

wave

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CALA

**CALA CONFERENCE 2002 - APRIL 26 - 28, 2002 AT
THE ETOBICOKE OLYMPIUM, TORONTO, ONTARIO**

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LETTER FROM THE EDITOR

Composed from a romantic 'hut' near Waiau, South Island, New Zealand, November 24, 2001. As I am completing the final touches on this issue, this is what I am currently experiencing:

The view from my doorstep - A lush green valley of wild grasses with a river running through it, and just at the edge of the valley - a line of native pine trees mark the base of gently rolling foot hills which lead into a range of mountains with traces of snow blanketing their peaks.

The sounds from my doorstep - The gentle bleating of sheep with lambs snuggling close by, the sweet music of a variety of birds as they swoop from the tree tops through the rose gardens, an infrequent shriek as the majestic peacock struts about announcing its presence, the contented whinny of horses in the nearby pasture, the quacking of an exuberant family of ducks, as they forage

for seeds and dip into the pond (it is late spring-time in New Zealand), the soft cooing of a flock of pigeons, the quiet moos of two calves and the sound of the wild grass as the wind flows gently across this beautiful land.



I will remain in New Zealand until the end of December. Family calls to celebrate the New Year!

Wow what a tour!

Many thanks to Sherri Fryklund and her pool manager Terry of the St. James Centennial Pool in Winnipeg for organizing and hosting a series of very full workshops. It was a pleasure to reconnect with the instructors who came from near and far. Plans are underway for a CALA course in Manitoba in 2002.

Kudos to Tracy Currie, West Side Recreation Centre, Calgary, for organizing and hosting the 'sold out' "Aqua Spinning" Workshop. Another CALA workshop is booked for November 4, 2002.

Congratulations to the SPRA conference team - a fabulous group, open, welcoming and totally professional. Also, I thoroughly enjoyed teaching a Master Class at Harry Bailey Pool in Saskatchewan. Thanks to Murray Sackman for hosting the event. Plans are underway for a CALA course in Saskatoon in 2002.

Many thanks to H2Oz, Bettina and her helpers (Margaret and Paul) for a wonderful week in Australia. The workshops in Sydney and Melbourne were very successful and CALA is booked to return to Australia in mid November 2002. It was a pleasure to stay with Pam Nelson, CALA trainer, formerly of Trail, B.C., currently coordinating fitness at a centre in Melbourne, who recently became the proud owner of her first home!

Thanks to Joan and Diane for keeping the office running smoothly. Email makes communicating from the other 'end of the earth' so easy! What I have accomplished from 'the list' which was included in the 'Letter from the Editor', Issue #30 /#31: Point # 5: writing the winter 2001 (issue #32)! This is it! Enjoy.

Charlene

GOOD TO KNOW!

- Single members will enjoy the same membership rate of \$49.00 plus GST. There will be no increase in fees in 2002.
- Corporate members - there will be an increase in membership rates. We have decided to send every person who is included on a corporate membership their own newsletter. This will increase our costs, but improve access to information for those on a corporate membership.
- Effective January 1, 2002, the following rates apply. Remember each member listed on the corporate membership will receive their own newsletter, discounts on products, workshops and the CALA conference (April 26-28, 2002).
- Silver Corporate Membership: up to 4 members - \$100.00 base fee plus \$10.00 per person + GST.
- Gold Corporate Membership: from 5 to 8 members - \$150.00 base fee plus \$10.00 per person. + GST
- Platinum Corporate Membership: 9 or more members - \$200.00 base fee plus \$10.00 per person + GST.
- NOTE: THIS IS THE FIRST INCREASE IN THE FEE FOR CORPORATE MEMBERSHIPS IN 10 YEARS OF BUSINESS!
- Thanks for supporting CALA by renewing your membership with us on an annual basis.
- Remember, in order to be considered CALA certified, your membership, whether it is single or corporate must be current on an annual basis.
- The recertification period is every three years, but membership is annual!

CENTRE OF POWER: AQUA KICK BOX CHOREOGRAPHY

Featuring the Aqua Jab

by Charlene Kopansky, BSc. H.K. founder and president of CALA

Wavelink Issues # 28, 29, 30 & 31 featured the Benefits of Aqua Kick Box, the Philosophy, the Front Stance and the Aqua Jab (front jab, crossover jab and side jab). Now it is time to put together some Aqua Boxing ideas with some 'regular' CALA base moves. Use the following combinations once the participants have experienced the "centre of power" mind set with the correct physical preparedness to execute the front stance and the jabs in a safe and effective manner. Introduce the choreography in a way that will suit your participants, in parts, or as a whole, with more or less repetitions. Create a learning environment in which participants will feel successful allowing the spirit to soar during the Aqua Kick Box experience.

Try the following Eight Jab Combo with legs anchored, about shoulder width apart. Ensure the shoulders are just under the surface of the water. Keep the legs stationary and the body core activated, to introduce the combo. Keep the eyes facing straight ahead and focus on powerful and centred exercise execution. Once the movement combo is learned add the variation in the position of the eyes and head, as indicated under the cue column. Then add legs to the movement. Use simple CALA Base moves to start so that the arm actions can be executed with confidence without having to worry about how to coordinate the legs. Generally speaking, jumping jacks and bobs (even easier) work well with the following choreography.

EIGHT JAB COMBO

- rt fr jab, return to ready
- rt sd jab, return to ready
- rt x jab, return to ready
- rt back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- eyes straight ahead
- eyes follow hand to side
- eyes straight ahead
- eyes follow hand to side

Transition move:

Double tempo n j'om with forward water wheel arms for 8 - 16 counts

EIGHT UNISON JAB COMBO

- uni fr jab, return to ready
- uni sd jab, return to ready
- uni x jab, return to ready
- uni back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- deliver energy
- open chest
- squeeze pecs
- use triceps

Try 16 repetitions of each jab starting on the right side. (32 counts)

Try 8 repetitions. (16 counts)

Try 4 repetitions. (8 counts)

Try 2 repetitions. (4 counts)

Try a single rep (alternating) in each position. (2 counts)

- Cue correct and safe exercise execution.
- Cue centre of power focus.
- Cue return to strong ready position and front stance.

EIGHT JAB COMBO

- lt fr jab, return to ready
- lt sd jab, return to ready
- lt x jab, return to ready
- lt back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- eyes straight ahead
- eyes follow hand to side
- eyes straight ahead
- eyes follow hand to side

Transition move:

Double tempo w j'om with reverse water wheel arms for 8 - 16 counts

EIGHT UNISON JAB COMBO

- uni fr jab, return to ready
- uni sd jab, return to ready
- uni x jab, return to ready
- uni back fist sd jab, return to ready

COUNT

- 1, 2
- 3, 4
- 5, 6
- 7, 8

CUE

- aim with power
- create turbulence
- squeeze the water
- open the water

Try 16 repetitions of each jab starting on the left side. (32 counts)
 Try 8 repetitions. (16 counts)
 Try 4 repetitions. (8 counts)
 Try 2 repetitions. (4 counts)
 Try a single rep (alternating) in each position. (2 counts)

Put the two routines together!

ALTERNATING SIXTEEN JAB COMBO

- rt fr jab, return to ready 1, 2
- lt fr jab, return to ready 3, 4
- rt sd jab, return to ready 5, 6
- lt sd jab, return to ready 7, 8
- rt x jab, return to ready 9, 10
- lt x jab, return to ready 11, 12
- rt back fist sd jab, return to ready 13, 14
- lt back fist sd jab, return to ready 15, 16

SIXTEEN UNISON JAB COMBO

- uni fr jab, return to ready x 2 1, 2, 3, 4
- uni sd jab, return to ready x 2 5, 6, 7, 8
- uni x jab, return to ready x 2 9, 10, 11, 12
- uni back fist sd jab, ret'n to ready x 2 13, 14, 15, 16

MORE CHOREOGRAPHY:

BLOCK A

rt fr jab ct 1, 2 x 2 = 8 x 2 = 16 cts
 rt x fr jab ct 3, 4
 lt fr jab ct 1, 2 x 2 = 8 x 2 = 16 cts
 lt x fr jab ct 3, 4
 total = 32 cts

BLOCK B (on tempo)

rt fr jab ct 1
 return rt fr jab/deliver lt fr jab ct 2
 return lt fr jab/rt fr jab ct 3
 return rt fr jab ct 4
 lt fr jab ct 5
 return lt fr jab/deliver rt fr jab ct 6
 return rt fr jab/lt fr jab ct 7
 return lt fr jab ct 8

Repeat Block B x 4
 total = 32 cts

* Try adding Block A and Block B together into a 64 count routine.

BLOCK C

uni fr jab; Repeat 16 cts
 uni x fr jab; rt arm crosses on top Repeat 16 cts
 uni fr jab; Repeat 16 cts
 uni x fr jab; lt arm crosses on top Repeat 16 cts
 Add back kick
 total = 64 cts

* You can choose to reduce the reps in Block C to 32 cts and insert a forward speed ball (forward water wheel arms) with 2xt n j'om legs.

ANOTHER JAB COMBO WITH PENDULUM LEGS

- ct 1 rt bk fist sd jab with lt pdl
- ct 2 ready position - legs side by side
- ct 3 rt bk fist sd jab with lt pdl
- ct 4 ready position - legs side by side
- ct 5 rt bk fist sd jab with lt pdl
- ct 6 rt bk fist sd jab with lt pdl
- ct 7 rt bk fist sd jab with lt pdl
- ct 8 ready position

- * Try looking at your fist when you jab, then try looking away from your fist
- * Try pumping the pendulum leg, during ct. 5, 6 and 7 with a pulsing/repeater foot action.

Cue lift the leg using power. Go for leg strength and body core control rather than height.

For some new Aqua Kick Box Choreography Ideas join Donna Reeves at the ANNUAL CALA CONVENTION 2002 - April 26, 27, 28 located at the ETOBICOKE OLYMPIUM, Toronto, Ontario.

Look for a conference brochure (due at your doorstep in late January 2002)



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PILATES H2O

By Jodie Kottick, CALA, OFC, Aquajogger Certified, Certified Pilates Instructor



Jodie has 7 years experience in the fitness industry as a fitness instructor, facility programmer, fitness assessor, consultant and personal trainer. She is a graduate from George Brown College with a Diploma in Fitness and Lifestyle Management.

Jodie is owner of Evolution Pilates and Fitness, specializing in Pilates instruction and functional fitness training. (www.evolution-pilates.com)

Core fitness and functional stability training have been major buzzwords in the fitness industry lately. What better time than now for the 80 year old exercise methods of Joseph Pilates to see the light in fitness facilities worldwide?

Whether it's the classical matwork routine or modified matwork combined with Yoga, Pilates classes have their participants hooked! Resources including many books and videos are readily available for the public to learn more about the exercise method that is being praised by the stars of Hollywood, professional dancers and athletes alike. With benefits that include improved posture, flexibility, stronger abdominals and back muscles, participants are feeling taller and more relaxed after their first class.

Aside from Jodie: Pilates is my new passion in life with Aquafitness coming in at a close second. I decided to combine the two activities, and bring Pilates into the water.

Invented by the creative vision of Joseph Pilates, these exercises were designed to improve circulation working the body as a whole, with great mental focus.

Today what we call "Pilates" (puh-LAH-teez) is a method of muscle conditioning exercises either performed on a mat or specialized equipment.

These exercises are performed supine, prone, side lying and sitting. By modifying the plane of movement (and using some creativity) these exercises can be adapted to the aquatic environment.

Utilizing the fundamental principles of Pilates, the water workout becomes more mind-body orientated and creates a greater focus on how the movement is executed.

Some of the principles of Pilates include concentration and mental focus, abdominal control, pelvic and scapular stabilization, proper body alignment, breathing and fluid movement.

Concentrating on each exercise improves the quality of movement. Pilates exercises are only performed an average of 6 to 8 times with an emphasis on the quality and not quantity of the movement. This prevents the muscles from fatiguing and the body from going into faulty movement patterns.

The core body muscles initiate the movements in Pilates. Upon exhalation, there begins a contraction of the abdominals to stabilize the torso in order for the exercise to be performed. There is great abdominal control in both the concentric and eccentric phase of muscle contraction.



HUNDRED

This exercise is used to warm up the body through percussive breathing. Pumping the arms up and down strengthens the shoulder girdle. In chest deep water, 82-86 degrees, use half-tempo arm pumps with a tempo jog to challenge the stability of the scapula, in the cardio part of class.

Stabilizing the pelvis and scapula are important in improving posture and core strength. The transverse and oblique abdominal muscles contribute by stabilizing the torso while the limbs are in motion. Also important are the gluteals, multifidus and quadratus lumborum which stabilize the lumbar spine and pelvis. While the arms are in motion, the lower trapezius and serratus anterior muscles stabilize the scapula.

Proper body alignment is important. It allows for improved range of motion, prevention of injury to the joints and enables the partic-

ipant to feel stretches more effectively.

Breathing is a fundamental activity in Pilates. Proper breathing brings the focus to the contraction of the abdominals and provides for relaxation and fluid movement.

Fluid and graceful movements are emphasized rather than speed of movement. This is important in avoiding jerky, forced movements that call on muscles other than the ones necessary for the particular exercise.



SINGLE LEG STRETCH

This exercise is used to strengthen the abdominal muscles, while extending one leg at a time. During the muscle conditioning focus of the class, in chest deep or deep water, use a water noodle behind back, with, feet up drawing one knee at a time towards chest. This could also be done in chest deep water during the cardio segment, as a variation on a jog, bringing the knee high.

When all of these principles come together, and are practiced over time, our bodies will move successfully with ease and grace.

Pilates is not a cardiovascular exercise making it a perfect compliment to Aquafitness! A proper warm up is necessary to prepare the body for 'Pilates adapted' exercises in water. It is recommended to use Pilates exercises in an interval class format to ensure the body remains warm.

The properties of water will make the Pilates workout an entirely different experience than on land.

The buoyancy of the water will definitely challenge body stability and control. The deeper the water, the more challenging the control will be.

During the initial stages of introducing Pilates in an aquatic environment, it may be difficult to experience muscle stabilization. As with any new movement experience, practice and repetition, will be important learning tools.

The water's resistance provides an ideal environment for the fluidity of movement which is emphasized in Pilates. Resistance of water slows down movements reducing the risk of performing movements in a jerky, forced manner.

An invitation from Jodie:

To see how I put these moves into the pool, come to my workshop "Pilates H2O" at the CALA Conference, at the Etobicoke Olympium, April 26 - 28, 2002!

This "Pilates H2O" workshop is targeted towards the experienced Aquafitness leader who is looking for a new challenge in class, and whose participants are interested in a new learning experience.

Workshop Description: Gain a heightened awareness of the Pilates method of exercise. Learn the history, benefits and current popularity of Pilates. Understand the importance of the mind-body connection to the Pilates methodology. Learn how to apply the main principles of stabilization, breathing, body alignment, concentration, control and fluidity to the aquatic environment.



LEG CIRCLES

This exercise is used to strengthen the stabilization muscles around the low back and pelvis. Standing in chest deep water, place hand on pool wall, extending leg to front and circle leg maintaining stability throughout the body.



SPINE STRETCH

This exercise is used to stretch the muscles along the spine. During the cooldown and stretch part of class, place feet against wall and hands on pool edge to stretch. This can also be done as a slow tuck jump and extend legs while suspended.

Come out and try this new approach to aquatic exercise! Among other experiences, you will feel your abdominals working like never before!

Stay tuned for a conference brochure in early 2002. If you do not receive a brochure, call the CALA office at 416-751-9823 or toll free at 1-888-751-9823. Or email - cala@interlog.com



WELCOME TO THE MARCH ON WATER A Silver Splash Extravaganza! Part Two:

by Marg Stewart, CALA & CanFitPro certified

A brief review of Part One: Marg works with a group of dedicated, energetic, social older adults that participate frequently in the Group Aquatics program. With the introduction of the 'Marching with the Masters' cassette tape their energy increased one hundred fold as the class laughed and sang along to the music. They worked harder for a longer period of time without even realizing it, proving that attitude is everything!

Class overview:

The warm up (7.5 minutes) includes the CALA base moves to prepare the participants for the workout. The workout phase includes cardio and muscle strength and endurance. The cardio (28 minutes) includes a variety of movements to create muscle balance. Participants are encouraged to modify their own workout. The muscular strength and endurance (5 minute) focuses on core strength. The stretch and relaxation (5 minutes) is designed to give the participants time to recover from the workout phase.

Key to Common Cues

Alignment:

* pp: Power posture : long neck, brains over body, chin retracted, long spine, activated abdominals, level pelvis, open chest, shoulders down, shoulder blades attached to spine, ZIP IT ALL UP!

Joint:

* uj: Unlocked joints
* tbh: Toe-ball-heel landing

General:

* b: Breathe

Resistance:

* S: slice (easy)
* FF: fist or fold (intermediate)
* F: flat (advanced)
* CH: choose a hand position that best suits your fitness level and needs
* pf: plantar flexion: gently point foot
* df: dorsi flexion: gently pull front of foot towards shin
* CF: choose an appropriate foot position
* sl: straight lever, long lever
* bl: bent lever, short lever
* CL: choose an appropriate lever length
* T: Turbulence: create 'white water'

Impact:

* L: light bounce (high or low intensity)
* A: anchored (high or low intensity)
* P: propulsion (high intensity higher impact - if performed with impact)
* CI: choose an appropriate impact level, modify the intensity and level of impact

Note: Give permission to modify range of motion, hand position, impact and lever length. Cue the movement, demonstrate the preference, then show options. Participants will protect themselves from injury, work out harder, or relax during the class.

* The preceding common cues are reviewed at least once for each new movement. Extra cues are integrated according to the needs of the participants and the specific characteristics of the movement combination. Cues are both visual and verbal to meet the needs of a diverse group of exercisers.

The warm up, complete with moves and cues was included in Part One of this ongoing article (Wavelink: Double Issue: #30 and #31). Following is the workout phase of Marg's class which includes cardio and muscle conditioning.

Workout Phase - Block I

The Music - "Movin With the Masters"

* The Songs:

- The Washington Post (123 bpm)
- River Kwai March (124 bpm)
- Semper Fidelis (124 bpm)

Total Time : approx. 7 minutes

How to use the choreography:

- (pp, uj, tbh, b) * Integrate these basic cues throughout the work phase.
- The preferred 'LAPS' option is indicated with the other. The ultimate choice is up to the participant, personal modifications are encouraged.
- Cues remain the same for all moves throughout the block, unless otherwise indicated.
- For all upper body movements, demonstrate the fist, flat and fold hand positions. Show 'CH' and the participant can choose the hand position that best suits their needs (many prefer to slice).
- For all lower body movements, demonstrate the dorsi and plantar flexion foot positions. Show 'CF' to encourage participants to choose the foot position that best suits their needs.
- Remind participants to keep hands facing the same direction during the movement, rather than "fishy swim" or "flopping hands".
- Encourage full range of motion unless otherwise indicated.
- Ask for perceived exertion ("how ya doin'") frequently; with a reminder to work at a level that feels 'moderately hard' to 'hard'. This enables participants to work at a steady state in the aerobic training zone for the entire class.

The Workout Phase Choreography including legs, arms, tempo, repetitions (reps), general and specific cues:

LEGS	ARMS	TEMPO	REPS	
1. n swivel	alt hi tzn arms	1/2 T	8	
Cues (A, P, L, FF, CH, CL, CI, CF) * abdominals activated, avoid twisting, keep elbows up and pointing out to sides, squeeze shoulder blades together				
2. jj	uni jj arms	1/2 T	4	
Cues (A, L, F, CH, CL, CI, CF) * 'slide out', focus on abductors, 'slide in' focus on adductors				
3. jj	uni rc (flasher)	1/2 T	4	
Cues (A, L, F, CH, CF, CL, CI) * shoulders down, squeeze shoulder blades together and rotate arms out with elbows tucked to side of body, feel rotator cuff muscles working				
4. jj	uni rc (flasher)	T syncopate	2	
(out in out/in out in) Cues (A, L, F, CH, CF, CL, CI) * shoulders down, squeeze shoulder blades together and rotate arms out from elbow tucked position; use smaller range of motion				
5. n swivel	alt hi tzn	1/2 T	8	
6. jj	uni jj	1/2 T	2	
7. jj	uni rc (flasher)	T syncopate	1	
8. n move	uni br strk	1/2 T	4	
(n move = neutral move: feet together, tiny hops on pool bottom (L) or pulse squat without lifting feet from pool bottom (A))				
Cues (L, A, S, CH, CL, CI) * get ready to use power, focus on outward movement of jack - abduct!				
9. jj out	uni jj	T	8	
Cues (P, A, L, FF, CH, CF, CL, CI) use smaller range of motion and more power; exhale on exertion - on outward or abduction phase while using propulsion				
10. n swivel	alt hi tzn	1/2 T	8	
11. jj out	uni jj	1/2 T	2	
12. jj out	uni rc (flasher)	T syncopate	1	
13. n move wide	uni rev br strk	1/2 T	4	
Cues (L, A, S, CH, CF, CL, CI) * get ready to use power and focus on inward movement of jack - adduct!				
14. jj in	uni jj	T	8	
Cues (P, A, L, FF, CH, CF, CL, CI) * use smaller range of motion and more power, exhale on exertion - inward or adduction motion, focus on adduction during propulsion				
15. n swivel	alt hi tzn	1/2 T	8	
16. jj in	uni jj	1/2 T	2	
17. jj in	uni rc (flasher)	T syncopate	1	
18. n move	uni br strk	1/2 T	4	
19. jj out	uni jj	T	8	
Cues (P focus on abduction phase of jack)				
20. n swivel	alt hi tzn	1/2 T	8	
21. abdo jj	hug n sqz	1/2 T	4	
Cues (A, P, L, F, CH, CF, CL, CI) * focus on blade squeeze back - squeeze an orange between shoulder blades, chest hug forward - hug a tree or big Aunt Bertha; inhale on blade squeeze; exhale and contract abs tightly - as if to make a fist with abdominal muscles, during chest hug				
22. n swivel	alt hi tzn	1/2 T	8	
23. jj out	uni jj	1/2 T	2	
24. jj out	uni rc (flasher)	T syncopate	1	
25. n move wide	uni rev br strk	1/2 T	4	
26. jj in	uni jj	T	8	
Cues (P focus on adduction phase of jack)				
27. n swivel	alt hi tzn	1/2 T	8	
28. abdo jj	hug n sqz	1/2 T	4	
29. n swivel	alt hi tzn	1/2 T	8	
30. jj in	uni jj	1/2 T	2	
31. jj in	uni rc arms	T syncopate	1	
Cues (use a smaller range of motion)				

LEGS	ARMS	TEMPO	REPS
32. n move	uni br strk	1/2 T	4
33. jj out	uni jj	T	8
Cues (P focus on abduction phase of jack)			
34. n swivel	alt hi tzn	1/2 T	8
35. abdo jj	hug n sqz	1/2 T	4
36. n swivel	alt hi tzn	1/2 T	8
37. jj out	uni jj	1/2 T	2
38. jj out	uni rc (flasher)	T syncopate	1
Cues (use a smaller range of motion)			
39. n move wide	uni rev br strk	1/2 T	4
40. jj in	uni jj	T	8
Cues (P focus on the adduction)			
41. n swivel	alt hi tzn	1/2 T	8
42. abdo jj	hug n sqz	1/2 T	4
43. narrow tk	uni hh	1/2 T	4
Cues (P, L, FF, CH, CF, CL, CI) *may choose 1/2 T j'om instead of tuck. Keep knees and feet together on tuck, exhale and contract abdominals as knees lift to chest, inhale on leg extension phase as legs straighten. With elbows fixed at waist, push hands towards pool bottom and tuck knees to chest - focus on triceps; pull hands to armpits and extend legs - focus on biceps			
44. abdo jj	hug n sqz	1/2 T	4
45. n ham tk	uni hh	1/2 T	4
Cues (P, L, FF, CH, CF, CL, CI) *may choose 1/2 T ham j'om instead of tuck. Keep knees and feet together, exhale and squeeze heels to 'gluts' as if crushing a water melon. With elbows fixed at waist, push hands towards pool bottom and reach heels towards gluts - activate the triceps; pull hands to armpits and extend legs - work biceps			
46. abdo jj	hug n sqz	1/2 T	4
47. narrow tk	uni hh	1/2 T	2
48. narrow tk	uni hh	T	4
Cues (may choose to continue at 1/2 T)			
49. abdo jj	hug n sqz	1/2 T	4
50. n ham tk	uni hh	1/2 T	2
51. n ham tk	uni hh	T	4
52. abdo jj	hug n sqz	1/2 T	4
52. narrow tk	uni hh	1/2 T	2
53. n ham tk	uni hh	T	4
54. abdo jj	hug n sqz	1/2 T	4
55. n ham tk	uni hh	1/2 T	2
56. narrow tk	uni hh	T	4
57. abdo jj	hug n sqz	1/2 T	4
58. narrow tk	uni hh	1/2 T	2
59. n ham tk	uni hh	T	4
60. abdo jj	hug n sqz	1/2 T	4
61. n ham tk	uni hh	1/2 T	2
62. narrow tk	uni hh	T	4
63. abdo jj	hug n sqz	1/2 T	4
64. n swivel	alt hi tzn	1/2 T	8
65. n swivel	alt hi tzn	T	16
Cues (use a smaller range of motion, keep abdominals contracted, swivel with entire torso, not from waist - to protect lower back)			
66. n swivel	alt hi tzn	1/2 T	8
67. n swivel	alt hi tzn	T	16



Note: Marg did include a variety of pool orientations in preceding work phase to change direction and add variety. The pool orientations were not included in this issue.
 Prep for next work block - Remind members to take

a drink. Explain how work phase two will focus on the muscles located on the posterior aspect of the body using hamstring curls, leap outs, tucks; and variations of the rocking horse... Stay tuned for Marg's next work phase block in 2002!

DISCO AQUAFIT – PART 1

by Judy Nelson

Special Note: Thanks to Judy for agreeing to share excerpts from a theory assignment she submitted to CALA. The assignment has been divided into three parts. Part 1 appears in this issue of Wavelink. Parts 2 and 3 will appear in upcoming issues.

An introduction: My Personal Aqua Fit Journey:

I have been an active participant in aquafitness since 1994. At that time, I was a University student looking for a regular exercise program. I was reluctant to try aquafitness because it did not look like it would be a challenging workout. I was wrong! It was indeed challenging and I loved it!

I can clearly remember one of my instructors going through her certification and practice teaching with one of our classes.

Following university, I moved back to my hometown, and promptly registered for aquafitness classes. I soon learned that not all classes are challenging or fun. After several classes, I was beginning to dislike aquafitness. It became evident to me that the instructors who had taught the classes at my university town were very experienced. I am certain they must have been CALA certified. I soon realized it wasn't aquafitness I disliked, it was the style of instruction. I attended a number of classes at the local pool trying to find an instructor I would like. I was left dissatisfied. I still attended the classes because I had paid for them. I had to do my "own" thing in order to get a workout.

I moved once again, and registered at the local recreational centre and was delighted to find an instructor that was skilled and teaching properly. Unfortunately, four weeks into the 12 week session, I broke my foot. By the time I recovered, the instructor had left for university!

After participating in Aquafitness classes for more than 6 years, I started to look into becoming an Aquafitness instructor myself. I knew exactly what was required to become an effective leader! I can clearly remember one of my instructors going through her certification and practice teaching with one of our classes. It inspired me to take the pathway towards achieving CALA Certification.

The Concept - Disco Aqua:

Aquafitness has become very popular in the last ten years. This growing popularity has resulted in the integration of 'newer concepts' such as Aqua Kick Boxing and Water Yoga, into aquafitness programs. There are 'older concepts', like that of Disco that can "stay alive" and will engage the interest of other participants who have yet to try aquafitness.

What is Disco Dance?

Are you familiar with the 1977 movie Saturday Night Live? What about the 1983 movie Grease Lightening? Both of these movies include 'disco moves'.

These figures are an example of some typical disco moves:

Hopefully this image rings a bell. Picture the early 70's fashions including white suits and the 'big bell bottom look' with platform shoes. If you don't remember these 'fashion statements' from the 70's, visit any shoe store and you'll be able to see that the platform shoe is back in business!

There is much more to Disco than fashion! Disco can invoke passionate, exciting feelings especially if you love the music and the style of dance. I have adapted the Disco concept for Aquafitness, so that everyone can catch the 'Disco Fever.'

I researched Disco music and moves by watching the 1977 movie 'Saturday Night Fever'. I studied the moves to see how they could be used in water. I have identified disco moves from land that are similar to some of the current CALA moves. See the list below:

Legs:

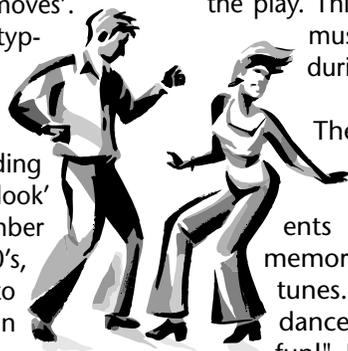
- 1) Alternate Kicking and Repeater leg kicks
- 2) Cross over jack (a suspended or deep end move)
- 3) Narrow Tuck

Suggested Arms:

- Pendulum Arms - regular and repeater: Reaching arms out to the side of torso in repeating movements
- Water Wheel Arms – forward and reverse: Rolling the arms, like a water wheel, in front of torso
- Disco arms (to the side): instead of pointing the finger with the hand above the head, keep the hand in the water, point the finger and reach the arm to the side away from the body, just below the surface of water
- Disco arms (to pool bottom): instead of pointing the finger with the hand above the head, keep the hand in the water, point the finger toward the pool bottom, away from the foot

Disco Aquafitness Target Group:

Aquafitness classes include participant from 16 to 80+ years of age. This Disco Theme assignment was originally targeted for the 45 + years age group. I changed my target group after attending the theater production of 'Mama Mia' and noticing the enthusiastic response of the audience who ranged in age from 5 to 90 years of age. Mama Mia, is a musical, with a story line based around songs from 'ABBA', including "Dancing Queen" and "Take a Chance on Me". During the play, the reaction of the audience was very upbeat. I believe the energetic music played a key role in motivating the audience. Everyone left the performance feeling pumped and inspired. I listened to ABBA's Greatest Hits CD for days after seeing the play. This proved to me that the upbeat 'disco' music would have a positive impact if used during an aquafitness class.



The second reason I changed the target group, came after I tested the 'Disco theme' idea on my family. My parents and their friends shared wonderful memories when they listened to the disco tunes. They remarked, "Remember when we danced all night long?", "It was so much fun!" I concluded that they would indeed attend an aquafitness class which utilized the disco theme. The younger generation in the room, were also keen. They proclaimed, "I would go to an aqua disco class." "Sounds neat and fun!". I concluded that this is an upbeat theme for any age group.

The purpose of the disco theme, is to target a general population who have yet to try aquafitness. What a great way to get the general population exercising, staying healthy, and keeping fit!

GETTING STARTED:

Facility Proposal:

1. Identify facility differences for teaching.
2. Research how to submit a proposal to teach at a facility.
3. Develop a written proposal to implement teaching Disco Aqua at a facility.
4. Research the process behind submitting a facility proposal to teach other instructors the disco aquafit concept and class.

Facility Differences for Teaching:

Being a new instructor, I have learned that it is important to be comfortable with the pool facility and environment when applying for a job. Consider instructor safety, layout of the pool, lifeguard availability, temperature and depth of water, noise level, other activities occurring in the pool at the same time and the sound system.

To improve instructor safety:

- “mark” the movements and demonstrate only a few repetitions, avoiding excessive jumping & jogging,
- use an approved aqua mat,
- drink water to avoid hyperthermia,
- have a certified lifeguard on duty,
- maintain current standard first aid & CPR.

Choose a facility that is right for you as an instructor! If you do not have the luxury of choosing the facility, then use your creative skills and create a class design that will suit the design of the facility, your participants and especially you as an instructor!

You may be thinking what does this have to do with proposing a new program to a facility? The answer: Do not propose a new program for a facility that does meet your needs.

For example: If you are proposing a Yoga Relaxation Aqua class at a facility which is noisy and busy, your program may not be successful. Look for a quieter, warmer pool.

It is a good idea to become familiar with the facility environment prior to proposing a new program!

How do you submit a new program?

First, find the appropriate contact person and suggest the new class format. Determine what is required to formalize your program proposal. If possible call more than one facility. After various phone calls I discovered that there is no formal process in place for submitting new class ideas. I decided to create my own proposal.

Sample of a Written Program Proposal:

Submitted to:

The Friendship Recreation Centre
Attention: Supervisor of Aquatics & Fitness

Who am I? - I am currently certified as an Aquafitness instructor by the Canadian Aquafitness Leaders Alliance Inc. I have been teaching the Tuesday and Thursday evening Aquafitness classes for the past two seasons at The Friendship Recreation Centre. I am also a participant in other Aquafitness classes at this facility.

Why offer a new class? - Over the past few months, I have noticed that attendance has been low in all classes. In order to boost attendance, I would like to propose a new program for the facility called ‘Disco Aqua’. It would be ideal to offer this new class in the upcoming Fall/Winter program. This class is targeted to the general population. My goal is to improve the attendance in classes by attracting new participants to aquafitness.

What is ‘Disco Aqua’? - ‘Disco Aqua’ is a fun, energetic class that provides participants with a variety of challenging yet attainable moves. I believe this class would increase attendance and aid in meeting one of the facility goals - to encourage people to live active lives.

When am I available? - I am available to teach Tuesday, Wednesday or Thursday evenings. The usual time slot for Aquafitness classes at your facility is 8:00 - 9:00 p.m. I am available from 6:00 to 10 p.m. This is a program that other instructors can teach and I am willing to share the program ideas, if required.

What is the program description? - Following is a suggested program description which could be included in the town brochure and used on facility posters to promote the new class:

“Remember the good old days when you would disco all night long? Try ‘Aqua Disco’! This chest deep water workout includes moves that groove to your Disco favorites. Increase cardiovascular endurance, improve flexibility, tone muscles and gain more vitality for everyday living. You don’t have to know how to swim to join in on the fun.”

Why offer ‘Aqua Disco’? - This program will benefit participants taking the class and the facility by:

1. Increasing registered participants and enhancing the social aspect of fitness.
2. Giving the facility new visibility and attracting new members from within the community.
3. Increasing the facility profitability and providing opportunities to add more classes into the schedule to meet the diverse needs of the community.

Any questions? - If you require further information, feel free to contact me. Please find enclosed a copy of my CALA certification, CPR and Standard First Aid.

I look forward to hearing from you soon, so that we can launch this new program in a timely manner.

Regards, Judy Nelson

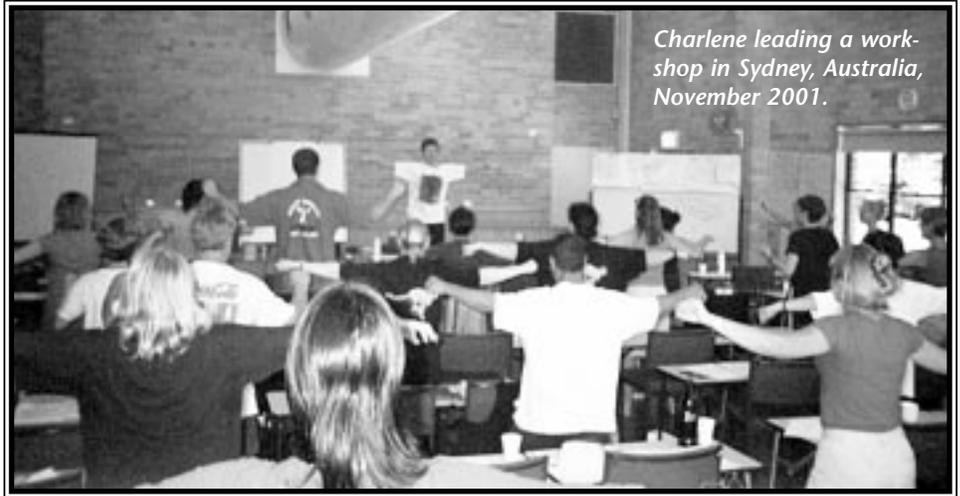
Stay tuned for Part 2: ‘Disco Aqua’ Survey and Class Design including the music, the moves and the cues.

POTENTIAL FOR SHOULDER INJURIES WITH AQUATIC EXERCISE

Bettina Bokori-Mayman

Graduate Diploma in Exercise and Rehabilitation (Grad Dip Ex Rehab) & ATRI Certified

Bettina is an aquatic exercise specialist who has over 10 years experience as a national and international presenter. Bettina lectures at Victoria University of Technology on Aquatic Exercise in Australian and has a specific interest in "special populations". Bettina is also the Director of H2Oz, which is The Australian Aquatic Exercise Association.



Charlene leading a workshop in Sydney, Australia, November 2001.

The extreme range of motion of the shoulder complex, combined with the inherent instability of the region and the nerve network in the axillary space below the shoulder, makes the shoulder susceptible to a variety of injuries. The shoulder is an unstable ball and socket joint that is rather flat, described by Knopf as being similar to a golf ball sitting on a golf tee. While this joint structure offers great movement, if abused injury can result from performing simple every day tasks.

SHOULDER IMPINGEMENT

During everyday movement, the muscles of the rotator cuff are susceptible to repeated microtrauma (submaximal trauma) that may result in structural damage. Many times the source of damage is impingement against the coracoacromial arch when the glenohumeral joint is abducted and flexed. Impingement syndrome, which is not limited to rotator cuff problems but includes bursitis and bicipital tendinitis, is a very common shoulder problem. Rasch states that rotator cuff problems afflict more than 15% of the general population 40 to 50 years of age.

Basically, shoulder impingement results because of the limited space below the coracoacromial arch for passage of certain parts of the rotator cuff. The impingement may be that of the supraspinatus or bicipital tendons. With the painful arc syndrome, the greater tubercle impinges against the coracoacromial arch. Impingement can be produced if the volume of the musculature is increased by either hypertrophy or edema resulting from injury (usually a time-dependent process associated with repeated microtrauma).

So how can this type of injury occur in aquatic exercise? By suspending participants with aquatic dumbbells for prolonged periods of time, the shoulder girdle

and shoulder joint muscles must contract intensively to support the body in this position. The magnitude of the contractions and the various directions with which they act place great stress on the shoulder complex. Basically, the human body is not designed to be suspended by the shoulders. The shoulder joint functions as a co-ordinated unit, if one aspect of the biomechanics of this unit is altered, the efficiency of the joint is decreased and problems can start to occur.

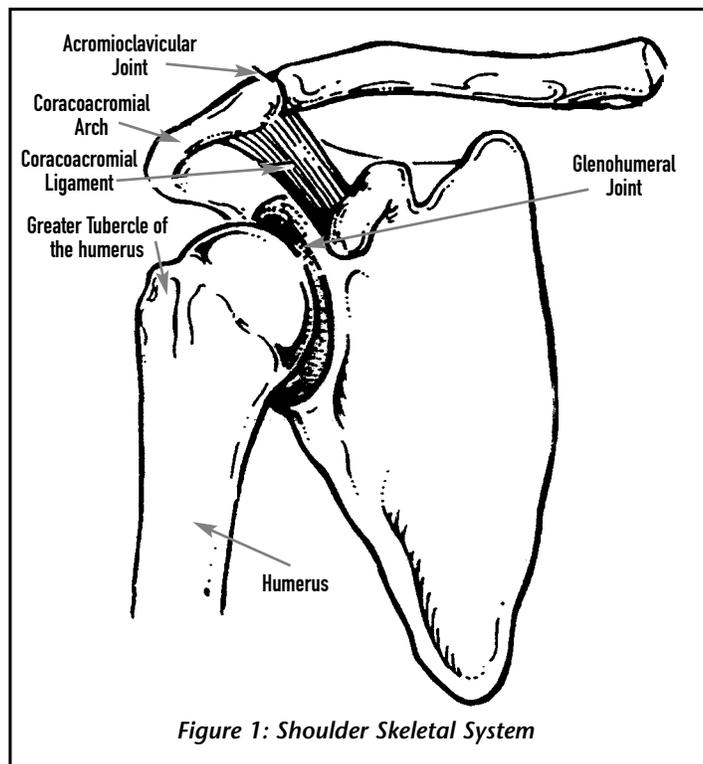


Figure 1: Shoulder Skeletal System

DAMAGE TO THE BRACHIAL PLEXUS

The group of nerves that innervate the upper limb is called the brachial plexus. These nerves are derived from the anterior rami of the 5th-8th cervical and 1st thoracic spinal nerves (C5-T1). This network of nerves are found buried in the deep lateral muscles of the neck, under the clavicle and in the axillary space below the shoulder. In the axilla three cords are formed: the lateral, the medial and the posterior. The lateral cord supplies the lateral aspect of the limb and some superficial muscles in the back. The medial cord supplies the anterior aspect of the limb, and the posterior cord supplies the posterior aspect of the limb and two posterior muscles of the back. The major nerves are the musculocutaneous, ulnar, median and axillary. Damage to these nerves can result in loss of muscle function in the back, arm, hand, or fingers.

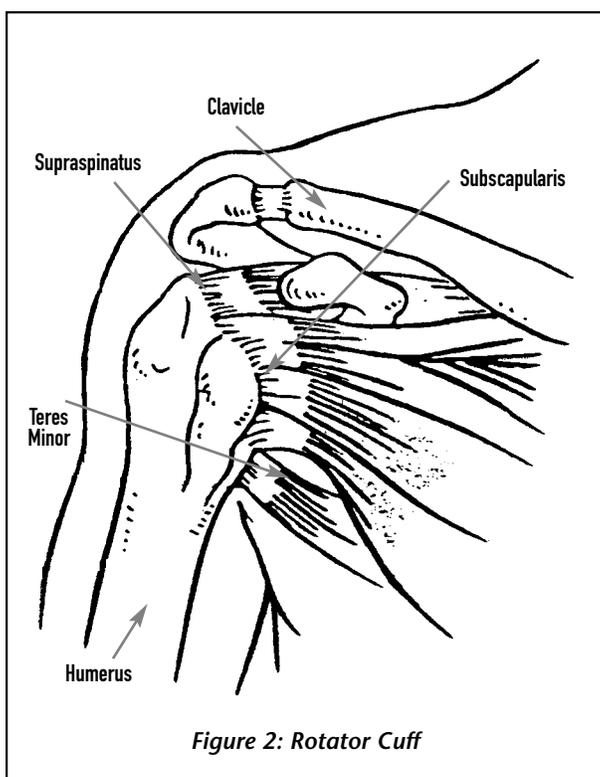


Figure 2: Rotator Cuff

These nerves can be damaged by force being placed under the arm. For this reason when hospitals issue crutches, they instruct patients to hold the crutches into the body placing the pressure on their hands and not under their arms. In hospital emergency rooms, there is a syndrome called "Saturday Night Syndrome." Damage to the brachial plexus occurs as members of a party will often carry a drunken member of their party by supporting them under his/her arms.

So for this reason, when using aquatic dumbbells it is very important for aquatic exercise instructors to avoid encouraging participants to place the aquatic dumbbells or barbells under their arms. Encourage participants to rest in another manner or if seeking support under the arms select an alternative product like a woggle or noodle.

INJURY PREVENTION GUIDELINES FOR USE OF AQUATIC DUMBBELLS

- 1 limit suspended activities with aquatic dumbbells in the hands to approximately 10 minutes for healthy participants if in the vertical position only, assess older participants and adjust accordingly
- 2 vary the plane of the hand suspended dumbbell activities to decrease the stresses through the shoulder joint: vertical, horizontal, anterior, posterior and lateral
- 3 avoid hand suspended aquatic dumbbell activities if a participant has an existing shoulder injury or severe arthritis in the shoulder joint/s
- 4 encourage participants with shoulder arthritis to closely self monitor when using aquatic dumbbells and provide alternatives like aquatic cuffs if necessary (Note: CALA recommends a flotation belt rather than cuffs)
- 5 "an ounce of prevention is worth a pound of cure" so incorporate rotator cuff strengthening exercises into your participants exercise regime
- 6 be aware that not all aquatic dumbbells have the same buoyant qualities, some are far greater due to increased size of the discs, double discs or the fact that they are more like barbells which results in greater forces through the shoulders
- 7 where possible select aquatic dumbbells with buoyant qualities that suit the strength and capabilities of class participants
- 8 avoid encouraging participants to place aquatic dumbbells under their arms
- 9 ensure when using aquatic dumbbells that joints are kept soft and slightly flexed at all times
- 10 encourage participants to release their grip of the aquatic dumbbell shaft regularly in a safe and effective manner to avoid cramps in the hand and fingers
- 11 always continually assess the performance of participants in the water

AQUATIC LITIGATION

There appears to be a far greater awareness by aquatic facility users that they have the potential to file claims against aquatic facilities in Australia. Over the last few years I have heard random comments on various issues to this effect. And late last year I was involved in a claim by a participant for slipping on an access ladder. In America, Osinski states that juries are awarding previously unheard sums of money for damages resulting from lawsuits involving aquatic related activities or the use of aquatic facilities and equipment.

Over the past 18 months I have heard two antidotal reports of claims being filed regarding shoulder injuries. One against an aquatic equipment manufacturer in America for lack of instructional product support and another against an aqua exercise instructor in England.

So it is important for the aquatic exercise instructor to be aware of these trends in aquatic litigation. By implementing the previously suggested guidelines, the potential of shoulder injury with aquatic exercise is greatly reduced, as is the chance of litigation.

References:

1. Osinski, A. (1998), Hot Topics In Aquatic Litigation. The AKWA Letter, 11,5, pp 9.
2. Kapit, W. & Elson, L.M. (1977), The Anatomy Colouring Book. New York: Harper Collins, pp 15, 32 & 130.
3. Knopf, K. (1998), The Rotator Cuff. The AKWA Letter, 12,1, pp 27.
4. Rasch, P.J. (1989), Kinesiology and Applied Anatomy. Philadelpha: Lea & Febiger, pp 131.



A workshop in Sydney, Australia, November 2001.

RYKA Aqua Fit 2001 shoe - Available through CALA



Now available for CALA members and non-members

Features:

- Sandwich mesh upper with synthetic overlays,
- Molded, removable perforated Nitracel sockliner,
- EVA midsole.

Sizes: 7 - 11(subject to availability)

Special for current CALA members (til January 1, 2002):
 \$85.00 per pair + \$15.00 shipping/handling + tax
Non members: \$94.95 per pair + \$15.00 shipping/handling + tax
Suggested Retail: \$110.00 + \$15.00 shipping/handling + tax

CALA AQUA MATT

A Must for all aquafitness leaders!

Details about the mat: It's a cellular urethane pool deck mat that comes in two sizes: 1.0 metre and 1.7 metres, easily portable , non-slip surface , ultra violet, chemical resistant & odourless, no maintenance required, immediate return to original thickness following rapid & repetitious impact.

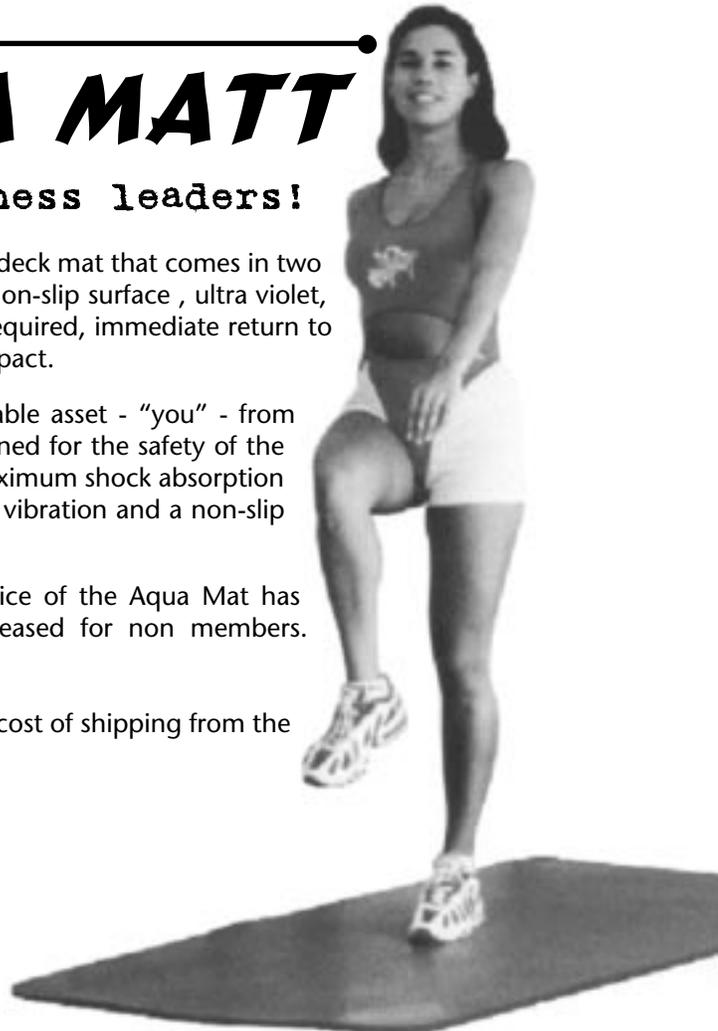
Why buy it? Aqua Matt protects your most valuable asset - "you" - from damage to your joints and loss of earnings. Designed for the safety of the pool deck Aqua instructor, Aqua Matt provides maximum shock absorption for cushioning and protecting against impact and vibration and a non-slip surface to guarantee sure footing even when wet.

Price change effective immediately. Note: the price of the Aqua Mat has remained the same for members, but has increased for non members. Another advantage of membership with CALA.

This price increase was inevitable, due to the high cost of shipping from the USA.

CANADIAN PRICES: For CALA members
 1.0 metre mat: \$125.00 + \$25.00 (S & H) + tax
 1.7 metre mat: \$185.00 + \$25.00 (S & H) + tax

CANADIAN PRICES: For non members
 1.0 metre mat: \$159.00 + \$25.00 (S & H) + tax
 1.7 metre mat: \$209.00 + \$25.00 (S & H) + tax



INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA COURSE GRADUATES FROM CALA FAST TRACK AND TOTAL TRACK
AND SPECIALTY COURSES FROM NOVEMBER, 2001

OTTAWA, ON
FAST TRACK, November 2001

Kelsi Doyle
Debbie George
Teresa Greaves
Alison McQuillan
Robert O'Neill
Nancy Peever
Ariane Pichette
Julie Riddioch
Donna Ryan
Vicky Wallace
Erin Whattam
Kristen Whitney
Trainer: Carol Weerdenburg

OCTOBER 1 - NOVEMBER 30
**CONGRATULATIONS TO THE FOLLOWING
LEADERS WHO HAVE RECENTLY
ACHIEVED CALA CERTIFICATION. CALA
CERTIFIED MEANS CLEARLY QUALIFIED**

Emmy Bortolin
Anne Campbell
Jennifer Craig
Karen Dreaver
Cindy Ferguson
David Giannunzio
Gertie Griffith
Jennifer Healey
Monika Helbig
Rebecca Hird
Rae Walsh

CALA RECERTIFIED!
**WOW, THREE YEARS LATER
& STILL GOING STRONG.**
**WELL DONE &
HUGE CONGRATULATIONS TO
THE FOLLOWING LEADERS
WHO RECENTLY RECERTIFIED
WITH CALA.**

Angela Bylsma
Kim Callewaert
Irene Campbell
Maureen Cowling
Janet Coyle
Connie Jasinskas
Michelle (Stanyck) McLaren
Susan Watts

CALGARY, AB
FAST TRACK, November 2001

Dana Lynn Borschewski
Bev Glass
Colin Hyland
Jan Milligan
Shelly Zerr
Trainer: Michelle (Stanyk) McLaren



Please contact the CALA office if you notice your name is missing from the lists above. We do apologize if we missed you this time. Please inform CALA if your name has been spelled incorrectly.



Banff, 1999



T4T, Patty enjoys a laugh.

*CALA Trainer for Trainers will be
held in the Spring or Summer of 2002.*

Stay tuned for further details. If you have directly expressed interest in the T for T, you will receive an invitation to attend. You must be certified and a current member to attend the Training for Trainers.

If you would like to be added to our potential trainers list, email CALA (cala@interlog.com) to express your interest in becoming a trainer and you will receive an invitation.

WORKSHOP OPPORTUNITIES - CREDITS WITH ALL ORGANIZATIONS

OTTAWA, ON - WORKSHOPS

180 Degrees of Deep
Date: Saturday, January 5, 2002 from 4 to 6 pm
Interval Training
Date: Saturday, March 9, 2002 from 3 to 5 pm
CRUNCH! "Using your muscle"
Date: Sunday, March 24, 2002 from 4 to 6 pm
Where: Sportsplex Pool, 1701 Woodroffe Ave., Nepean, Ontario
For directions & reg'n contact trainer, Jennie Queen at phone: 613-727-6700 ext 261
Recognized by the NFLAC and OFC and CanFitPro (FIS)

WEISKIRCHEN, GERMANY

Full day of WORKSHOPS
Low Impact Water Running for Athletes
Aqua Spinning
Aqua Tai Chi (chest deep)
Date: Friday, May 10, Saturday May 11 and Sunday May 12, 2002
Where: Private Clinic and University of Saarbruchen
Trainer: Charlene Kopansky
To register contact Andrea Pielen at email: andreapielen@aol.com
Earn Credits: CALA CEC's, KNEIPP Credits

PELLY CROSSING, YK - WORKSHOP

Aqua Kick Box
Date: late May or early June 2002, date to be confirmed
Where: Pelly Pool, Yukon
Earn AFLCA, BCRPA, CanFitPro (FIS) and 3 CALA Credits

WHITEHORSE, YK - WORKSHOPS

Aqua Kick Box
Applied Physiology and Applied Anatomy
Date: Early June 2002, date to be confirmed
Where: Whitehorse Lions Pool, Yukon
Earn AFLCA, BCRPA, CanFitPro (FIS) and 3 CALA Credits
Trainer: Charlene Kopansky
**** Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options, For directions & registration contact Sharon Denton at phone: 1-867-668-7778 or email: sharon.denton@city.whitehorse.yk.ca

CHARLOTTETOWN, PEI - WORKSHOPS

Date: Early Spring 2002 (when snow has melted!) date to be confirmed
Where: Charlottetown Recreation Centre
All details to come soon from Tom Baker

AQUAFITNESS LEADERSHIP TRAINING AND CERTIFICATION - TORONTO, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: Jan. 18-20 and Jan. 25-27, 2002
Where: The Fitness Institute (Sheppard & Victoria Park) Trainer: For directions & registration contact Joann Kenny or Diane Farrell at: 416 751 9823
Trainer: Tara Jones
Recognized by the NFLAC, OFC and CanFitPro (FIS)

TORONTO, ON

CALA Aquafitness Leadership Training Course "Fast Track" (22 hrs) *** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership
Date: Jan. 18-20, 2002
Where: The Fitness Institute (Sheppard & Victoria Park)
For directions & registration contact Joann Kenny or Diane Farrell at: 416 751 9823
Trainer: Tara Jones
Recognized by the NFLAC, OFC and CanFitPro (FIS)

SMITHERS, BC

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: Jan. 18-20 and Jan. 25-27, 2002
Where: Bulkley Vally Regional Pool, 1516 Toronto St., Smithers, BC
For directions & registration contact Mary Jane Olson at: 250 847-4244
Trainer: Charlene Kopansky
Recognized by the NFLAC, BCRPA and CanFitPro (FIS)

SMITHERS, BC

CALA Aquafitness Leadership Training Course "FT" (22 hrs)
Date: Jan. 18-20, 2002
Where: Bulkley Vally Regional Pool, 1516 Toronto St., Smithers, BC
For directions & registration contact Mary Jane Olson at: 250 847-4244
Trainer: Charlene Kopansky
Recognized by the NFLAC, BCRPA and CanFitPro (FIS)

OTTAWA, ON

CALA Aquafitness Leadership Training Course FT and TT
Date: January 25, 26, 27 February 1,2,3 - 2002
("Fast Track" is the first weekend)
Where: Sportsplex Pool, 1701 Woodroffe Ave., Nepean, Ontario
For directions & reg'n contact Jennie Queen at phone: 613-727-6700 ext 261
Trainer: Jennie Queen
Recognized by the NFLAC and OFC and CanFitPro (FIS)

OTTAWA, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs) This course is Wednesday evenings from 5:30 to 10pm
Date: January 9, 16, 23, 30, February 6,13,20,27, March 6. - 2002
Where: Sportsplex Pool, 1701 Woodroffe Ave., Nepean, Ontario
For directions & reg'n contact trainer, Jennie Queen at phone: 613-727-6700 ext 261
Recognized by the NFLAC and OFC and CanFitPro (FIS)

GUELPH, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: Feb. 8 - 10 and Mar. 1 - 3, 2002
Where: University of Guelph, Athletic Centre
For directions & registration contact Pat Richards at: 519-824-4120 ext. 2742
Trainer: Pat Richards
Recognized by the NFLAC, OFC and CanFitPro (FIS)

GUELPH, ON

CALA Aquafitness Leadership Training Course "FT" (22 hrs)
Date: Feb 8 - 10, 2002
Where: University of Guelph, Athletic Centre
For directions & registration contact trainer Pat Richards at: 519-824-4120 ext. 2742
Recognized by the NFLAC, OFC and CanFitPro (FIS)

STELLENBOSCH, SOUTH AFRICA

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: February 25 til March 29, 2002 (three nights per week)
Where: U. of Stellenbosch Sports Science Building, Stellenbosch, SA
For directions & registration contact Estelle Van Niekerk, email: evn@akad.sun.ac.za
Trainer: Charlene Kopansky, Recognized by the NFLA

SACKVILLE, NS

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs) This course is Wednesday evenings from 6:00 to 10pm
Date: February 6, 13, 20, 27, March 6,13,20,27, April 3,10. - 2002
Where: Sackville Sports Stadium
For more info call Chris Merry - 902 869 4141 X308
Trainer: To be confirmed
Recognized by the NFLAC, NSFCCA and CanFitPro (FIS)

HAMILTON, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: February 22, 23, 24 and March 1, 2, 3, 2002
Where: YWCA of Hamilton, 75 McNab Street South, Ontario
For directions & reg'n - Tara Jones: 905-522-9922 ext 118
Trainer: Tara Jones and Elaine Elliott
Recognized by the NFLAC and OFC and CanFitPro (FIS)

HAMILTON, ON

CALA Aquafitness Leadership Training Course (only) (22 hrs)
Date: February 22, 23, 24, 2002
Where: YWCA of Hamilton, 75 McNab Street South, Ontario
Trainer: Tara Jones and Elaine Elliott
For directions & reg'n contact Tara Jones at phone: 905-522-9922 ext 118
Recognized by the NFLAC and OFC and CanFitPro (FIS)

WHITEHORSE, YK

CALA Aquafitness Leadership Training Course "FT" (22 hrs)
Date: May 16, 17, 18, 2002
Where: Dawson City Pool
Trainer: Charlene Kopansky and apprentice trainer: Krista Prevost
Recognized by the NFLAC, BCRPA, CanFitPro (FIS), AFLCA (as credits for recertification)

THUNDER BAY, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)
Date: June 14, 15, 16 and June 21, 22, 23, 2002
Where: Frank Murphy Com. Centre, 63 Carrie Street, Thunder Bay, Ontario
For directions & registration contact the Centre at phone: 807-768-9693
Trainer: Charlene Kopansky and Wendy Andruski
Recognized by the NFLAC and OFC and CanFitPro (FIS)

THUNDER BAY, ON

CALA Aquafitness Leadership Training Course (only) (22 hrs)
Date: June 21, 22, 23, 2002
Where: Frank Murphy Com. Centre, 63 Carrie Street, Thunder Bay, Ontario
For directions & registration contact the Centre at phone: 807-768-9693
Trainer: Charlene Kopansky and Wendy Andruski
Recognized by the NFLAC and OFC and CanFitPro (FIS)

NATIONAL CERTIFICATION DAYS

TORONTO, ON - available at any time

*Certification Opportunities (all CALA Grads welcome)
Write Theory Exam at CALA office, 125 Lilian Dr., Toronto.
*Open book Theory Exam: 2.5 hour time limit
Do Practical at Willowdale Club: 2235 Sheppard Ave. East (for directions call 416-491-5830)
* Practical Assessment: Must be booked through CALA well ahead of time

HAMILTON, ON (all CALA Grads welcome)

CALA Certification Date
Date: To be confirmed with Tara Jones: phone: 905-522-9922 ext 118
Where: YWCA of Hamilton

GUELPH, ON (all CALA Grads welcome)

CALA Certification Date
Date: To be confirmed with Pat Richards: phone: 519-824-4120 ext. 2742
Where: University of Guelph

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Date: Early 2002 Where: Charlottetown Recreation Centre

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