CALA Course List

1. **Foundations of Vertical Water Training: The Charlene Kopansky Method Course**
2. **Group Aquafitness Specialty Training and Certification Course**

CALA Workshop List (Deb Cole is not limited to the following workshop topics, this is a sampling of what she would be happy to facilitate.

Aqua Inspiration: Building a Successful Class Design
Description: Discover how to elevate your Aquafitness Instruction to new levels by modifying movements manipulating surface area, speed of motion, range of motion and buoyancy. Learn how to create effective workouts/lesson plans using a variety of class designs that will challenge and embrace all levels of fitness and keep your classes fun and progressive.

Just A Minute: Cardio Abdominal Combination
Description: Learn the structure, the design and the exact delivery of Charlene's innovative "Just a Minute" Water Running Class. The intensity of each one-minute phase builds from 65% to 95% as the workout progresses. Each stage of the water running workout includes specific biomechanical tips to ensure excellent technique to guarantee safety, specificity of training and effectiveness. These tips and cues add together to build perfect posture and running form. Listen to how Charlene delivers this class and put the formula into action immediately.

BOUNCE IT, ANCHOR IT, PROPEL IT!
Description: Manipulating buoyancy is an effective way to train the core, control intensity and add variety. Experience bottom contact and suspended moves while bouncing, anchoring and propelling. Understand how to reduce risk and enhance safety and effectiveness by cueing alignment and technique. Create magic with sensible choreographed patterns that play with speed, range, surface area and buoyancy.

Moves and Modifications: Making it Work for You (Instructor and Participant)
Description: Discover how to elevate your Aquafitness Instruction to new levels. Learn tricks and tips to engage all levels and abilities of participants within one class. Learn how to modify movements by manipulating surface area, speed of motion, range of motion and buoyancy. Inspire and offer challenges to your participants to improve their health and well-being. Keep your classes fun and progressive.

Awesome Aqua Abs: Training the Body Core
Description: Go beyond abdominal crunches to learn exercises which provide balanced 'real-life' ab and low back strength.

Aqua Strength

Description: Combine the resistance of water with reps from the weight room followed by an anaerobic interval & you have a fabulous format to make the water boil – Muscle Power in chest deep water! The structured intervals of this workshop will 'shake-up' the S.A.I.D. Principle (Specific Adaptation to Imposed Demands). The muscle conditioning intervals will apply surface area, range of motion, buoyancy variations, tempo changes & accentuation of effort to fatigue muscle groups. All of this is followed by a high intensity cardiovascular interval to tax anaerobic capacity & maximize training effect.

Objectives:

- Apply aerobic & anaerobic work to enhance muscle conditioning moves.
- Manipulate exercises to increase or decrease muscular effort.

Aqua HIIT

Description: Aqua High Intensity Interval Training (HIIT) is a class like no other! Experience repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. Push your participants out of their cardio-strength 'comfort zone' to achieve enhanced fitness. Take home blocks of HIIT training to use in your next class.

- **Objectives:**
- Learn the history & current science of HIIT.
- Use the CALA compendium to create HIIT blocks.
- Identify measures of exertion to evaluate effort during each interval.
- Experience a HIIT format class & explore new ideas.
- Finish with Instructor Tips to ensure the class is a "HIT" when you launch it.

Aqua Deep/Shallow Combo: Cue for 2