



125 Lilian Dr. • Toronto, ON M1R 3W6 • Tel: (416) 751-9823 • 1-888-751-9823 • Fax: (416) 755-1832 • [cala@interlog.com](mailto:cala@interlog.com) • [www.calainc.org](http://www.calainc.org)

## REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

CALA "Exclusively Water" 2007  
Kitchener Conference

Address: \_\_\_\_\_

This is my:  
 home address  club address

City: \_\_\_\_\_ Province/State: \_\_\_\_\_

Check here if this is a new last name.

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Previous name: \_\_\_\_\_

Tel/Home: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_

Check here if you previously phoned in  
your registration.

Fax: ( ) \_\_\_\_\_ email: \_\_\_\_\_

Registration Fees / Payment Options (write clearly):

Cheque:  Money Order:  Credit Card:  Visa  Mastercard

# \_\_\_\_\_ exp. \_\_\_\_\_

Authorization Signature: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Membership must be current as  
of conference date to enjoy the  
membership prices listed.

Clearly indicate 1st, 2nd and 3rd choices  
per time block. Print clearly. First come  
first served.

### SAT MAR 24, 8:45am-12pm

- SAT-1: Aqua PT OR
- SAT-2: Celtic Energy OR
- SAT-3: Stretch Fusion\*

### SAT MAR 24, 1:30-4:45pm

- SAT-4: Kick Box OR
- SAT-5: Interval Circuit OR
- SAT-6: HydroWarrior/Fibro\*

### SAT MAR 24, 5:00-6:00pm

- SAT-7: Class Act OR
- SAT-8: Silence Class OR
- SAT-9: Aqua Dance 101\*

### SUN MAR 25, 8:30-11:45am

- SAT-10: Noodles OR
- SAT-11: AIM OR
- SAT-12: Aqua Pilates\*

### SUN MAR 25, 12:00-1:00pm

- SAT-13: Rehab Panel OR
- SAT-14: Arms, Abs... OR
- SAT-15: Posture\*

### SUN MAR 25, 2:15-4:30pm

- SAT-16: Aqua Abs OR
- SAT-17: Intensify OR
- SAT-18: Stretch Wet\*

		Sat only	Sun only	Sat/Sun	
EARLY BIRD before 02/24	Members	\$159	\$159	\$199	<b>One Day Only:</b> Sat. OR Sun. - includes sessions, handouts, 8 CALA CECs, lunch & trade show
	Non-Members	\$179	\$179	\$219	
REGULAR 02/24 - 03/18	Members	\$189	\$189	\$229	<b>Both Days:</b> Sat + Sun. - includes sessions, handouts, 16 CALA CECs lunch & trade show
	Non-Members	\$199	\$199	\$239	
LATE REGISTRATION on site: after 03/18 Call to confirm space is available	Members	\$219	\$219	\$259	
	Non-Members	\$239	\$239	\$269	

YOU MUST BRING YOUR OWN FLOTATION BELT TO THE CONFERENCE.

**LUNCH FEE** (included) Saturday and Sunday



**CALA MEMBERSHIP** Join or renew now to enjoy conference savings. (add \$49)

**TOTAL** (add 6% GST)

### 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 \_\_\_\_\_

The Canadian Aquafitness Leaders Alliance Inc. presents

# “EXCLUSIVELY WATER” CALA- KITCHENER CONFERENCE MARCH 24TH AND 25TH 2007

- Registration starts at \$159 • Choose from 18 different sessions
  - Earn educational credits (CECs) • Enjoy nutritious lunches • Shop at the Trade Show
  - Recreational & Therapeutic Pools • Observe ‘on deck’ &/or get in the water
- Special Note: Max # in warm water pool sessions is 20, so register fast!

Forest Heights Pool, 255 Fisher-Hallman Rd., Kitchener, ON. N2M 4X8 Tel. 519-741-2493

This conference is designed for - Personal Trainers, Aquatic Post Rehabilitation Exercise Specialists; Group Aquafitness Leaders; Water Running Coaches; Kick Box Enthusiasts, Marshal Arts Practitioners, Pilates & Yoga Participants, Aspiring Leaders, Aquafitness Participants, Aquatic/Fitness Programmers, Coordinators & Managers

**EARLY BIRD REGISTRATION - BEFORE FEBRUARY 24, 2007**

## Mission Statement:

The Canadian Aquafitness Leaders Alliance Inc. is dedicated to providing high quality training, certification and a communication network for vertical water training leaders, water running coaches, personal trainers, kick box professionals and aquatic post rehabilitation specialists. CALA promotes professionalism and excellence through careful integration of the mind, body and spirit.



# CALA

125 Lillian Dr. • Toronto, ON M1R 3W6

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[www.calainc.org](http://www.calainc.org)

# OUR PROFESSIONAL LINE UP OF PRESENTERS

**Angela Curry, Bsec (med)/Phlebotomy, Fitness Management, CALA, CFP F.I.S., C.O.R.E., M.B.S., NSFA P.T., WTF Red/Black Stripe TaeKwonDo.** Fitness Program Coord & Personal Training Supervisor at Acadia U. In the fitness industry for 20 years, she welcomes the challenge of teaching & mentoring new leaders, providing "new & renewed" energy to her classes & training the CALA Course on a regular basis. Having traveled to Korea & Japan to compete in the World TaeKwonDo Championships, she now brings her kicks & punches to the water, providing power & enjoyment with a bit of an H2O twist.

**Janet Davis, PT.** An owner/operator of a sports physiotherapy clinic, she has her sports certificate from the Sports Physiotherapy Division & treats athletes at the provincial, national, & international level. A STOTT certified Pilates instructor in reformer & mat & Pilates certification specialist for CPTN. CALA certified Aquafitness instructor/trainer in the Healing Waters Program. With her involvement as a clinical lecturer at U of T & lecturing for various affiliations, education & exercise to prevent injury & enhance performance has become one of her lifetime goals.

**Laurie Denomme B. Kinesiology** is an international presenter known for blending creative yet functional fusion programming. ACE, AEA, AFAA, CanFit Pro, & CALA certified Laurie shares her passion for aquatic exercise delivering quality education as an AEA Training Specialist and Co-Author/Director of Program Development for Aquatic Options Education.

**Dylan Harries, B. Rec., B.Sc. (HK), C.A.T.** is a former Artistic Roller Skating Champion & world team member, with over 14 years of fitness experience. Executive Director for Body Rock Fitness, a Fitness Program Consultant for City Of Ottawa & a Course Conductor for the Fitness & Lifestyle Management Program at Algonquin College, Dylan is a renowned Athletic Trainer/Inter-national Fitness Presenter (England, USA, Canada) & Choreographer (Figure Skating & Sport Aerobics). Can Fit Pro (PTS/FIS), CALA, YMCA, Exter-Ball, Bosu (Balance Trainer), SPI (2), Mad Dog Athletics and NCCP (2) certified.

**Karl Notargiovanni, B.FA. Choreography; CALA; Massage Therapist, AMPQ.** Blending several disciplines including Massage Therapy; Dance Yoga-Tai; Bodywork; Yoga & Somatic Techniques, Karl has developed a unique connection between movement, memory & imagery, encouraging the practice of engaging the mind through body consciousness. Teaching for over 10 years, Karl is an Aqua-fitness Coordinator in Lachine and Lasalle. In 2006, Karl helped to organize the Aqua Arthritis Jamboree, a Forester's Big Swim fund raising event promoting awareness of arthritis through aquatic activities.

**Connie Jasinskas, B.Sc., B.Ed., M.Sc. PFLC, CFP, CALA Master Trainer, Certified Laughter Yoga Leader.** For 25+ years, Connie has been providing leadership training for people involved with health & fitness. Educating international audiences in the UK, Europe, she works with "regular" people, as well as those who have had MVA's, workplace injuries, arthritis, FMS, osteoporosis, & back pain. Author of several CALA course manuals, Connie is well known for her ability to make complex information practical & easy to understand with sessions that are relaxed, enjoyable, & packed with useful information.

**Pat Richards, BPHE, BEd.** Pat is an instructor & CALA trainer. She works with special needs clients to elite athletes. Pat has a passion for water exercise & knows it is a most effective way to train competitive athletes, the disabled & those seeking recreational level fitness. She coaches a Dragon Boat Team of Breast Cancer Survivors. Involved in the fitness industry for 30 years & at Guelph U. for 21, Pat is also a Level III Certified Volleyball Coach & partially certified at Level IV. She is also the founder of Gryphon Activity Camp. She believes that all people, young and older, are happiest when they are active.

**Kathy Zador** taught in the school system for over 30 years. CALA Certified in Healing Waters, Kathy has enjoyed a lifetime involvement with water, swimming, boating & beach life-guarding. She currently leads a successful community based 'Fibro Moves' program for City of Kitchener pools.

## EXCLUSIVELY WATER CONFERENCE DETAILS

### CREDITS (CONTINUING EDUCATION CREDITS):

visit our website for updated Credit listings

**CALA:** 1 hour = 1 credit; Full conference = 13

**AFLCA:** visit [www.calainc.org](http://www.calainc.org) for specific credits listed

**CanFitPro:** approved for credits – visit site for update on CEC's

**BCRPA:** Earn 12 BCRPA renewal credits, 6 per day

**OFC:** Earn 12 OFC credits, 6 per day

**NSFLA, SPRA, MFC, SportPEI, NBCFAL, NLPRA:** 1 hour = 1 credit

**YMCA & YWCA:** All workshops are approved for credits

**NSF OR RETURNED CHEQUES:** NSF & returned cheques are subject to a \$53 admin fee.

**CONFERENCE FEES INCLUDE:** Assigned sessions, a conference manual, lunch, trade show, CEC's.

**CANCELLATION POLICY:** All conference cancellations must be received in writing by fax or mail on or before Feb. 24, 2007. Your fee will be refunded less a \$53 admin fee. NO refunds or credits will be given after Feb. 24, 2007. No refunds or credits will be given for no-shows or partial registrations.

**CALA REGISTRATION BOOTH AND TRADE SHOW HOURS:** Sat. March 24, 7:30am-6pm and Sun. March 25, 7:30am-5pm

**ACCOMMODATIONS:** Visit: [www.kw-visitor.on.ca](http://www.kw-visitor.on.ca) or phone Kitchener Tourism: 1-800-265-6959

**CONFERENCE VENUE:** The Forest Heights Pool and High School, 255 Fisher-Hallman Rd., Kitchener, ON. N2M 4X8. For Directions or visit Mapquest: For facility information: Tel. 519-741-2493. PARKING is FREE on site. CHILD CARE is Not available.

**BRING YOUR OWN ENERGY BOOSTS OR SNACKS:** Limited access to food, lunch is provided.

**EQUIPMENT:** You MUST bring your own flotation belt.

### HOW TO REGISTER:

**BY PHONE:** 1-888-751-9823 or 416-751-9823 \*Call for express registration using VISA or Master Card. Decide your session choices before you call the CALA office. 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 pre-registered (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 or email for us to contact you. Do not fax registration form without a credit card number & expiry date. Print clearly, if we cannot read your form, you will 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 Kitchener Conference 2007 Registration, 125 Lilian Dr., Toronto, ON, Canada, M1R 3W6. Payment must be included with each method of registration. Registrations without payment will not be processed.

**NOTE:** If paying by cheque, use mail only, do not fax registration in advance.

### CHOOSE ONE DAY ONLY OR BOTH DAYS!!!

- No single sessions or half day registrations available.
- Join as a CALA member or renew now: \$51.94 - take advantage of membership prices listed.
- Send payment with registration form, post marked or faxed on or before Feb. 24, 2007 for early bird rates.

Pick up your receipt & session confirmation at the CALA registration booth on site. Registration opens at 7:30am on Sat, March 24 at the Forest Heights Pool, Kitchener, Ontario.

# SENSATIONAL SESSIONS

NOTE: SESSIONS WITH AN ASTERISK \* WILL ONLY HOLD 20 PEOPLE! REGISTER EARLY.

ON SATURDAY MAR. 24, 2007

7:30AM-8:45AM: REG/INFO DESK & CALA BOOTH OPEN

8:45am-12pm: Morning Sessions to Choose From:

**SAT-1 Aqua Personal Training (active theory/pool): Jasinskas (100 max)** Consider factors necessary to launch a successful aqua personal training business. Discuss required certifications, target markets, screening & liability forms, facility access, business practices, & fee structure. Review client assessment strategies, exercise prescription, & techniques for tracking progress. A practical pool session will utilize a case study approach to practice aqua personal training skills.

or

**SAT-2 Celtic Energy Groove (pool/active theory): Notargiovanni (100 max)** Learn simple ways to transform your aqua routine into a fun choreography experience. With Celtic music for inspiration, explore how to build combinations using repetition, alternating dynamics & syncopated movement, all flowing with smooth transitions. Get a fresh take on aqua fitness & get inspired to think outside the box.

or

**SAT-3 Stretch Fusion II\* (active theory/warm pool): Denomme (20 max)** Revitalize your flexibility programming with active stretch & core training combinations. Integrate Yoga postures & diagonal movement patterns guaranteed to decrease joint & muscle pain. Movements will simultaneously increase balance, muscular endurance & joint range of motion.

12PM-1:30PM: LUNCH PROVIDED & TRADE SHOW

1:30pm -4:45pm: Early Afternoon Sessions to Choose From:

**SAT-4 Kick Box Water Workout (active theory/25m pool): Notargiovanni (100 max)** Learn how to turn a regular aqua fitness class into a dynamic kick box water workout. Incorporate punches, slices, knees & kicks to motivate & challenge participants while kicking up the intensity. Learn how to increase the force of movement by playing with the principals of water. Explore resistance using strength, speed, breath & core power.

or

**SAT-5 Interval Circuit Blockbuster (25 m pool/active theory): Curry (100 max)** Experience a combination of muscular conditioning circuits, interspersed with intervals of cardiovascular conditioning - including both aerobic and anaerobic training. See how Angie effectively uses Cue Cards to add another dimension to this exhilarating class which is suitable for chest deep and deep water classes.

or

**SAT-6a New Hydro Warrior Dance\* (warm pool/active theory): Harries (20 max)** Let the wave flow over you, and connect with the water energy. It is constant and powerful. This workshop is based on modified Chuan and Chi Kung Tai Chi. You will experience a series of graceful, powerful, slow and fast movements built within a cardio workout. Learn how to incorporate Tai Chi into your water fitness program.

and

**SAT-6b Community Fibro Moves\* (active theory/warm pool): Zador (20 max)** Discuss how to develop, design, market and run a community based Fibro Moves Program. Experience moves & combinations of moves appropriate for clients with Fibromyalgia. Learn the special considerations required with respect to exercise progression, design & flow for this group.

5pm -6pm: Late Afternoon Sessions to Choose From:

**SAT-7 Class Act: Group Aqua Instructor Excellence (active theory): Jasinskas (100 max)** Leaders frequently complain about class members who focus all their concentration on conversation & none on actual participation or technique. Identify key obstacles to participant engagement. Discuss and practice a variety of techniques to bring your class to attention with dignity & mutual respect. You & your participants will love the results!

or

**SAT-8 Silence Speaks Volumes (25m pool): Curry & Notargiovanni (100 max)** More inspiration than even you will be able to stand. Angie will take you to the Far East and Karl will get you kicking up your heels to Celtic tunes. An amazing class taught with absolutely no words, expressive sounds possibly, but no words. Watch these CALA professionals in action and leave exhausted and extremely happy.

or

**SAT-9 Aqua Dance 101\* (warm pool): Harries (20 max)** Let your body go & move those hips & shoulder to the beat of the music. This warm water shallow water class will focus on bridging & linking different movements together to develop some amazing choreography. Get inspired through the use of music. See you on the liquid dance floor for this new age class that you won't forget.

ON SUNDAY MAR. 25, 2007

7:30AM-8:45AM: REG/INFO DESK & CALA BOOTH OPEN

8:30AM-11:45AM: MORNING SESSIONS TO CHOOSE FROM:

**SUN-10 Noodle Challenge/Seniors & Noodles (active theory/25m pool): Harries/Jasinskas (100 max)** Experience the Great Canadian Noodle Challenge designed by Dylan, to achieve improvements in MSE, balance & flexibility. Learn cues to accommodate different fitness/skill levels. Connie will discuss why resistance training is an essential component in maintaining health while aging. Learn how to design noodle based M.S.E. exercises for seniors. Experience a chest deep session that demonstrates a variety of moves for seniors.

or

**SUN-11 Aqua Infused Martial Arts (AIM) (25m pool/active theory): Curry (100 max)** Take a look at the Arts from the East; the wealth of movements & ideas that have stood the test of time. Combine punches & blocks, kicks & ki-haps, & basic taikwondo, kickbox, tai chi, yoga mix with a mindful focus & awareness; 'building strength and agility while building character'. Discover ways to teach both familiar & new moves with a positive attitude. Experience a taste of Eastern tradition with a Western flair!

or

**SUN-12 Relating Aqua to Land Based Pilates\* (active theory/warm pool): Davis (20 max)** Expect to be active during both the dry & wet parts of this workshop. Analyze & perform Pilates exercises on land. Learn the advantages & disadvantages of water & land for certain exercises used in Pilates. By the end of the session, you will have experienced both a land & an aqua based Pilates class and have been given the tools to design your own aqua Pilates class.

12:00PM-1:00PM: EARLY AFTERNOON SESSIONS TO CHOOSE FROM:

**SUN-13 Post Aquatic Rehab Panel Discussion (theory): Davis, Jasinskas, Zador (100 max)** Three unique perspectives are on offer with: Janet, the Physiotherapist; Connie the Exercise Physiologist & Kathy the grass roots leader of a Fibro Moves program are ready to field your questions about one on one training, aquatic post rehab, the role of insurance companies, nutrition, osteoporosis & aqua, developing a new program to service people with special needs... Come armed with your questions & our team of experts will be happy to share their knowledge.

or

**SUN-14 Aqua Combining Arms, Abs, Circuits & Intensity (25m pool): Curry & Richards (100 max)** Angie will blast you with interval training circuits and Pat will work the base moves to higher levels of exercise execution and intensity while challenging your arms and abs. Watch these CALA professionals in action and celebrate their awesome leadership while picking up new ideas and getting a great workout.

or

**SUN-15 Linking Posture to Movement\* (active theory): Notargiovanni (20 max)** Focus on postural education, engaging the mind through body consciousness. Explore principals of dance & Feldenkrais methods using touch, manipulation, basic somatic exercises & visualization. Develop awareness, to educate your participants using a clearer understanding & connection to the body. Learn cues using imagery & simple examples of postural correction to improve muscle balance & alignment.

1:00PM-2:15PM: LUNCH PROVIDED & TRADE SHOW

2:15pm-4:30pm: Late Afternoon Sessions to Choose From:

**SUN-16 Liquid A.B.S Program\* (active theory/25m pool): Harries (100 max)** Discover the ultimate aqua abdominal and lower back workout, utilizing the physical properties of the water. Strengthen your body from the inside out. Find them; feel them through common sense exercises and captivating movements.

or

**SUN-17 Intensify Your Class (25 m pool/active theory): Richards (100 max)** This is an intense vertical water training experience. Learn how to take the moves & make them more intense with modifications & cueing. Get anaerobic & find your max. Return to the aerobic training zone to catch your breath. Reach your potential & gain teaching ideas.

or

**SUN-18 Stretch Wet\* (theory/warm pool): Jasinskas (20 max)** Discuss the advantages & challenges of stretching in water. Learn techniques to ensure safe, effective aqua stretches. Clarify muscle physiology pertaining to stretching & highlighting research regarding the need for optimal flexibility.

