

THE CANADIAN AQUAFITNESS LEADERS ALLIANCE INC. is proud to present our

EXCLUSIVELY WATER

2003 CALA CONFERENCE



CALA 2003

L'EAU ZONE

**BILINGUAL
BILINGUE**

When: Friday May 30 , Saturday May 31, Sunday June 1

Quand: ven le 30 mai , sam le 31 mai, dim le 1er juin

Where: Etobicoke Olympium (close to Toronto airport)

Ou: Etobicoke Olympium (près de l'aéroport de Toronto)

What: 34 Water Based Sessions: Aquatic Rehabilitation, Aquafitness & Specialty Workshops and Classes

Quoi: 34 Sessions de réhabilitation aquatique, ateliers d'Aquaformes, sessions et cours d'Aquaformes pour les coordonnateurs, foire d'exposants et "networking".

Who: Aquafitness Leaders, Personal Trainers, Aquatic Rehabilitation Specialists, Programmers, Coordinators, Aqua fitness Participants

Qui: Specialists en réhabilitation aquatique; instructeurs d'Aquaforme; participants, coordonnateurs, et ceux et celles intéressés à devenir instructeurs

Des traducteurs francophones seront disponibles pour assister les présentateurs anglophones



CALA

This conference includes 34 choices of 'Exclusively Water' sessions for a total of 24 hours of learning over three days.
For a copy of the session descriptions in French, email cala@interlog.com

Cette conférence comprend 34 choix de sessions exclusives "L'Eau Zone," pour un total de 24 h d'instruction en 3 jours.
Pour la version française des descriptions des sessions, veuillez envoyer un courriel à cala@interlog.com

Nous nous excusons des erreurs qui auraient pu se glisser dans ce document.

FANTASTIC FACILITY - LEGEND / ENDROIT FANTASTIQUE - LÉGENDE

COMBO POOL	Chest deep &/or combo water/eau hauteur poitrine et/ou eau profonde combinaison
DEEP POOL	Deep water only/eau profonde seulement
S. GYM	Dry land - movement & theory based/terre ferme - mouvement & théorie
N. GYM	Dry land - movement & theory based/terre ferme - mouvement & théorie
LOUNGE	Dry land - movement & theory based/terre ferme - mouvement & théorie

SENSATIONAL SELECTIONS

*Sessions are arranged in time blocks. You must choose a first, second & third choice in each time block, except when there is only one choice.

SÉLECTIONS SENSATIONNELLES

*Les sessions sont organisées par bloc de temps. Vous devez choisir un premier, deuxième, et troisième choix dans chaque bloc de temps, sauf s'il n'y a qu'un seul choix.

Fri May 30: 10:30am - 12pm

CALA Registration opens & Trade Show Begins

vendredi le 30 mai: 10h30 - 12h00

L'inscription et la Foire d'Exposants commencent.

** Conference package & receipt ready - on site / Matériaux pour la Conférence & reçus seront disponibles sur place.*

2 - 2:15pm / 14h00 - 14h15

Quick change to next informative session

Changement rapide, vers la prochaine session

Fri May 30 from 2:15 - 4pm

vendredi le 30 mai de 14h15 à 16h00

SESSIONS BEGIN/DÉBUT DES SESSIONS

Fri May 30 from 12 - 2pm

vendredi le 30 mai de 12h00 à 14h00

FR01 Aqua Rock: Darin Dieterich

12 - 1pm (Combo Pool) 1:15 - 2pm (S Gym)

Take a part in an action filled aqua rock class. Rock'n roll tunes combined with 6 fun new rock/dance/aqua choreographed combinations. This is a fun & effective class built around new & creative aqua movement variations with the added spice of some top 40 rock!

FR02 Not Just for Seniors - Liquid Muscle & Abs: Kopansky

Pas seulement pour les gens agés - muscles liquides - abs' à gogo!

12 - 12:45pm (S Gym) 1 - 2pm (Combo Pool)

Strength training is where it's at! This class will attract more men & woman & add a brand new class to your schedule. Charlene will give you the exact formula & all the moves to launch this successful new concept. Walk away with a completely planned class format, ready to implement immediately - no fancy choreography, pure strength with abdominals as the anchor.

FR03 Creating a Centre of Excellence: Part 1: Burns,

Harries, Laporte, Marr, Queen + others

Créer un centre d'excellence: Partie I

12 - 2pm (Lounge)

Learn techniques for motivating your staff & participants. Build a positive, enthusiastic team in your facility using the tips you learn from this informative 'cross country' panel of guests.

FR04 Super Set Aqua: Dylan Harries

Aquaforme intense

2:15- 3pm (Combo Pool) 3:15 - 4pm (S Gym)

The Super Workout you have been looking for! This class is developed to increase the intensity of specific muscle groups by "superset" training. Review the properties of water, analyze how use of equipment can alter the way muscles are worked. Learn safe techniques to challenge muscle groups & get the most out of aqua strength training. Experience the power of the wave!

Charlene Kopansky



FR05 Music Comes to Life II: Marie-France Hebert

La musique prend vie - Partie II

2:15 - 2:45pm (S Gym) 3 - 4pm (Combo Pool)

The sequel to last year's very popular session which received rave reviews. You want to learn new moves to bring back to your participants but you don't know where to start. Here is a chance to share your ideas with others and dance together with Marie-France to create interesting innovative routines.

FR06 Creating a Centre of Excellence: see FR03

Créer un centre d'excellence: Partie II

2:15 - 4pm (Lounge)

Share diverse programming ideas that are easy to implement in a cost effective way. Learn what other facilities are offering & how they are meeting the needs of the community, while maintaining staff & well trained, certified leaders. Discuss the challenges, the solution and the successes!

4 - 4:15pm / 16h00 - 16h15

**Quick Change to next informative session
Changement rapide, vers la prochaine session**

**Fri May 30 from 4:15 - 6pm
vendredi le 30 mai de 16h15 à 18h00**

FR07 Aqua Motion - LAPS Goes Deep: Line Marr

Aqua bouge - LAPS dans le grand bain

4:15 - 5 (Deep Pool) 5:15 - 6pm (S Gym)

Learn how to play with moves by manipulating buoyancy. Try light bounce, anchored and propulsive moves in deep water. You will experience cardiovascular training, muscular conditioning, core stability and a big dose of fun!

FR08 Aqua Choreography: Bettina Heinrich

Chorégraphie aquatique

4:15 - 4:45pm (S Gym) 5 - 6pm (Deep Pool)

Learn techniques to develop interesting movement combinations. These choreography techniques will keep your participants focused with routines that are smooth flowing & creative.

FR09 Marketing an Aqua PT Business: C. Morisset

Se lancer en affaire - l'entraînement personnel

4:15 - 6:00pm (Lounge)

Thinking about flying solo - it can be rewarding & exhilarating! Learn how to make your PT business successful, how to keep clients coming back, including basic business practices - GST, copyright, invoicing, consent forms, marketing, website publicity & finding your target market.

6:15 - 7:45pm / 18h15 - 19h45

**Trade Show, Networking, Dinner, Prizes, "Host-Affiliate Launch"
Foire d'exposants, networking, souper, prix de présence,
lancement du modèle hôte-affilié**

**Fri May 30 from 8 - 9pm
vendredi le 30 mai de 20h00 à 21h00**

FR10 Aqua Disco Daze Class: Darin Dieterich

Classe Aqua Disco abasourdi

8 - 9pm (Combo Pool)

Dazzling disco tunes mixed with fabulous disco moves designed for water form a highly entertaining workout. Grab your bell bottomed swim trunks & aqua-cords for this cool workout. P.S. If you bring your "glitter ball", a special surprise will be waiting.

**SATURDAY'S STIMULATING SESSIONS
LES SESSIONS STIMULANTES DU SAMEDI**

**Sat May 31: CALA Registration & Trade Show opens 7:30am
samedi le 31 mai: Inscription & la foire d'exposants - 07h30**

**Sat May 31 from 9 - 11am
samedi le 31 mai de 9h00 à 11h00**

SA11 Tethered Training: Jennie Queen

Entraînement accroché

9 - 10am (Deep Pool) 10:15am - 12pm (S Gym)

Experience what a little rope, some water & willing participants can do "all tied up". This is a recipe for a functional, challenging workout. Learn how to maximize water's resistance with a 'tether' & a 'belt', creating electrifying cardio, 180 degrees of deep & continuous body core connection.



Mo Hagan

SA12 Water Strength with Aqua bells: Catherine Morisset

La force dans l'eau avec aquabells

9 - 9:45pm (S Gym) 10 - 11am (Deep Pool)

Apply strength training & water principles to the design of aqua movements to develop strength in a safe, efficient workout. Learn: ACSM guidelines, injury prevention, adaptations for special populations, bone density & postural improvement techniques.

SA13 Functional Training: Prehab to Rehab: Mo Hagan
L'entraînement fonctionnel
9 - 11am (Lounge)

Bridging fitness & rehab through functional movement training is an essential component of the training mix. With a basic functional anatomy review, learn to develop strong core stabilizers to maximize performance in activities of daily living & learn how to effectively introduce this type of training into group land & water classes. Bring a towel to this session.

11 - 11:15am / 11h00 - 11h15
Quick Change to next informative session
Changement rapide, vers la prochaine session

Sat May 31 from 11am - 1pm
samedi le 31 mai de 11h00 à 13h00

SA14 Aqua Spin Part I & II: C. Kopansky & D. Hatch
Aqua-vélo Partie I & II

11:15am - 12pm (Deep Pool) 12:15 - 1pm (S Gym)

If you are a cycling enthusiast, or plan to get into cycling, this workshop will meet your training needs. Learn 24 moves that can be performed in 6 different positions using 3 variations, not to mention tempo changes and unlimited complementary arm actions. You do the math, that's a lot of spinning moves. Belts are all you need to enjoy this high energy, non-impact workout.



Line Marr

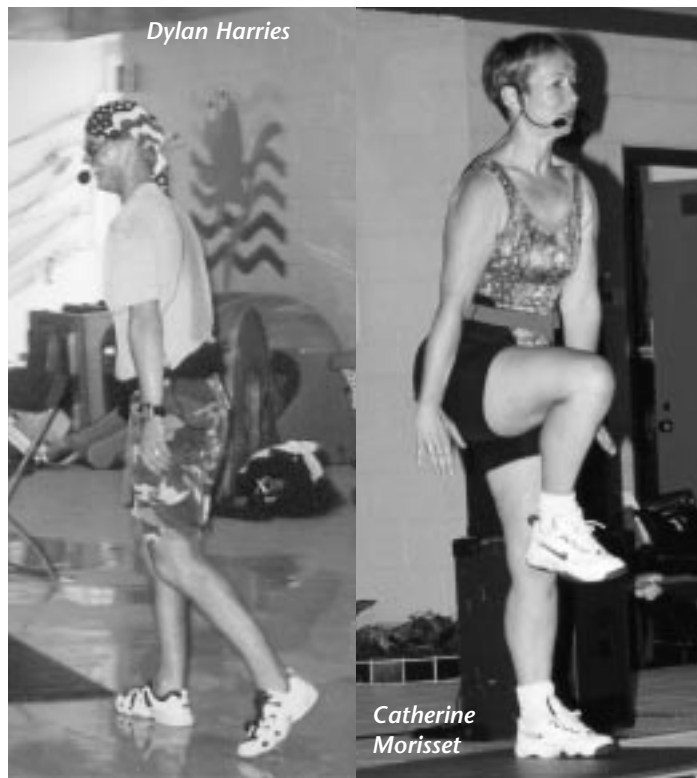
SA15 Boot Camp-Interval Training: Marie-Claude Leblanc
Entraînement par intervalles

11:15 - 11:45am (S Gym) 12 - 1pm (Deep Pool)

Need new ideas to keep those hard core participants interested? Learn to design a multi functional & multi level approach, meeting the needs of advanced participants who want an extreme workout. Also, learn strategies to advance less fit participants to the next level.

SA16 Aqua Arthritis & M.S. Update: Connie Jasinkas
Aqua arthrite et sclérose en plaque, mise à jour
11:15am - 1pm (Lounge)

Learn progressive, new exercises for Multiple Sclerosis & arthritis with a focus on gait & core stability training to improve daily function. Hear testimonials from clients who have experienced the positive results of a carefully planned aquatic rehab.



Dylan Harries

Catherine Morisset

1 - 2pm / 13h00 - 14h00
Trade Show, Lunch, Draw Prizes, "Host-Affiliate Model"
Foire d'exposants, networking, dîner, prix de présence, plus à propos du modèle hôte-affilié

Sat May 31 from 2 - 4pm
samedi le 31 mai de 14h00 à 16h00

SA17 Aqua Flow: Bettina Heinrich
Aquaforme gracieux
2 - 3pm (Combo Pool) 3:15 - 4pm (S Gym)

Using 3/4 time 'waltz style' music learn patterns that swing your body with smooth, 'rounded' motions through warm (83°) water creating a relaxed, happy mood. Imagine exercising with a huge smile on your face - that is what you can expect.

SA18 Essential Elements: C. Kopansky & D. Dieterich
Éléments essentiels
2 - 2:45pm (S Gym) 3 - 4pm (Combo Pool)

15 minutes to motivate the mind, 15 minutes to move the body, 15 minutes to enable the spirit to soar. Experience an intellectual, physical & emotional workout format that will leave you spell bound & asking why didn't I think of that? This will be one of the highlights of your weekend.

SA19 Aqua Therapy Conditioning: Mo Hagan
Conditionnement thérapeutique
2 - 4pm (Lounge)

Increase pool usage, expand programming repertoire & broaden market groups by offering classes, extra fee programming & personalized training for rehab conditioning & anti-aging. In this practical session learn to utilize the properties of water & to program for various rehab conditions: arthritis, chronic back pain & common overuse injuries. Develop a heightened awareness of injury management & prevention.

4 - 4:15pm / 16h00 - 16h15

Quick Change to next informative session
Changement rapide, vers la prochaine session

Sat May 31 from 4:15 - 6pm
samedi le 31 mai de 16h15 à 18h00

SA20 Aqua Nia: Shelagh Noonan
4:15 - 5pm (Combo Pool) 5:15 - 6pm (S Gym)

An energetic cardio exercise program which combines 3 dancing arts (Jazz, Modern, 'Duncan', 3 martial arts (Aikido, Tae Kwon Do & Tai Chi) & 3 healing arts (Yoga, Feldenkrais & Alexander Technique). Move at your own pace & comfort to eclectic & inspiring music - for all levels.



SA21 Aqua Yoga: Catherine Morisset
4:15 - 4:45pm (S Gym) 5 - 6pm (Combo Pool)

Learn simple moves & sequences for a total mind/body workout based on ancient Yoga poses. Improve strength, flexibility, balance, stability, focus & agility through flowing poses with water significant benefits & challenges. Learn how to integrate these ideas into your classes.

SA22 Deck Tech-Fine Tuning: M. Hagan & D. Dieterich
Technique d'enseignement - ajustements minutieux
4 -6pm (Lounge)

Paying attention to small details makes the difference between a good leader and a great one! Learn to handle demanding participants with a smile & a song. Keep your teaching fresh & alive. Practice enhancing movement execution & communication skills. Fine tune it all!

6 - 6:15pm / 18h00 - 18h15
Quick Change to next informative session
Changement rapide, vers la prochaine session

Sat May 31 from 6:15 - 7pm
samedi le 31 mai de 18h15 à 19h00

SU23 Fishy Tricks Class: M-F. Hebert, L. Marr, J. Queen
Queues de poissons
6:15 - 7pm (Combo Pool)

Three wild & crazy instructors, one pool & a few hundred aquafitness leaders & participants. Try it, you'll like it, fishy tricks & all!



SUNDAY'S SIZZLING SESSIONS
LES SESSIONS PALPITANTES DU DIMANCHE

Sun June 1: CALA Registration reopens from 7:30am
dimanche le 1er juin: inscription CALA, ré-ouverture à 7h30

Sun June 1 from 8 - 8:45am
dimanche le 1er juin de 8h00 à 8h45

SU24 Retro Aqua Abba Class: Dylan Harries
Classe Rétro Aqua Abba
8 - 8:45am (Combo Pool)

A blast from the past! Groove to the electric beat of the Abba generation. Learn new alternative moves & add a disco twist just for fun. Let your body dance in water to the retro rhythm.

Sun June 1 from 9 - 11am
dimanche le 1er juin de 9h00 à 11h00

SU25 Athletic Aqua Kick Box: S. Noonan & D. Hatch
Aqua Kick Box Athlétique
9 - 10am (Combo Pool) 10:15am - 12pm (S Gym)

The title says it all, combine boxing & kicking moves with an athletic focus & watch the water boil. Geared to the intermediate-advanced participant, learn to progress from strong, simple kick box moves to more complex patterns which challenge the mind & body. Find your core strength, then add the jab, hook & upper cut.

SU26 Ai Chi: Sharon Burns**9 - 9:45am (S Gym) 10 - 11am (Combo Pool)**

This program of gentle movements is designed for therapeutic & relaxation purposes. The history & application of the program including progressions for introducing it to your groups will be discussed. You will have an opportunity to experience a 'modified' Ai Chi class. The conference pool is 27.5 - 28°C, this program requires 29 - 30°C water to be successful.

SU27 Aquafitness for Breast Cancer: Jasinkas/Richards**Aquaforme pour le cancer du sein****9 - 11am (N Gym)**

Address the medical concerns & special needs of breast cancer survivors, including health screening, post surgical issues, lymphedema, & exercising during cancer treatments. Learn the research about training progressions & discuss attitudes to illness, empowerment & self esteem.

11 - 11:15am / 11h00 - 11h15**Quick Change to next informative session****Changement rapide, vers la prochaine session****Sun June 1 from 11am - 1pm****dimanche le 1er juin de 11h00 à 13h00****SU28 Aqua Africana: Charlene Kopansky****Aquaforme Africain****11:15am - 12pm (Combo) 12:15 - 1pm (S Gym)**

South Africa still vibrant & alive, with the sound of drums resonating through her body, mind & soul, join Charlene for an exotic chest deep water experience which moves the body & the water in a most compelling & complementary manner. Back by popular demand, this session is a special treat!

SU29 Aqua Applied Anatomy 101: Marie-France Hebert**Anatomie appliquée 101****11:15 - 11:45am (S Gym) 12 - 1pm (Combo Pool)**

Review the major skeletal muscles & joint actions to create effective muscle toning classes. Know & feel what happens when you change a hand position. Develop the confidence to use muscle terminology when leading classes & designing safe, well balanced workouts.

SU30 Hey Baby! & Mom: Line Marr**Maman et bébé****11:15am - 1pm (N Gym)**

Learn the safety guidelines and modifications for healthy expectant participants who attend your regular aquafitness classes. See the moves demonstrated on dry land to simulate effective teaching techniques from the deck.

1 - 1:30pm / 13h00 - 13h30**CALA Booth, Networking, Quickie Lunch, Draw Prizes****Kiosque CALA, networking, casse-croûte, prix de présence****Sun June 1, 2003 from 1:30 - 3:30pm****dimanche le 1er juin de 13h30 à 15h30****SU31 Game On! Aqua Sport: David Hatch****Au jeu! l'Aqua Sport****1:30 - 2:30pm (Combo Pool) 2:45 - 3:30pm (S Gym)**

Combine sports choreography, intense cardio intervals & positive imagery to challenge water lovers physically, mentally & spiritually. The moves will emphasize two essentials in sports & activity - core stability & balance. Feel the thrill of victory with basketball, volleyball, soccer & baseball, aqua style.

SU32 "Crunch": Jennie Queen**1:30 - 2:15pm (S Gym) 2:30 - 3:30pm (Combo Pool)**

Experience the 'water equals weight' principle. Focus on movements that matter. Learn the lesson plan & implementation strategy & get participants 'aqua-pumped'. From propulsive plyometrics to sizzling suspension to awesome anchored moves your muscles will feel the burn.

SU33 Aqua New Wave: Marie-Claude Leblanc**1:30 - 2:30pm (Deep Pool) 2:45 - 3:30pm (N Gym)**

This session will integrate tai chi, yoga & pilates into the water environment. Learn basic moves from each discipline. See how you can integrate these moves into a regular class & learn to create a whole new aqua experience that enables you to feel the water like never before.

SU34 Older Adults: Beyond the Basics: C. Morisset**Aqua Aînés: en apprendre davantage****1:30 - 2:15pm (N Gym) 2:30 - 3:30pm (Deep Pool)**

Aquafitness for older adults - watered down? Quite the opposite: fitness & health go hand in hand: class design should be: fun, fun-ctional & fun-damental, bringing together knowledge about prevention of aging to control degenerative diseases such as arthritis, osteoporosis, heart disease & diabetes.

CREDITS (CONTINUING EDUCATION CREDITS):**CALA, CPTN, NSFLA, SPRA, YMCA & YWCA: 1 hour = 1 credit****CanFitPro: FIS, PT, PDS; credits awarded****OFC: 1.5 hour = 1 credit; attend all 3 days = 16 credits****BCRPA: Attend all 3 days = 23 BCRPA renewal credits**

Attend Fri May 30 = 7 BCRPA renewal credits

Attend Sat May 31 = 9 BCRPA renewal credits

Attend Sun June 1 = 7 BCRPA renewal credits

Application for credits is 'in process' with the following organizations: **AFLCA, MFC, SportPEI, NBCFAL, NLPRA, OKA, FKQ**

Visit www.calainc.org after April 15
for a complete listing of credits awarded



DETAILS

HOW TO REGISTER: Please print clearly. Keep a copy for your records. Select 1st, 2nd & 3rd choice for each time block. First come, first served. Pick up your receipt & session confirmation at the CALA registration booth on site. Registration opens at 10:30am on Friday, May 30, 2003 at the Etobicoke Olympium.

BY PHONE: 1-888-751-9823 or 416-751-9823

*Call for express registration using VISA or Mastercard. **Session choices are not taken by phone.** Send session choices in writing by mail or fax within one week of phone registration to maintain priority listing. To avoid duplicate billing, indicate you have preregistered by phone by checking off the box on the registration form stating "Check here if previously registered by phone".

BY FAX: 416-755-1832 - 24 hours a day.

Fax registration & session selection forms including credit card payment only. If you require confirmation that we received your registration, indicate this on your fax cover sheet & indicate a phone number for us to call to leave a voice mail message. **Do not fax registration form without a credit card number and expiry date.** Print clearly, if we cannot read your form, you may not get priority listing.

BY MAIL: Mail registration & session selection forms with payment (credit card -VISA or MC, cheque or money order) payable to CALA:

CALA Conference 2003 Registration
125 Lilian Dr., Toronto, ON, Canada, M1R 3W6

Payment must be included with each method of registration. Registrations without payment will be returned. If paying by cheque, use mail only, do not fax registration in advance.

CONFERENCE FEE INCLUDES ADMITTANCE TO ALL WORKSHOPS & HANDOUTS FOR THE SESSIONS YOU ATTEND, CEC'S FROM LEADING ASSOCIATIONS, UNLIMITED ACCESS TO TRADE SHOW, PROMOTIONAL ITEMS FROM EVENT SPONSORS.

CHOOSE ONE DAY ONLY, ANY TWO DAYS, OR ALL THREE DAYS!!!

NO SINGLE SESSIONS OR HALF DAY REGISTRATIONS AVAILABLE.

JOIN AS A CALA MEMBER OR RENEW YOUR CALA MEMBERSHIP NOW: \$52.43 TO TAKE ADVANTAGE OF THE MEMBERSHIP PRICES LISTED.

SEND PAYMENT WITH COMPLETED CONFERENCE REGISTRATION FORM, POST MARKED OR FAXED ON OR BEFORE MONDAY, APRIL 21, 2003 TO TAKE ADVANTAGE OF THE EARLY BIRD RATES.

EARLY BIRD REGISTRATION: on or before April 21, 2003

REGULAR REGISTRATION: between April 22, 2003 and May 16, 2003

LATE REGISTRATION: after May 16, 2003

GROUP DISCOUNTS: by fax or mail only! Groups of five or more are eligible for a group discount of \$10 per registration. Five or more complete registrations must be received at the same time (the same fax with credit card numbers & session choices or by mail with credit card & cheques & session choices, one form per person. If one person is paying by cheque, all completed forms must arrive together in mail.)

NSF OR RETURNED CHEQUES: NSF & returned cheques are subject to a \$42.80 admin fee.

CANCELLATION POLICY: All conference cancellations must be received in writing by fax or mail. on or before May 14, 2003. Your fee will be refunded less a \$53.50 admin fee. NO refunds will be given after May 14, 2003. No refunds or credits will be given for no shows or partial registrations.

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CALA REGISTRATION BOOTH HOURS:

Fri May 30, 10:30am - 9:00pm

Sat May 31, 7:30am - 7:00pm

Sun June 1, 7:30am - 3:30pm

*Conference packages & receipts available on site.

CONFERENCE VENUE: The Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON., Ph: 416-394-8111

PARKING is available on site, free of charge.

FRIDAY DINNER, SATURDAY & SUNDAY LUNCHES available. Suitable for vegetarians.

CHILD CARE is not available.

DIRECTIONS To The Etobicoke Olympium:

- From Highway 401 (traveling west): Take Hwy. 427 exit South. Move to right hand lanes, exit at Burnhamthorpe West. Proceed west to 2nd traffic light/Renforth Dr. Turn right (north), proceed west on Rathburn Rd (first traffic light). Turn left. Etobicoke Olympium is 400 meters down street, on north side.
- From Highway 401 (traveling east): Exit Renforth Drive South, proceed to Rathburn Rd (3rd set of traffic lights). Turn right on to Rathburn & Etobicoke Olympium is about 400 metres down street on north side.
- From Gardiner Expressway off QEW: Exit 427 North, follow signs for Rathburn Rd, taking Rathburn West. Proceed west on Rathburn, over highway approximately 1 km, past 2nd set of traffic lights. Etobicoke Olympium is on north side of Rathburn.

HOTEL very close to the OLYMPIUM:

Quote **CALA**, for best prices.

- Sandalwood Hotel & Suites, 5050 Orbitor Dr., Hot and cold breakfast included. Free shuttle from the airport. 1-800-387-3355, 905-238-9600

DETAILS

COMMENT S'ENREGISTRER: Veuillez écrire en caractères d'imprimerie. Gardez une copie pour vos dossiers. Choisissez un 1er, 2ème et 3ème choix pour chaque bloc de temps. Premier arrivé, premier servi. Vous obtiendrez vos reçu et confirmation de session au kiosque d'enregistrement de CALA, sur place. L'enregistrement ouvre à 10h30 le vendredi, 30 mai 2003, à l'Olympium d'Etobicoke.

PAR TÉLÉPHONE: 1-888-751-9823 or 416-751-9823

*Participez à l'enregistrement exprès, en utilisant votre VISA ou Mastercard. **Les choix de session ne seront pas acceptés par téléphone.** Veuillez prendre une décision sur les sessions que vous désirez, avant d'appeler à notre bureau. Merci! Envoyez vos choix de session par écrit, par la poste ou par télécopieur, moins d'une semaine après votre enregistrement par téléphone à fin de maintenir votre priorité. Pour éviter la facturation double, indiquez que vous vous êtes pré-enregistré par téléphone: simplement cocher la boîte indiquant "Check here if previously registered by phone".

PAR FAX: 416-755-1832 - 24 heures sur 24.

Envoyez le formulaire d'enregistrement et vos choix de session, y compris le paiement (par carte de crédit seulement.) Si vous avez besoin d'une confirmation, veuillez l'indiquer sur votre fax, ainsi qu'un numéro de téléphone où nous pourrions laisser un message à ce sujet. **N'envoyez pas votre formulaire par fax sans les numéro et date d'échéance de votre carte de crédit (VISA ou Mastercard.)** Imprimez clairement; s'il nous est impossible de lire votre formulaire, vous pourriez perdre votre priorité.

PAR LA POSTE: Faites parvenir vos formulaire d'enregistrement et choix de session avec votre paiement (VISA ou MasterCard, chèque ou mandat) payable à CALA, à l'adresse suivante:

CALA Conference 2003 Registration
125 Lilian Dr., Toronto, ON, Canada, M1R 3W6

Le paiement doit être inclus avec chaque enregistrement. Les enregistrements sans paiement seront retournés. Si vous désirez payer par chèque, l'enregistrement doit être envoyé par la poste - non par fax.

CHOISISSEZ UNE JOURNÉE SEULEMENT. LES DEUX JOURS QUE VOUS PRÉFÉREZ, OU LES TROIS JOURS!!!

IL N'EST PAS POSSIBLE DE S'INSCRIRE POUR SEULEMENT UNE SESSION, OU UNE DEMI-JOURNÉE.

DEVENEZ MEMBRE DE CALA, OU RENOUVELLEZ VOTRE ABONNEMENT: \$52.43 POUR POUVOIR PROFITER DES AUBAINES OFFERTES AUX MEMBRES DE CALA.

ENVOYEZ VOTRE PAIEMENT ET VOTRE FORMULAIRE D'ENREGISTREMENT PAR FAX OU PAR LA POSTE, DATÉ DU 21 AVRIL AU PLUS TARD, POUR PROFITER DES RABAIS D'INSCRIPTION À L'AVANCE.

INSCRIPTION À L'AVANCE: le 21 avril 2003 au plus tard
INSCRIPTION À PRIX RÉGULIER: entre le 22 avril et le 16 mai, 2003
INSCRIPTION EN RETARD: après le 16 mai, 2003

RABAIS POUR GROUPES: par fax ou courrier seulement! Les groupes de cinq ou plus peuvent obtenir un rabais de \$10 par enregistrement. Cinq enregistrements complets, ou plus, doivent être reçus en même temps (par le même fax, avec les numéros de carte de crédit et les choix de session, ou par la poste avec numéros de cartes de crédit ou chèques et choix de session - un formulaire par personne. Si une personne paye par chèque, tous les formulaires doivent être envoyés ensemble, par la poste.)

CHÈQUES SANS PROVISIONS: frais d'administration de \$42.80

POLITIQUE D'ANNULATION: Toute annulation doit être transmise par écrit au plus tard le 14 mai, et sera sujette à des frais d'administration de \$53.50. Aucun remboursement après le 14 mai, 2003. Aucun remboursement ne sera offert en cas d'absence, ou d'enregistrement partiel.

CALA KIOSQUE D'INSCRIPTION:

Vendredi le 30 mai, 10h30 à 21h00

Samedi le 31 mai, 7h30 à 19h00

Dimanche le 1er juin, 7h30 à 15h30

*Trousse de Conférence & reçus seront disponibles sur place.

SITE DE LA CONFÉRENCE: The Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON., Ph: 416-394-8111

SOUPER DU VENDREDI, ET DINERS DU SAMEDI ET DIMANCHE seront disponibles. Acceptable pour les végétariens.

LA GARDE POUR ENFANTS ne sera pas disponible.

HOTEL

- Sandalwood Hotel & Suites, 5050 Orbitor Dr. "pour CALA"
1-800-387-3355, 905-238-9600



Bettina Heinrich

REGISTRATION FORM

CALA Conference 2003, Fri. May 30 - Sun. June 1
Clearly indicate 1st, 2nd & 3rd choices per time block. Print clearly. First come first served.

This is my
 home address club address

Check here if this is a new last name.
 Previous name: _____

Check here if you previously phoned in your registration.

CALA
 125 Lilian Dr., Toronto, ON, Canada M1R3W6
 ph:1-888-751-9823 local: 416-751-9823
 fax: 416-755-1832 e-mail: cala@interlog.com

Waiver of Liability

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc. (CALA), the facilities and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and 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, and that I am physically fit and do not suffer from any disability, physical ailment or taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above; and that I am of legal age to execute this form as a legal document.

Signature _____

Print Name In Full _____

Date _____



First Name: _____ Last Name: _____

Address: _____

City: _____ Province/State: _____

Country: _____ Postal Code: _____

Tel/Home: () _____ Work: () _____

Fax: () _____

email: _____

Registration Fees / Payment Options (write clearly):

Cheque: Money Order: Credit Card: Visa Mastercard

_____ exp. _____

Authorization Signature: _____

Name on Card: _____

	One Day	Two Days	Three Days
EARLY BIRD Members	\$119	\$159	\$229
before 04/21 Non-Members	\$149	\$189	\$259
REGULAR Members	\$139	\$179	\$249
04/22 - 05/16 Non-Members	\$169	\$209	\$279
LATE REGISTRATION after 05/16	\$209	\$249	\$319
*Call one week prior			
TOTAL (add 7% GST)			



Fri May 30: 12:00pm - 2:00pm

- FR01 Aqua Rock
- FR02 Liquid Muscle - ABS
- FR03 Centre of Excellence I

Fri May 30: 2:00pm - 4:00pm

- FR04 Super Set Aqua
- FR05 Music to Life - Part II
- FR06 Centre of Excellence II

Fri May 30: 4:00pm - 6:00pm

- FR07 Aqua Motion
- FR08 Aqua Choreography
- FR09 Marketing a PT Business

Fri May 30: 8:00pm - 9:00pm

- FR10 Disco Daze Class

Sat May 31: 9:00am - 11:00am

- SA11 Tethered Training
- SA12 Water Strength: Aqua Bells
- SA13 Functional Training

Sat May 31: 11:00am - 1:00pm

- SA14 Aqua Spin Part I & II
- SA15 Boot Camp-Interval Training
- SA16 Arthritis & M.S. Update

Sat May 31: 2:00pm - 4:00pm

- SA17 Aqua Flow
- SA18 Essential Elements
- SA19 Aqua Therapy Cond.

Sat May 31: 4:00pm - 6:00pm

- SA20 Aqua Nia
- SA21 Aqua Yoga
- SA22 Deck Tech-Fine Tuning

Sat May 31: 6:00pm - 7:00pm

- SA23 Fishy Tricks Class

Sun June 1: 8:00am - 9:00am

- SU24 Aqua Abba Class

Sun June 1: 9:00am - 11:00am

- SU25 Athletic Aqua Kick Box
- SU26 Ai Chi
- SU27 Aqfit. for Breast Cancer

Sun June 1: 11:00am - 1:00pm

- SU28 Aqua Africana
- SU29 Applied Anatomy 101
- SU30 Hey Baby! & Mom

Sun June 1: 1:30pm - 3:30pm

- SU31 Game On! Aqua Sport
- SU32 "Crunch"
- SU33 Aqua New Wave
- SU34 Older Adults

FORMULAIRE D'ENREGISTREMENT

Conférence CALA 2003, vendredi le 30 mai, samedi le 31 mai, dimanche le 1er juin.

Indiquez vos premier, deuxième, et troisième choix, par bloc de temps. Ecrivez clairement. Premier arrivé, premier servi.

Ceci est l'adresse de

__ mon domicile __de mon club

__ Check here if this is a new last name.

Previous name: _____

__ Indiquez si vous vous êtes aussi enregistré par téléphone.

CALA

125 Lilian Dr., Toronto, ON, Canada M1R3W6
ph:1-888-751-9823 local: 416-751-9823
fax: 416-755-1832 e-mail: cala@interlog.com

Formulaire de Renonciation

Je consens à dégager de, à acquitter, à assurer contre et à rendre innocent à jamais Canadian Aquafitness Leaders Alliance Inc., (CALA), les installations et tous les fondateurs, tous les promoteurs et leurs représentants et leurs successeurs et leurs cessionnaires, toutes les demandes, toutes les déclarations de sinistre et toutes les dépenses quelles qu'elles soient, à cause des dommages ou des pertes de biens, de la préjudice physique ou mentale ou de la mort.

J'avoue que j'ai suivi un programme d'entraînement physique, et que je suis en pleine forme et que je n'ai ni incapacité ni affection et que je ne prends nul médicament qui me ferait du mal ou qui limiterait mon participation.

J'affirme par la présente déclaration que j'ai lue avec soin, que je comprends complètement et que j'admets ce qui se trouve au-dessus; que je suis majeur pour signer ce formulaire comme document officiel.

Signature _____

Nom complet _____

Date _____

Prénom: _____ Nom: _____

Adresse: _____

Ville: _____ Province/État: _____

Pays: _____ Code Postal: _____

Tél/Maison: () _____ Travail: () _____

Fax: () _____

email: _____

Registration Fees / Payment Options (write clearly):

Cheque: Mandat Poste: Credit Card: Visa Mastercard

_____ éch. _____

Authorization Signature: _____

Nom sur la carte: _____

	One Day	Two Days	Three Days
EARLY BIRD Members	\$119	\$159	\$229
avant 04/21 Non-Members	\$149	\$189	\$259
REGULAR Members	\$139	\$179	\$249
04/22 - 05/16 Non-Members	\$169	\$209	\$279
LATE REGISTRATION	\$209	\$249	\$319
après 05/16			
*téléphoner une semaine avant			
TOTAL (+ 7% GST)			



Ven le 30 mai: 12h00 - 14h00

- FR01 Aqua rock
 FR02 Muscles Liquides
 FR03 Centre d'excellence: Partie I

Ven le 30 mai: 14h00 - 16h00

- FR04 Aquaforme intense
 FR05 La musique prend vie - II
 FR06 Centre d'excellence: Partie II

Ven le 30 mai: 16h00 - 18h00

- FR07 Aqua bouge
 FR08 Chorégraphie aquatique
 FR09 Se lancer en affaire

Ven le 30 mai: 20h00 - 21h00

- FR10 Classe aqua disco

Sam le 31 mai: 9h00 - 11h00

- SA11 Entraînement accroché
 SA12 La force dans l'eau
 SA13 Entraînement fonctionnel

Sam le 31 mai: 11h00 - 13h00

- SA14 Aqua-vélo Partie I & II
 SA15 Entraînement par intervalles
 SA16 Arthrite et sclérose

Sam le 31 mai: 14h00 - 16h00

- SA17 Aquaforme gracieux
 SA18 Éléments essentiels
 SA19 Conditionnement thérapie.

Sam le 31 mai: 16h00 - 18h00

- SA20 Aqua nia
 SA21 Aqua yoga
 SA22 Ajustements minutieux

Sam le 31 mai: 18h00 - 19h00

- SA23 Queues de poissons

Dim le 1 jun: 8h00 - 9h00

- SU24 Classe aqua Abba

Dim le 1 jun: 9h00 - 11h00

- SU25 Aqua kick box athlétique
 SU26 Ai Chi
 SU27 Aqua - cancer du sein

Dim le 1 jun: 11h00 - 13h00

- SU28 Aquaforme africain
 SU29 Anatomie appliquée 101
 SU30 Maman et bébé

Dim le 1 jun: 13h30 - 15h30

- SU31 Au jeu! Aqua sport
 SU32 "Crunch"
 SU33 Aqua new wave
 SU34 Aqua aînés



PRESENTER BIOGRAPHIES

Meet our talented team of local, national and international aquafitness and aquatic rehabilitation experts!

Sharon Burns In Aqua tics for 20 years & adult education for 15 years, Sharon's degree in Psychology: Dalhousie U., has helped her to motivate & support those she has trained. With Accreditation in Reiki & Craniosacral techniques, Sharon specializes in aquatic therapy. Her nature to nurture growth & development draws people to her.

Darin Dieterich, B.PE CALA certified & one of Europe's most energetic & inspirational fitness leaders, originally from N. California, now based in Munich, Germany. Darin, owner & director of ATTACK 2000 & LEAD, consultant for Venice Beach Elementals program, too many awards to mention in this small space... just come to see him - he rocks!

Dylan Harries, B.Rec., B.Sc. (HK) four-time Artistic Roller Skating Champion & World Team Member. Health & Fitness Director at DRA, Ottawa. Renowned Athletic Trainer & Consultant to figure skaters on US Senior Team, Canada Junior Team & Disney On Ice. Certified CALA, CFP, AEA, YMCA, CPTN, SPI, Mad Dog Athletics & NCCP.

Marie-France Hebert, (Bilingual) B.Sc. Phys.Ed. CALA & YMCA certified, Marie-France has over ten years of experience in the fitness industry. Apprentice CALA trainer & YMCA trainer, Marie-France works as a YMCA Fitness Director in Montreal. She also teaches the YMCA aquafitness instructor course & has been presenting workshops for 5 years.



Connie Jasinskas



David Hatch



Marie-France Hébert

Maureen Hagan, BScPT, BA(PE), ACE, CALA & CanFitPro certified Director of Education for CanFitPro & a trained physiotherapist & has 20 years of teaching experience. Sponsored Adidas Athlete, 1996 Educator of the Year for Bodylife Germany, 1998 IDEA International Program Director of the Year & an author of "FIT-ology: the study of fitness in action".

David Hatch, B.P.H.E (N.E. Oklahoma), Dip. in Fitness & Lifestyle Mgmt., George Brown, CALA, CFP, Reebok Studio Cycle certified, apprentice CALA trainer. A former provincial & NCAA athlete, David shares the emotion, passion & intensity of high level performance with his participants. Fitness Program Coordinator at Manulife.

Bettina Heinrich, B.P.H.E. the first German-CALA trainer, certified with Speedo, SAFS-BETA, LEAD (Germany) and a qualified personal trainer, winner of "Aquafitness Presenter of the Year 2002: Germany, Austria & Switzerland". Bettina recently moved to New York to join her 'sweetie' & will no doubt be training more often for CALA in Canada.

Connie Jasinskas, B.Sc. B.Ed. M.Sc. International presenter, author & speaker through: For the Love of Fit. Promoting excellence in health & fitness since 1981. Areas of expertise: aquatic rehab, applied anatomy, exercise physiology, fitness & pregnancy, exercise design. CALA Master Trainer, CALA, CFP, OFC, PFLC certified.



PRESENTER BIOGRAPHIES

Meet our talented team of local, national and international aquafitness and aquatic rehabilitation experts!

Charlene Kopansky, BSc. H. K., B.Ed. PHE, Sc. President & Founder of CALA, author & international presenter - Germany, England, Brazil, Australia, South Africa, Trinidad & Tobago, Mexico, D.R.. Popular for her incredible energy, passion & in depth knowledge. Certified CALA, CFP, OFC. National Trainer & CEC provider. Top Bodylife Presenter, Who's Who of Canadian Women in Fitness; Leader of the Year, OFC; Instructor of the Year, Fitness Institute.

Chantal Laporte (Bilingual) has a degree in athletic therapy & is CALA & YMCA certified. Currently her role as fitness director enables her to personally coach, evaluate & train many instructors of varied backgrounds. An apprentice trainer for CALA and past trainer for the YMCA, Chantal has over 10 years experience in the industry.

Marie-Claude Leblanc (Bilingual), B.Sc. Kin, PT, CALA trainer, YMCA certified with 10+ years experience in fitness & rehab. Executive Director of Quebec Kinesiologist Federation, responsible for the CF-FACA program at U. of Montreal, Marie-Claude does personal training & rehab business (H2O Sante) while pursuing a masters at U. of M. in medicine.

Line Marr, (Bilingual) 14 years in Fitness..Trainer for CALA, Certified CALA & CanFitPro Personal Trainer & Group Fitness Instructor. Director at Château Cartier Relais/Resort Health Spa. Honours: Algonquin College Fitness & Lifestyle Mgmt. Clear presentation style & humour. An infectious enthusiasm for performance skills & aquatic exercise.

Shelagh Noonan, B.A., B.Ed., CALA, BCRPA & CPAFLA certified aquafitness, fitness instructor & consultant, brings her passion for fitness & whole body wellness. With a purple belt in TawKwon Do & a blue belt in Nia, Shelagh works in an internationally know Destination Spa. A believer of "through movement we find health", Shelagh offers an alternative to outlook.



Shelagh Noonan

Catherine Morisset (Bilingual), CALA, RA LifeFIT & YMCA-YWCA trainer. With 20 years experience in fitness, Catherine specializes in aging prevention & mind-body fitness. A regular writer for various magazines, Catherine also designs specialty programs for national associations, teaches Yoga & runs a personal training business in Ottawa.

Jennie Queen, a Fitness & Lifestyle Consultant & Programming Speciality with over 12 years in aquafitness. CALA certified, CALA trainer with numerous aquatic & fitness qualifications & a diploma in Early Childhood Education, Fitness & Nutrition, Jennie runs over 80 classes per week. Her enthusiasm for water & fitness is contagious: come experience the synergy.



Darin Dietrich

Pat Richards, BPHE, BEd., CALA Certified, CALA Trainer conducts water training at University of Guelph with special populations (osteoporosis, MS, CP, MD, muscular atrophy, stroke, diabetes, arthritis, FMS). Fitness Director, University of Guelph, coordinating land & water programs.

