demonstrate how to build strength, stability and stamina with a focus on falls prevention. Explore options to accommodate all levels of competency while adding the element of joy.</p> <p><b>Applewood, then transition to Therapy Pool</b></p>
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**12:50pm - 1:50pm** Time to enjoy lunch, create new friendships, visit the trade show and win prizes. Everyone together in the Applewood Conference Room.

**Get ready for a fun-filled afternoon!**



# Splash into Summer CALA Conference on May 31, 2025 Mississauga, ON.

1:50pm - 2:00pm Session C-1&2, change for Main Pool, Session D stay in Applewood

2:00pm – 5:15pm Choose one of the following sessions: C-1&2 or D-1&2

## C-1: Aqua Pilates: Stabilize to Mobilize: A Practical Perspective

### Julia Cabral

Experience a series of aqua infused Pilates movements designed to improve postural awareness, increase core strength and encourage articulation of the spine. Test your ability to stabilize and mobilize as you practice the aqua infused Pilates moves in the main pool and the therapy pool.

## C-2: Aqua Yoga: Exploring Mindful Movement

### Nav Wirach

This session will help instructors notice the bridge that connects Yoga to CALA's philosophy. Regardless of skill level, develop a deeper awareness and understanding of your body and mind through the physical postures of yoga. Learn how this practice integrates seamlessly into an aquatic environment to support participants in releasing tension, creating space, and feeling peace and ease.

**Main Pool & Therapy Pool, then transition to Applewood Conference Room**

## D-1: Reduce, Reuse, Recycle: Three Interactive Concepts

### Teresa & Malyn Fischtner

Receive full instructions to run three interactive aqua fit classes that can be enjoyed by all abilities, in shallow and deep water, with equipment or without. Poolside Poker, Cross Over and AMRAP will allow you to reduce your fatigue and class plan time, re-use what you know works and recycle to include all abilities.

## D-2: The Art of Aqua Ballet: CALA Liquid Barre Express

### Dylan T. Harries & Katie Flood

Let the waves unleash your inner dancer and explore the endless possibilities of how to incorporate grace and flow into your classes. The CALA Liquid Barre program is based on the properties of water and ballet postures that will strengthen and lengthen the total body. Learn some technical aqua infused ballet base moves that can be 'stand-alone' exercises or developed into 'easy to follow' choreography. Experience the moves in the warm water therapy pool or the main pool. Everyone is invited to join the party.

**Applewood Conference Room, then transition to Main Pool, then transition to Therapy Pool**

5:30pm - 6:00pm Celebratory Closing Ceremony & Prizes: Everyone together in Applewood.





## CALA Presenting Team



### **Charlene Kopansky**

Hon BSc, Human Kinetics, B. Ed: P.H.E, Science. President & Founder of The Canadian Aquafitness Leaders Alliance (CALA Inc.). Awards: Body Life Germany Specialty Presenter; Fitness Institute, Instructor of the Year; Specialty Presenter, Germany; Volunteer Award Ontario Fitness Council; Who's Who of Canadian Woman; canfitpro Specialty Presenter & Lifetime Achievement. Author & mentor. International Presenter: New Zealand, Australia, South Africa, Germany, UK, Brazil, Mexico, Trinidad & Tobago, Martinique, Cuba, Dominican Republic & across Canada. Charlene promotes the joy of movement in water, encouraging the body to move, the spirit to soar and the mind to discover.



### **Dylan T. Harries**

B. Rec, B. Sci - HK, C.A.T., CSCC. Dylan travels the world educating & inspiring fitness leaders with his passion, high energy, sound technique & wild creativity. In his 30 years of industry experience, he has acquired an impressive 20+ certifications in a variety of modalities and sits on the fitness & health promotions program advisory committee at Algonquin College. Dylan is currently the creative director and a master trainer for CALA Inc., fitness & sports manager at Dovercourt Recreation Centre and a performance coach to international level figure and roller skaters.



### **Jennie Queen**

Jennie is a passionate leader in aquatic fitness, coaching, and leadership development. As a master trainer, certified coach, and consultant, she blends expertise in aquatics, personal growth, and strategic leadership to help instructors, leaders, and organizations elevate their impact. With a heart-centered approach, she specializes in dynamic functional choreography, instructor training, and creating sustainable systems for success—both in and out of the water.

Whether she's designing innovative aquatic programs, mentoring professionals, or guiding leaders to build thriving teams, her mission is clear: to spark change, elevate experiences, and amplify impact—one ripple at a time.



## **Jill Young**

Meet, Jill, a proud member of the CALA team, who brings her passion for all things aquatics and athletics to every experience. Her greatest strength is an insatiable spirit and a unique ability to connect people with heart and humor. As a Portfolio Manager with the City of Ottawa and a dedicated trainer, facilitator, and assessor with CALA, Jill's wealth of experience is matched only by her unstoppable energy. When she's not leading workshops, she's chasing adventures with her two young boys, a crew of fur babies, and training for an Ironman. Her enthusiasm is contagious, her love for aquatics runs deep, and her passion for empowering people shines in every session. Get ready to be inspired by her drive, creativity, and love for the water!



## **Heather Hadden**

CALA Certified; B Sc Phm R Phm (Primary Care Pharmacist) canfitpro certified in the Group Fitness & Older Adult Fitness Specialties. A pharmacist for over four decades and certified in land fitness since 1989, Heather completed her Healing Waters Specialty Certification in 2022.



## **Julia Ito**

CALA Certified, with an Honours degree in Physical and Health Education and a master's degree in science, is an active Physiotherapist. Julia thoughtfully and purposefully combines her technical knowledge and her love of aquatic exercise to deliver creative therapy and main pool classes. Whether in the clinic or in the pool, Julia has treated a variety of musculoskeletal conditions and is on a lifelong path of learning new skills to add to her practice.



## **Julia Cabral**

Julia believes in the philosophy ‘the greatest wealth is health;’ and that the quality and enjoyment of life depends more on health than any other factor.

Julia wants to bring people closer to their ideal health through mindful movement; helping people achieve their best selves. She believes it requires both physical and mental focus.

Julia’s been a part of the fitness community as a teacher for over 30 years. Starting in aerobic group classes, and later becoming a CALA certified Aquafitness, Liquid Barre, Healing Waters teacher and certified Pilates teacher through the New York Pilates Studio. With a wealth of experience in specialized areas of personal training, post re-habilitation (joint replacement, arthritic conditions and general injuries), water running.

Julia is enthusiastic about helping others reach their fitness goals.



## **Nav Wirach**

Formerly a corporate accountant, Nav decided to follow his heart and pursue a path of Yoga and Meditation to teach others how to better manage every-day stress and strain, create balance, and discover a path to live life mindfully and peacefully.

As a teacher, Nav creates a welcoming, healing, and safe environment to guide students towards regaining inner peace and recovering their sense of well-being by demonstrating natural and fundamental physical movements, breathing exercises and meditation techniques. Outside of the Yoga studio, Nav is an active runner and member of the MMA and Combat Sports community as a coach, trainer and athlete. Nav is a father to one cat, Cookie, and enjoys spending time in nature, attending concerts, and reading in his free time.



## **Katie Flood**

Hailing for Newfoundland, Katie is now a Toronto based CALA and YMCA qualified Aqua fit instructor and canfitpro instructor. She first started teaching aqua fitness in 2008 and continues to be inspired, challenged, and humbled when instructing participants. Katie has attended several professional ballet schools in Canada and the USA and danced professionally briefly with the Ajkun Ballet Theater and Goh Ballet. Katie has a Masters in Sociology, two degrees in Arts Hons, and a Bachelor of Post Secondary Education. If you have taken a flight in or out of Canada, you may have been looked after by Katie during her role as a cabin crew. She is also fluent in both English and French.





### **Teresa Fischtner**

Teresa took the plunge from accounting to aquafit 12 years ago. She is the owner of 'Over The Deep End' where she runs 45 aqua fit classes each week along with her team of 9 CALA trained instructors. She started her business with one goal; to change the reputation of aqua fit being nothing more than old ladies sitting on the edge of the pool doing egg beaters, now she is the one with the reputation and no matter your age or ability she will push you out of your comfort zone, and you will leave her class feeling accomplished and strong.



### **Malyn Fischtner**

Malyn graduated from Canadore College from the Recreation Therapy program. She is a certified Life Saving Society instructor and organizes kids swimming lessons for more the 600 families each year. She became a land fitness instructor offering unique classes such as drum-fit, bounce-fit, and barre. She is now working full time on the pool deck, preparing for her mothers' retirement.



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FOR OFFICE USE ONLY

REG #		DATE		INV #		PD	
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## REGISTRATION FORM

Print clearly in black ink or type and return completed form to CALA

Name (first, last) \_\_\_\_\_ CALA Member

Full name CALA has on file for you if different: \_\_\_\_\_

Address \_\_\_\_\_ Join CALA Now   \$59 + tax

City \_\_\_\_\_ Tel. h \_\_\_\_\_

Prov \_\_\_\_\_ Cell \_\_\_\_\_

Postal \_\_\_\_\_ Tel. w \_\_\_\_\_

Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

**PAYMENT POLICY:** Preferred payment is by e-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

If payment by cheque is necessary, please note; NSF OR RETURNED CHEQUES: NSF and returned cheques are subject to a \$50 + tax admin fee.

**CONFERENCE FEES INCLUDE:** Sessions, handouts (pdf copies of the handouts will be emailed), Lunch & CECs.

**CANCELLATION POLICY:** All cancellations must be received in writing by mail on or before May 5, 2025. Your fee will be refunded less a \$100 + tax cancellation fee. NO refunds, substitutions or credits after May 5, 2025. No refunds or credits will be given for no-shows or partial registrations.

## WAIVER AGREEMENT for CALA 32nd Anniversary Conference in Mississauga on May 31, 2025

### Splash into Summer

Please check  that you agree to the following WAIVER.

I agree to forever release, discharge, fully indemnify & save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, & all promoters, sponsors and their representatives and successors, & their assigns from any & all claims, demands & expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program & that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand & agree to the above & that I am of legal age to execute this form as a legal document.

I understand CALA may take pictures &/ or recordings during the conference to use for marketing, website or other media.

I understand & agree that I will not record any part of the conference.

### Early Bird prices listed below on or before April 30, 2025

Regular prices add \$35 + tax if registering between May 1 - 15, 2025

Add \$50 + tax if registering after May 15, 2025

FULL DAY CONFERENCE (current CALA member): \$239

HALF DAY CONFERENCE (current CALA member): \$149

Morning Choose:  A or  B

Afternoon: Choose:  C or  D

JOIN or RENEW CALA MEMBERSHIP: Add \$59

**NON-MEMBER Add: \$39 (if not joining now)**

Tax Add 13%

Total: E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

or mail a cheque (CALA Inc., 125 Lilian Dr. Toronto, ON, M1R 3W6)

**ALL participants will earn and bank 8 CALA CECs for attending a full day and 4 CALA CECs for a half day. This conference is accredited by canfitpro, BCRPA, CFES, SPRA, NSFA, NBFA**

**Must Bring:** Aquafitness belt, layers of clothing, water shoes (optional), clean indoor shoes, swimsuits & towels, medications, scent-free toiletries/hygiene products, own lock, water bottle, pen & paper.

**Bonus:** Lunch is included for all registrants  Meal choice: Vegetarian  no restrictions

**If you have special food requirements, please bring your own lunch, beverages & snacks**





## Be prepared for loads of fun at the CALA Conference

**Where to go:** Burnhamthorpe Community Center, 1500 Gulleden Drive, Mississauga, ON.

**What to bring:** Bathing suit, towel, and water shoes (optional) for pool sessions, snacks, water bottle, fitness wear, indoor fitness shoes, warm cover up, water bottle, lock for the lockers, aper/notebook, pen, printed copies of the session handouts. The handouts will be emailed to you before the conference.

**What to bring:** The venue is accessible. There are accessible parking spots near the venue's front door, and the pool is accessible by a ramp, lift, and stairs.

**How to earn CECs:** Full-day attendance = 8 CALA, 4 canfitpro CECs.

Half-day attendance = 4 CALA, 2 canfitpro CECs will be awarded once you have submitted evaluations for each session you attend.

You will receive an email invite to complete the digital evaluation for each session.

**Trade Show Exhibitors:** Stay tuned for a list of the Vendors who are registering for the conference event. Get ready to shop.

If you need a digital copy of the CEC certificate, please email [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

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**Note:** Photos and recordings will occur during the event. If you do not want to be any photos, locate yourself out of the line of the photographer.

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