

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



**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, YMCA, OFC,  
NSFLA, NBFA, canfitpro ID and CECs - TBA  
AFLCA certified leaders are permitted to petition for CECs**

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

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## Sensational Sessions

**8am - 8:40am Full day & 'morning only' delegates: Register**, re-energize with a morning beverage and 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 Welcome!** 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 and chest deep water, experience a warm-up that will get your creative juices flowing, cardio that will get your heart pumping and 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 and how to use it to its full potential to meet your member's needs. Experience cardio and muscle strength interval drills in the shallow and deep water, that will take your fitness to a new level. You bet; it will be tough but a whole lot of fun! Option to quietly observe on the deck to take notes.

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**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 sequences and 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, and gait training to enable participants to age with vim and vigour. Learn how to build confidence and elevate self esteem while motivating seniors to take charge of their health and well 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** Fire up your muscles and feel your core like never before. We will be introducing and 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 will be 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 and to connect with one another.