



Description of Available CALA Workshops

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Workshops by Category

Aqua Rehabilitation

If the workshop you are interested in is not listed, contact CALA to discuss your requirements. CALA is able to customize workshops.

Aqua for Multiple Sclerosis

Understand the needs of M.S. participants, from a basic theoretical perspective. In the pool session, discover how to help people with M.S. improve daily functioning and fitness.

Aquatic Personal Training - A Rehab Focus

Certain conditions and special populations respond best to activity in an aquatic environment. This combination lecture and pool session explores the benefits of aquatic physical activity, for certain special populations and the treatment of clients with a number of chronic diseases.

Arthritis and Aqua: A Magical Partnership

Discover how to help participants increase mobility, enhance flexibility and improve cardiovascular and muscular endurance while working through the pain of arthritis

Aqua Arthritis - The Moves

If you have participants with arthritis or plan to teach an Aqua Arthritis class, this is the session for you. Learn 'arthritis-friendly moves for warm up, cardio, muscle conditioning, range of motion and stretching. Use various apparatus to supplement the moves. A catalog of Arthritis Exercise is available for purchase.

Back Care and Aquatic Rehab

Learn a detailed approach to proper posture and exercise philosophy using aqua therapy for common spinal injuries

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Back Splash (Rehabilitating Spinal Injuries in the Water)

Learn techniques for rehabilitating spinal injuries in the water. Understand the mechanisms of spinal injury and the stages of healing. Discuss safety issues in treating spinal injuries.

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Aquafitness for Fibromyalgia

Learn the characteristics of fibromyalgia and apply 'Watsu', 'Feldenkrais', flexibility and endurance exercises of the treatment of FMS. Experience progressive exercise designed to enable FMS sufferers to thrive

Healing Waves, Sooth Waters

Aquatic Rehabilitation of Arthritis. Aquatic magic can challenge the mind, celebrate the body and free the spirit. Learn about the disease process of arthritis and how water exercise can help reclaim lost function. Discover practical ways to rebuild the motions of everyday life.

Holism and Aqua Rehabilitation

Holism - the integration of mind, body and spirit is a powerful tool in fitness and rehabilitation. Learn how the combination of water magic and CPR (Courtesy Professionalism and Respect) resuscitates the soul and dilutes negative feelings. Help clients move past emotional speed bumps and get back to living.

Innocent Injuries

Get the facts on why injuries can occur. Understand how to lower the risk through preventative exercise design and effective rehab techniques.

Osteoporosis

New research shows using water resistance helps maintain and increase bone mass. Learn how to plan and program safe, balanced and effective aquatic exercises to help your aging clients.

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Research Update (can be theory only)

Learn the results of an in depth study of the existing research and literature regarding 'training in the water'. What does the research say? Update your own facts in this theory session.

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Shoulder to Shoulder (Rehabilitation Spinal Injuries in the Water)

Learn techniques for rehabilitation various shoulder injuries in the water. Understand the mechanisms of shoulder injury and the stages of healing. Discuss safety issues in treating shoulder injuries.

Chest Deep

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Healthy Humour, Liquid Laughter

Get set for a 'tour de farce' of the world of belly laughs. Find out why a good 'guffaw' a day may save your life. Life is short, giggle long and hard.

Navy Seal Boot Camp

Prepare to get wet in this pound shedding, belly flattening, heart strengthening, stress releasing and goal achieving aqua-workout. This program includes group fitness activities, drills, fun and maximum cardiovascular workout. Have a wave of a time.

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Winning Warm ups - Part II

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Learn and experience at least 5 choreographed routines designed for shallow water. Master the moves, practicing on dry land and in the pool.

Combination - Chest and Deep Water

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ABS -olutely

Discover the ultimate workout formula that uses common senses and guarantees absolute results. "Find your abs", "feel them" and understand how they work during exercise and daily living.

An Anatomical Approach to Safe Aquatic Exercise Design

Learn about the muscles of the body in a simple easy to follow format. Then use anatomy as the basis to design amazing aquatic exercises.

The A.R.T. of CALA: Aquatic Resistance Training

Experience a holistic approach to Aquafit Resistance Training - A.R.T. Design exercises which sculpt, condition, strengthen stretch and fine tune the body, mind and spirit.

Applied Anatomy (can be theory only)

Learn the muscles and joint actions of the body in a way that is easy to understand. Use this knowledge to design safe, balanced aquatic exercises.

Aqua Arms

Water provides an excellent environment to train the upper body. Often we focus on other parts of the body, with little attention to the torso and arms. This workshop will endeavor to provide effective upper body exercises with complementary leg movements.

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Aqua Personal Training

Broaden your markets and increase your potential as a personal trainer by learning to train clients in water. Add variety and eliminate impact. Add resistance and build body core strength.

Aquafit Fix Express

Take the plunge into a hot aqua programming concept - 20 and 30 minute aqua workouts/classes, creatively designed to be 'user friendly', goal oriented and time efficient.

The Physiological Basis of Aquatic Interval Training

This workshop will focus on the effective use of interval training in aquatic exercise. Emphasis will be placed on putting the theory into action.

Awesome Aqua Abs: Training the Body Core

Go beyond abdominal crunches to learn the newest exercises which provide balanced 'real-life' ab and low back strength.

Awesome Music, Magic Moves

Learn how to find your way into music and wrap it up with rhythm. Pull in creative new moves and build fabulous choreography. Go home with hot, new routines.

Bridging and Linking

Learn how to build transitions which link and bridge leg movements to a variety of arm movements. Design a deep water class which flows smoothly from the beginning to the end.

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Burn It!

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Understand energy systems and how to lay to waste popular misconceptions surrounding exercise intensity and energy sources.

Choreography to the Max

Learn new, exciting and motivating combinations that are sure to stimulate the mind, activate the body and move the spirit.

Communicate to Motivate, Educate and Satisfy

Tired of unfocused participants who "just don't get it"? Learn a variety of fabulous visual and verbal cues that will captivate your participants without exhausting you as an instructor. Finish the class re-energized and refreshed.

Creative Splash

Expand your systems of designing aquafitness classes by experiencing a number of novel approaches to aquatic choreography.

Circuit Style Sports Splash

This workshop will explore the fundamentals of aquatic interval training. Leaders will experience a circuit style interval class emphasizing sport specific movements. This is an ideal workshop for aquafitness leaders and personal trainers who wish to attract a performance-oriented clientele to the pool for challenging aquatic training.

Deep and/or Shallow Water Bridging and Linking

Learn how to link and bridge leg movements with a variety of arm movements to design complementary aquatic exercises which effectively condition the total body.

Effects of Immersion - A Physiological Perspective

Explore the effects of immersion on the systems of the body. Learn how to use the properties of the water to accomplish your rehab goals.

H2O Cross Training

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This training methodology is utilized by professional and Olympic level athletes. Learn the secrets to train in the water both on and off season, injured or health. This impact free workout will maximize your performance and keep you motivated.

High Voltage Aqua Circuit

Electrify your participants with choreographed cardio routines which complement focused muscular resistance work.

Maximizing the Aquafitness Workout

Learn how to successfully accommodate all fitness levels. This workshop will show you how to educate your participants about the factors which determine effective movement in the water.

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Multiple Moves

Start basic and pull a multitude of moves from each CALA Theme. Layer on arms buoyancy manipulations, tempo change and traveling. Create a brave new world saturated with awesome aqua motions. Recommended for all leaders especially new to CALA terminology.

Music and Movement

This session will demonstrate how to use music and movement as inspirational tools. Experiment with different music types, speeds, rhythms and incorporate stylized moves to create a water "mania".

On Deck Teaching and Power Motivating

This Dry land, active session is designed for instructors who want to teach and coach effectively. Fine tune your alignment and body language. Inspire participants with subtle changes in voice and facial expression. Learn a minimum of four exercises which will improve your coaching and teaching skills.

Silence is Golden

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Learn the secrets of communication in the aquatic environment. Learn a variety of fabulous visual cues that will captivate your participants with not one word spoken. Finish the class energized and refreshed. These techniques are useful when teaching both deep and shallow water classes.

Soothing Aqua Stretches

Enjoy a magical theoretical and practical session of slow stretch, seasoned with aspects of yoga, t'ai chi, creative visualization and massage.

Use Your Noodle

Learn how the noodle can add effective and creative exercises into your routines. Emphasis will be placed on individual exercises, creative partner and group activities.

Winning Aqua Warm Ups

Getting bored of the 'same old stuff' in your warm up? Learn how to capture the attention of your participants by adding vitality to your warm up moves and cures.

Specialty

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Centre of Power: Aqua Boxing

Investigate how to utilize the water in combination with the balance, co-ordination, strength and imagery of an effective boxing class.

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Aqua Millennium Muscle

This workshop focuses on designing conditioning routines which maximize the endurance of the major muscles of the body. Experience a series of exercises which

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will enhance body balance, alignment and stabilization. Learn effective routines which facilitate a 'mind-body' connection.

Aqua Personal Training - Building your Business

Evaluate your target market and make a marketing plan to reach them. Review cost effective strategies to promote yourself. Evaluate your services and credentials in accordance with your completion. Learn how to review and maintain a client file and discuss goal setting for the clients.

Aqua Rhythm Calypso and Brazilian Style

Experience movements native to Brazil and the Caribbean Islands. Add a tropical flair to your classes by integrating these movements into your repertoire

Aqua Sport

Learn to design sports theme classes and lead large groups or individuals through a fun filled workout which feature of variety of sport related movements.

Aqua Step

Find out about great techniques for leading complex combos from the deck. Eliminate 'wandering steps'. Use multiple steps in high energy formats that elevate heart rates and spirits.

Aqua Pre/Post Natal

Learn the latest about precautions and contraindication for the pregnant or post natal participant. Experience a class designed for this special population.

Catch the Changing Tide: Aquafitness for Older Adults

This workshop will focus on the physiological change associated with the aging process and the subsequent implications for correct excise design.

Diaper Fit

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Diaper fit is a class where parent and child (6 months to 2 years) participate together in this fun-tastic workout! Flotation seats should be provided for the children at the facility. The caregiver will remain in contact with the seat for the entire class. Learn how to safely and effectively facilitate this exciting and innovative new program.

Heavy Duty Equipment Circuit

Learn effective use of fabulous equipment. Find out about belt buoyancy options and how hitches can be incorporated into the workouts. Safe effective moves combined with great techniques and critical cues will get you on track with this equipment.

Sizzling Seniors

Explore the links between the physiology of aging and safe effective exercise design. Motivate the 'golden age' aquafitness participants with a variety of choreographed solo and partner work routines.

Surf an Turf for the 3rd Age

Understand the physiology of aging. Learn how to design land and water based resistance training programs which promote good posture, muscle balance and injury prevention. Be prepared for practical work in the pool and the gym.

Dynamic Aqua Stretches

Enjoy a magical theoretical and practical session of dynamic stretches designed for cooler water. Experience aquafitness stretches seasoned with aspects of yoga, t'ai chi, creative visualization and massage. Inspire your participants to focus on their own flexibility while releasing stress.

Water Tai Chi

Called "a symphony for the body", this class is based on Ai Chi, a water therapy program created in Japan and blended with Tai Chi forms and exercises specifically adapted to the water. Improved range of motion, flexibility and balance, without overstressing joints. Known to relieve pain, improve cardiorespiratory function and increase metabolism. A relaxing and beautiful workout.

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Deep Water Suspended

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Awesome Music, Advanced Moves III

This deep water workshop features advanced music use and shiny new moves. Learn how syncopation, freeze frame, move splits and working the angles can shake you out of any teaching trough. Learn the moves then learn how to teach the moves aquawesome!

Cardio and Conditioning Combos

This session is for advanced deep water instructors. Lean innovative choreographed routines set to the latest upbeat music.

Deep and Meaningful

Focus on movement that matters. Learn how to address and correct common muscle imbalances that leave our clients open to injury.

Deep Water CALA Base Moves

Learn an incredible variety of deep water base aquafitness moves. Understand how to teach stabilization techniques to ensure effective exercise execution. Experience stationary and traveling aqua moves that will keep you pumping.

Sensational Suspended Cardio I

Experience crazy cardio routines based on the "add on" and "block" techniques of choreography. Learn traveling patterns which will make your cardio absolutely captivating and sensational.

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Suspended Cardio II

Experience brand new traveling routines based on the "add on", "block" and "chorus catcher" techniques of choreography.

Tidal Turbo

The best of both liquid worlds! Learn to introduce a deep water aqua program to participants accustomed to shallow water classes only. Design effective transitions which move people between shallow and deep water.

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