

***CALA Conference
Freedom at Last!
Let's Celebrate***



Exciting News

Attend the Conference

Live On-site

or

On-Line through



No proof of Covid Vaccine required nor mask wearing during the conference

**Saturday, June 4, 2022
8:00am - 6:15pm**



**Lacombe Kinsmen
Aquatic Centre,
Lacombe, Alberta**



**CALA is recognized as the Gold Standard,
in Water Fitness Specialty Certification Programs**

Accreditation: 8 CECs awarded by CALA, BCRPA, SPRA, CFES, 4 CECS canfitpro. Also accredited by YMCA, OFC, NSFLA, NBFA. AFLCA certified leaders are permitted to petition for CECs

**Featuring CALA Founder & President, Charlene Kopansky and
CALA Creative Director & Master Trainer, Dylan Harries**

www.calainc.org 416-751-9823 cala_aqua@mac.com



Sensational Sessions

8am - 8:40am Registration for: Full day & 'morning only' delegates: Re-energize with a morning beverage & reconnect with other delegates. Be sure to have your bathing suit on under your clothes for a quick change. The pool session starts at 9am sharp! **'Afternoon only' delegates register between 11:45am & 12:15pm**

8:45am - 9am Active Theory featuring the choreography in the "Let's Party Pool Session". It's time to get moving & grooving to prepare for a full day of fabulous CALA workshops.

9am - 10am Let's Get this Party Started! Jump in the Pool!
Featuring simultaneous deep & chest deep water, experience a warm-up that will get your creative juices flowing, cardio that will get your heart pumping & a stretch that will soothe your body, mind & spirit. Option to quietly observe on deck to take notes.

Agenda: 9am – 10am Pool session

10am - 12:15pm The HIIT Wave with Dylan

When we say jump, you say how high! Throw the dance choreography out the door. Develop a true understanding of what HIIT training is & how to use it to its full potential to meet your member's needs. Experience cardio & muscle strength interval drills in the chest deep & deep water, that will take your fitness class to a new level. It will be tough but a whole lot of fun & truly exhilarating!
Option to quietly observe on the deck to take notes.

Agenda: 10am – 11am Pool session
11am - 11:15am Change for Dry land Session
11:15am - 12:15pm Dry Land Active Theory

12:15pm – 1pm Lunch & Learn Time to review & reinforce the movement sequence & cueing strategies experienced/observed during the morning sessions

1pm - 3:15pm Older Adult Functional Movement with Charlene
It's all about strength, balance, coordination, mobility, & gait training to enable participants to age with vim & vigour. Learn how to build confidence & elevate self esteem while motivating seniors to take charge of their health & well-being. Experience Aqua Infused Yoga poses to add to your classes. Move from chest deep to deep water or remain in one depth.
Option to quietly observe on deck to take notes.

Agenda: 1pm – 2pm Dry Land Active Theory
2pm - 2:15pm Change for Pool session
2:15pm – 3:15pm Pool session

3:15pm - 3:30pm Quick Break with Healthy Hydrating Beverages

3:30pm - 5:45pm Ultimate Aqua Muscle & Core with Dylan & Charlene

Fire up your muscles & feel your core like never before. We will be introducing & giving you a sample of the new CALA Hydrorevolution program. Using the AquaLogix equipment will add a new dimension to your strength training program. Learn exercise physiology and how to use the equipment correctly. You will walk away with different ideas to develop a well-balanced water-based muscle class with a core focus. Modifications without equipment will also be incorporated throughout the session. Option to quietly observe on the deck to take notes. ** CALA is offering a discount on the equipment, so you can take it home.

Agenda: 3:30pm - 4:45pm Pool session
4:45pm – 5pm Change for Dry Land Active Theory
5pm - 5:45pm Dry Land Active Theory

5:45pm - 6:15pm: Closing Ceremony with Charlene

Celebrate the Freedom you experienced with other aqua enthusiasts on June 4, 2022. The freedom to move in water, to learn, to interact & to connect with one another.

CALA Presenters



Charlene Kopansky, Founder & President of CALA Inc.

B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President.
 Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her skills in dance choreography, water running, personal training, fitness & aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' & Presenter of the Year-Germany, Volunteer Recognition & Leadership Awards-OFC, Who's Who of Canadian Women in Fitness- Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year canfitpro & SAFS Beta, Germany, canfitpro Lifetime Achievement Award, BCRPA Trainer & ICE Evaluator. Lover of nature!



CALA is recognized as the Gold Standard in Water Fitness Specialty Programs Water Running, Kick Box, Aquafitness, Ai Chi, Pre-Post Natal, Liquid Barré, Fluid Floor: Aqua Matt, HydroRider and Healing Waters: Aquatic Post Rehabilitation Training and Certification



Dylan Harries, [B. Rec; B.Sc. (HK); C.A.T; CSCC]

Dylan is a former competitive figure skater & 4-time Canadian Artistic Roller-Skating Champion. He travels the world educating & inspiring fitness leaders and athletes with his passion, high energy, sound technique & wild creativity. With 28 years of professional experience, Dylan is the Specialty Master Trainer for CALA Inc., the Senior Director at Body Rock Fitness & the Health, Fitness & Sports Manager at Dovercourt Recreation Centre. He is a renowned athletic trainer & performance coach to national & international level figure & roller skaters. He is canfitpro (PTS/FIS), CALA (all streams), Pilates (YMCA USA), Barre Above (Master Trainer), Tabata GX (Master Trainer), SPI (Level 2), YMCA (all streams), Bender Ball (Master Trainer), Spinning



(Star 2), TRX (Level 1), Hydrorider (Canadian Master Trainer), Balletone (Trainer), Extreme HIIT Chaos (Trainer), Bosu Balance Trainer (Instructor), AEA (Aqua Yoga/ Hydrorevolution) and NCCP (Level 2 – Inline & Roller) certified.

Available through
[Hydrorevolution](#)

[Splashables](#)

Ryka Water Shoes – Contact CALA

WE SHARE THE PASSION
[powermusic](#)

CALA Manuals – Contact CALA

[H2O Wear](#)

Enjoy a 25% off all downloads (does not include the App). Happy shopping! CODE YESCALAYES
<https://www.yesfitnessmusic.com>



CALA offers events in a variety of ways: In-person, ZOOM, Hybrid: ZOOM + In-person & Independent Learning.

Conference will be recorded on ZOOM. All participants will receive 3 months access to the ZOOM recording. For a fee participants may extend their access for an additional 3 months. Participants will be able to register at any time for Independent Study

[Download CALA Event Schedule](#)

Announcing the CALA Training for Trainers Fall 2022 – apply now Pre-Screening Process

Hosted and facilitated by Charlene Kopansky – President & Founder

Calling all enthusiastic CALA Certified Instructors who are interested in delivering exceptional and interesting CALA Workshops and CALA Certification Courses via On-Line ZOOM platform, Live On-site at Facilities and/or a mix of ZOOM and Live On-site.

Pre-Screening Submission deadline: **June 1, 2022**

Email the following information to cala_aqua@mac.com

- ✓ a headshot
- ✓ a detailed biography including educational background, CALA certification(s), other certifications, aquafit experience, feedback from management and/or participants.
- ✓ a letter explaining why you are interested in becoming a CALA Trainer & detailing what you will bring to the CALA Training & Certification Program list two Workshops you would like to offer along with a brief description of each workshop
- ✓ Demonstrate your movement skills in a 7 to 10-minute video leading a warmup for a general aquafit class. Integrate CALA terminology from the 2010 VWT manual and include visual and verbal cueing modeling the CALA Holistic Philosophy.



Home is where the pool is. Come and enjoy my home at a CALA Event

CALA will be planning on-site training events as pools open. Stay informed by visiting the CALA website. Contact CALA if you would like to host a CALA Training Event. Training can also be offered through ZOOM.

Charlene Kopansky, President and Founder
The Canadian Aquafitness Leaders Alliance
www.calainc.org 416-751-9823 cala_aqua@mac.com

Join the CALA Train the Trainer Program – Contact CALA to register

Charlene welcomes you back to the pool. See you soon



Welcome to the Lacombe Pool

Canadian Aquafitness Leaders Alliance

International Leader of Aquafitness Training

Charlene Kopansky, President and Founder 1993

Certifications CALA Trainers

- Vertical Water Training (pre-requisite)
- Group Aqua Fitness
- Liquide Barre
- Aqua Pre/post Natal
- Aqua Cardio Kick Box
- Hydro Rider
- Aqua Running
- Aqua Kids (late August)
- Ai-Chi
- Healing Waters: (Post Rehabilitation)
- Aqua Infused Aqua Yoga

Jennie Queen, Master Trainer
Katherine McKenna, Master Trainer
Karl Notargiovanni, Master Trainer
Dylan Harris, Master Trainer
Kristin Murphy, Trainer

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416-751-9823 CALA_AQUA@mac.com www.calainc.org

Available CALA Certification programs
Contact CALA to register

CALA Independent Study Workshops Recordings of ZOOM Workshops Earn CALA CECS

- ABS-olutely Core Essentials
- Aqua Zen – Updated for Today's World
- Aqua Running (101)
- Aqua Infused Yoga Workshop - BCRP Conference
- Amazon Arms
- Aqua Beats Create CALA Waves
- Aqua Healthy Back
- Changing the Chatter
- Functional Aquatic Training
- Feast on Form: Increase your CALA IQ
- Golden Gait – Wafer Walking
- Integrating Aqua Yoga Poses into Aquafitness Classes
- Muscle Strength & Endurance with the CALA Tempo Tree
- Pelvic Floor & Core Foundations & Dynamic Duo (Parent & Tot / Diaper Fit)
- Your Compass to Inspiration –Aqua 360 x 180

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www.calainc.org

Available CALA Independent Learning
Contact CALA to register

CALA Workshops and Courses can be delivered on-site or through ZOOM.
Customized training available. Contact CALA to discuss your facilities training requirements.



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Freedom at Last! Let's Celebrate



FOR OFFICE USE ONLY

REG #		DATE		INV #		PD	
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REGISTRATION FORM

Print clearly 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
 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), CECs, Nourishment.
CANCELLATION POLICY: All conference cancellations must be received in writing by mail on or before May 4, 2022. Your fee will be refunded less a \$100 + tax cancellation fee. NO refunds or credits after May 4, 2022. No refunds or credits will be given for no-shows or partial registrations.

WAIVER AGREEMENT for CALA CONFERENCE – FREEDOM AT LAST, LACOMBE ALBERTA June 4, 2022

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 or take pictures of any part of the conference.

On rare occasions, it is necessary to shift CALA Training dates, times, & topics. Thank you for your kind understanding

Early Bird prices listed below (on or before May 4, 2022)
 Regular prices add \$35 + tax if registering between May 4 & May 18, 2022
 Add \$50 + tax if registering after May 18, 2022

Registration Platform: On-site Live ZOOM On-line  (Must register for ZOOM BEFORE MAY 28)

FULL DAY CONFERENCE (current CALA member): \$175

HALF DAY CONFERENCE (current CALA member): _____

\$95.00 MORNING 4 CECs \$95.00 AFTERNOON 4 CECs _____

JOIN/RENEW CALA MEMBERSHIP _____

\$59

NON-MEMBER ADD: \$35 (if not joining now)

\$35

TAX Add 5% _____

TOTAL: E-transfer to cala_aqua@mac.com or mail a cheque to
 125 Lilian Drive, Toronto, ON. M1R3W6 _____

Bring: Belts are available, layers of clothing, water shoes (optional), clean indoor shoes, swimsuits & towels, medications, toiletries/hygiene products (SCENT FREE), 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

Accommodations: Best Western Plus Lacombe Inn & Suites, or Travelodge by Wyndham Lacombe



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Conference participants are required to complete and submit the applicable sections, below prior to participating in the conference. Please return this form with your registration. CALA will be taking pictures and recordings during the conference. If you do not want to be in the pictures, please locate yourself out of the camera's line of shooting.



**RELEASE CALA Freedom at Last! Let's Celebrate
Conference on June 4, 2022.**

Authorization to Reproduce Photographs and Video Footage

I hereby grant to the City of Lacombe and CALA Inc., its agents and assignees, the rights to photograph me, and to use said photographs in connection with the publicizing or promoting of the City of Lacombe &/or CALA Inc., its services or departments and agencies, including news releases and feature articles to the print media, the employee newsletter; and any and all publications produced by or through the City and CALA Inc.

I understand that there is to be no remuneration for this use or reproduction of said photographs.

I hereby represent and certify that I have read and fully understand the meaning and effect of this release and, intending to be legally bound, I hereunto set my signature this _____ day of _____, 2022

Signature _____

Print Name _____ Phone _____

The personal information that you provide to the City of Lacombe and CALA Inc. is collected under the authority of the Alberta Freedom and Protection of Privacy (FOIP) Act - Section 33(c). The information will be used for the purpose of the publicizing or promoting of the City of Lacombe and CALA Inc. its services or departments and agencies, including news releases and feature articles to the print media, the employee newsletter; and any and all publications produced by or through the municipality. Collected personal information is protected from unauthorized access, collection, use, and disclosure in accordance with the FOIP Act, can be reviewed and corrected upon request. Questions regarding the collection of personal information can be directed to: FOIP Coordinator, City of Lacombe, 5432-56 Ave, Lacombe, AB T4L 1E9, Tel (403) 782-1281.



Helpful Information

1. **Full day & 'morning only' delegates** register between 8am & 8:40am.
Afternoon only' delegates register between 11:45am & 12:15pm.
2. Parking at the venue is free. There is handicapped parking at the front door.
3. There is no CHILD CARE on site.
4. Lockers cost \$.25 per access (each time you open & close the locker). The venue also has lockers available for individual personal locks.
5. Participants can bring belongings on deck.
6. Street shoes are not allowed on deck but can be worn in the room.
7. Participants are asked not to bring peanuts nor foods containing peanuts.
8. No proof of covid vaccine nor mask wearing is required during the conference in the venue.
9. Vending machines onsite accept cash & credit cards. There is a cash machine & change is available at front office
10. Kinsmen Aquatic Centre, 5429 53 St., Lacombe, Alberta T4L 1H8, 403-782-1278
<https://www.lacombe.ca/180/Kinsmen-Aquatic-Centre-KAC>
11. The venue makes every effort to be scent free.
12. The venue has outlets to charge phones, bring your own charger &/or cables.
13. If participants are approached by Media, they must refer the media to Kim Fraser (host).
14. Thank you to Milly Oat Café for providing the muffins at the conference.
15. Accommodations: Best Western Plus Lacombe Inn & Suites, or Travelodge by Wyndham Lacombe.
16. Photography by the CALA team will occur. No phones on deck or in the theory room during the conference. Phones must be turned off & placed out of sight.
17. Venue has flotation belts & equipment. Participants may also bring their own belt. If you choose to bring your own, please make sure you can identify & verify it is yours (ex: place your name somewhere on the belt).
18. The venue is accessible. Everything is on one level. There is a lift to assist people into the pool & a ramp for easy access.
19. There are numerous food venues close by. Lunch is provided to all conference delegates.
20. WIFI is available
21. Bring a variety of clothing. You may feel cold after a pool session & need warmer clothing. During the class session you may need lighter clothing as you warm up during activity.
22. You will receive 8 CALA, BCRPA, SPRA, and CFES, CECs. This CALA Conference is also accredited by canfitpro 4CECs. Conference also accredited by, OFC, YMCA, YWCA and NSFLA. AFLCA certified leaders are permitted to petition for CECs. If you require a digital copy of the CEC certificate, please email cala_aqua@mac.com and request a certificate.
23. CALA: 125 Lilian Drive, Toronto, ON. M1R3W6, Phone 416-751-9823 or Email cala_aqua@mac.com, www.calainc.org
24. Venue on-site registration will be available the day of conference.
25. All persons registering for the conference will have 3 months access to the recordings only through a Private Facebook Group.