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SPRING CLEANING

by Andrée Lachapelle and Charlene Kopansky

This is a season of rebirth, and it is also a good time to reevaluate your life and dreams, and your goals. Take this opportunity to dust off your seldom-used appliances, open the book that has been waiting to be read, dig out the gardening tools, air-out your home, and to inject both energy and light into your everyday life. Open your eyes, open your mind, and b-r-e-a-t-h-e - it is finally Spring!

Wake up, step outside, shake the sleep from your body and your mind and dust off your heart and soul. This is a great time to throw old habits out the window and get involved in new activities. Try something you have never tried before, go somewhere you have never been to, meet new people — explore the world outside your own world.

Throw your fitness routine into high gear with Athletic Aqua Kick Box or ease out and release with Aqua Yoga. Rejuvenate by shaking and grooving to the classic hits of Abba, or expand your fitness horizons with a blend of martial arts and dance like 'Aqua Nia'.

Rediscover your long-forgotten passions, the ones that never failed to bring a smile to your face. Remember your old dreams? They are still around, somewhere. Find them, and turn them into something new.

Spring is here! Spring is here!

Step outside yourself, outside your life: go for a long relaxing stroll and take time to smell the flowers, listen to the sweet song of neighborhood birds and feel the warmth of the sun on your body.

Become a tourist in your own town. Treat yourself, make the trip to Toronto to attend the 2003

CALA Exclusively Water Conference. It will take place at the Etobicoke Olympium from May 30th to June 1st and will feature three action-packed, fun-filled days that are bound to leave you refreshed, renewed, and rejuvenated. And then, summer is just around the corner.

*Discover new interests
and look at your life
with fresh eyes:
What do you like?
Keep it!
What don't you like?
Lose it!
What do you love?
Do it!*

*Get ready for summer!
Katie Kopansky, Madison
Kopansky-Giles & Charlene.*



EVERYBODY INTO THE POOL!

It's time to take a team approach, and bring water to the entire world — starting with adding athletes to the program.

by David Hatch

"But aquafitness is only for the gray-haired!"

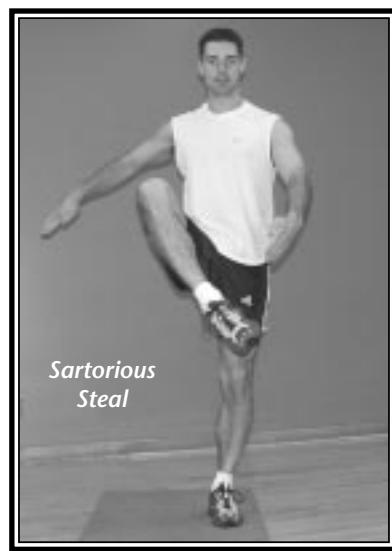
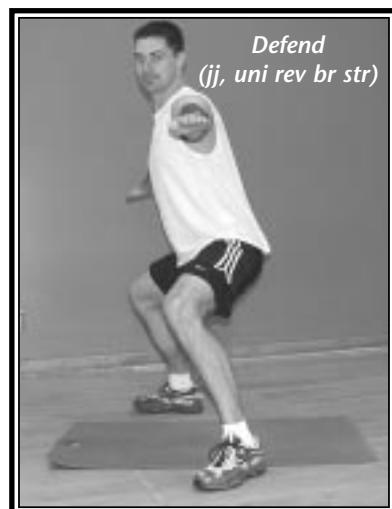
Many instructors have heard and even believed this fitness myth common around their local gym, pool or recreation centre. Participants have been keeping aquafitness secret for years — like a girls' night out or a bachelor party. Why haven't more sports teams, husbands, and body-builders brought out their bathing suits and joined the party?

Have aquafit programs only been geared towards baby boomers? If there is a place, in fitness, where everyone can be accommodated, it is in the pool - in some form of aquafitness!

Through various styles of aquafitness classes, instructors work with clients on a weekly basis, helping them achieve their desired health and fitness goals. Participants experience benefits to their cardiovascular system, their metabolism, strength, and flexibility — to name but a few. Track teams have been training land athletes in the water as an effective cross-trainer for years.

Athletes commonly train in a way very specific to their sport. In many cases, this means accelerating through one plane of movement, repetitively. This can lead to muscle imbalances and overuse injury. Decelerator muscles take a pounding, due to repeatedly eccentrically contracting at high speeds.

For an athlete, nothing can be worse than sitting on the sidelines watching 'your' team play. Athletes can combat potential injuries by modifying and imitating their sport movements in the water. No longer is it appropriate to drop land athletes in the pool with instructions to do the front



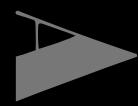
crawl stroke as hard as they can for minutes on end, without any knowledge of how to swim! Using multidirectional resistance (a unique property of water,) movements specific to each sport can be imitated. Due to the resistive quality of water, the physical results include strengthening opposing weaker muscle groups or decelerators. This creates a more balanced workout for the muscles around the joint. Close your eyes and add a little imagination to the mix, and you are at Maple Leaf Gardens, a Masters

Gold tournament, the National Curling Bonspeil or Wimbledon, experiencing success at your game!

Personalized programs and sport-specific, one-on-one training continue to boom, and instructors are always looking for new exercises to keep clients motivated and interested. Designing a client-centered water workout for those water-babies or athletes could be just the added creativity a program needs. Participants will get many of the same benefits in water as from working out on land, with the magical properties of water to add to the mix - the workout will be exhilarating, motivating and safe.

Water-based workouts can be designed to be challenging enough for the sports buffs, the weekend warriors, and athletes alike. Coax your local sports teams and athletes : from soccer, hockey, tennis, lacrosse, track and field, baseball, running, biking or golf, design exercises specific to their sport and lead them into the pool.

Join David in his GAME ON! session at the CALA conference 2003, May 30 - June 1. Learn and experience sport specific athletic training ideas. Add a new class to your program or include the moves to spice up your current repertoire.



AQUA YOGA: AWAKEN YOUR SENSES

by Catherine Morisset



Aqua Yoga is a holistic art and a form of self-discipline that can alleviate the effects of stress on the body and mind. This activity will leave you with a sensation of calm, beauty, and focused awareness: you will look at the world with fresh eyes and fresh energy.

Yoga improves strength, focusing on core muscles and posture; it improves balance, coordination and flexibility. Water allows participants to easily get into certain positions and hold the poses, aided by buoyancy. Poses such as the 'Cobra' are made feasible by 'Aqua Bells' — used to assist flotation and stability.

Water massages and stimulates muscles and skin, resulting in a greater awareness of each movement and position; this allows participants to become more conscious of their posture and alignment without fear of losing control.

CLASS DESIGN

One does not create an 'Aqua Yoga' class simply by mixing Yoga and Aquafitness together: the class design has to take into account that traditional land poses often do not work in water. 'Aqua Yoga' can be more forgiving than traditional yoga: the water supports your body. It can also be more challenging, as water creates resistance. Different water depths and equipment can be used throughout the class, both to create a feeling of safety and to challenge participants.

"To fulfill a dream, to be allowed to sweat over lonely labor, to be given a chance to create, is the meat and potatoes of life. The money is the gravy. Alone, it is not a diet designed to keep the body and soul together."
— Bette Davis

"One's mind, once stretched by a new idea, never regains its original dimensions."
— Oliver Wendell Holmes

"Whether you believe you can do a thing or not, you are right."
— Henry Ford

POSES

Flow, focus and breath

Poses that quiet the mind and warm up muscles and joints

Flow, strength and balance

Poses that focus on core strength, coordination and balance

Slow relaxing stretches

Poses that stretch muscles and improve posture and balance

Breath, focus and relaxation

Lead to a feeling of calm, awareness and empowerment

FOCUS

Muscle strength, tone and power

To increase muscles mass and prevent loss of bone density

Core strength

To improve back and abdominal activation, strength and alignment

Posture and stability

To decrease unnecessary muscle, tension and improve function

Balance and coordination

To improve body awareness and prevent falls

Focus on inner power

To create calm energy

Range of motion

To prevent muscle tension and pain

Lower stress level

To improve quality of life

INHERENT BENEFITS

Water Pressure

Helps blood flow back to the heart; decreases swelling and varicose veins

Water Buoyancy

Helps participants feel secure and in control

Water Turbulence

Improves balance, coordination and challenges

Water Resistance

Helps improve muscle awareness and challenge

'Aqua Yoga' is a beautiful experience: you are immersed in water, feeling its power, working both with its flow and against it. Participants often comment on how much more powerful, focused, and strong they feel after the class, and how they emerge from the water feeling more flexible and more relaxed.

Water Yoga is an amazing new discipline that is much more than a cross between Yoga and Aquafitness. Join Catherine on Saturday, May 31st at the Exclusively Water! CALA 2003 Conference, for this fun, uplifting workshop. You will rediscover water and feel its incredible power and strength and yes! its sensuality.

A LETTER FROM BETTINA HEINRICH

Berlin, Germany, Spring 2003

Hello dear Aquafitness enthusiasts,

I can hardly wait to come back to present at the CALA conference this year. I presented in Canada from 1996 to 1999. It was so much fun presenting and learning from others: I returned home with lots of new ideas!

I would like to share my favorite deep water combos with you:

Do you notice something missing? Yes, you are right, the complementary arm movements are not there! This turns the entire choreography into a fun challenge! By attending the Aqua Choreography session at the CALA Conference on Friday May 30 from 4 to 6 pm) you will not only discover the missing arm movements, but will also learn special teaching techniques that will help you overcome stumbling blocks that can sabotage your class flow.

See you soon!



Deep Water Choreography

(suggested beats per minute: 120-126 bpm)

CALA Move	Counts	Tempo	Choice
Block One:			
Ski Stop 2 rt : 2 lt	1-8	on tempo	
Narrow Tuck 4 x 1/4 turn	9-16	on tempo	
Ski Stop 2 rt : 2 lt	17-24	on tempo	
Narrow Tuck 4 x 1/4 turn	25-32	on tempo	
Block Two:			
Jumping Jack (jj) 8 x	1-16	1/2 tempo	
2 rt / 2 ctr / 2 lt / 2 ctr	17-32	on tempo	
Block Three:			
Jumping Jack 8 x	1-16	1/2 tempo	
2 lt / 2 ctr / 2 rt / 2 ctr	17-32	on tempo	
Block Four:			
Tuck Jack 4 x	1-16	1/2 tempo	
Tuck Jack 8 x	17-32	on tempo	
Block Five:			
w ham j'om	1-8	1/2 tempo	
w ham j'om	9-16	on tempo	
w ham j'om	17-24	1/2 tempo	
w ham j'om	25-32	on tempo	
Block Six:			
Wide Cross Country Ski	1-16	1/2 tempo	
Wide Cross Country Ski	17-32	on tempo	
Block Seven:			
Wide Tuck	1-8	on tempo	
Froggy Tuck	9-16	1/2 tempo	
Wide Tuck	17-24	on tempo	
Froggy Tuck	25-32	1/2 tempo	
Block Eight:			
Wide Swivel	1-8	1/2 tempo	
Narrow Swivel	9-16	1/2 tempo	
Hip Flexor Swivel	17-24	1/2 tempo	
Hip Flexor Chair	25-32	1/2 tempo	
Block Nine:			
Hip Flexor Chair	1-8	on tempo	
Hip Flexor Pacman	9-16	on tempo	
Hip Flexor Chair	16-24	on tempo	
Hip Flexor Pacman	24-32	on tempo	
Block Ten:			
Hip Flexor Pacman	1-16	on tempo	
Hamstring Pacman	17-32	on tempo	
Block Eleven:			
Hamstring Swivel	1-16	1/2 tempo	
Hamstring Chair	17-32	1/2 tempo	
Block Twelve:			
Jumping Jack	1-16	1/2 tempo	
Jumping Jack	17-32	on tempo	

LEGEND

rt: right

lt: left

ctr: centre

w ham j'om: wide hamstring jogormarch

HIGH EXPECTATIONS

by Line Marr

I started leading prenatal classes approximately 3 years ago. It came about very simply: no other instructor wanted to teach these clients, because they were pregnant! Being a mother myself, I knew not only of the joy of motherhood, but also of the stress and changes the body goes through during pregnancy. So I volunteered; it turned out to be a wonderful experience.

Being pregnant is a blessing and with a little caution, women can continue to be active throughout their pregnancy. It seems that very few of us instruct prenatal classes because of the fear that we might somehow hurt someone in our class. This became evident once, when I was desperately looking for a substitute for my prenatal class: it turned out to be nearly impossible to find an instructor. No one dared teach Aqua Natal, for fear of having pregnant participants perform a potentially harmful movement — this despite the fact that due to the lack of Aqua Natal classes, we often get pregnant ladies in our regular classes.

With this in mind, it is important for all Aquafitness leaders to have a good grasp of some of the basic guidelines of prenatal aquafitness. In the workshop I will be presenting in Toronto on June 1st, the following concepts will be explored:

Guidelines used when teaching a healthy pregnant woman:

Aqua natal exercise (aquafitness during the child-bearing year,) provides a comfortable, enjoyable form of physical activity that benefits both the unborn child (fetus) and the expectant woman. Water is a safe environment to exercise in.



What the latest research says:

Regular exercise — especially Aqua natal exercise — improves delivery of oxygen and nutrients to the growing fetus, during exercise and at rest.

Contraindications to exercise during pregnancy:

Pregnancy is not an illness. Pregnant women should use the same caution and common sense as anyone engaged in a healthy, holistic exercise program.

Physical changes in the child-bearing years:

Understand changes that take place on joints, breasts, ligaments, heart rate, pelvic floor, diastasis recti.

The Hey Baby + (Mom) workshop was created to help instructors adapt to the unexpected drop-in pregnant guest. I hope to see you at the workshop: there is a lot more to be discussed!

Aqua Fitness: the Low-Impact Total Body Fitness Workout

by Mimi Rodriguez Adami

CALA leaders shine once again! The photographs for this book were shot in Cape Town, South Africa in 2002. Charlene dined with Mimi (an American living in Italy) and Annatjie (CALA trainer from Cape Town). We compared aquafitness in Canada with that in Italy and discussed the positive affect that the CALA training program has had in South Africa.

To Charlene's great delight, all the 'models' selected for this book are CALA certified leaders. Can you imagine? Out of all the hundreds of fitness people and models who auditioned for the lucrative contracts, it was CALA certified leaders who were chosen! According to Mimi, their movement execution was top notch as well as their fitness level and of course, their 'look'!

Way to go CALA-South Africa. Annatjie Goedhals, who some of you may remember as a presenter at CALA 2001, was a consultant on this wonderful project.

Congratulations to Annatjie.

This book is a great companion to the CALA Basic Fitness Theory and Aquafitness Specialty Training Manual, and also

serves as a good introduction to anyone interested in Aquafitness as a career — or simply as a great alternative to a land-based fitness regimen.

Mimi Rodriguez Adami, director of SIAF (the Italian Aerobic and Fitness School,) takes us from the general principles of Aquafitness and the meaning of fitness itself, through a review of key Anatomy concepts. Descriptions of arm and leg movements are accompanied by glossy photographs, inspiring enough to make you want to immediately throw on a swimsuit and head for the pool. Everything from the warm-up to the cool-down is described in details, and beautifully illustrated.

For those of you looking to try something a little bit different, basic principles of Watsu and Ai-Chi are also explained. Pool safety and environmental conditions are discussed, and the book even features a section on beach workouts.

BRING ON SUMMER, SO THAT WE CAN ALL TRY IT OUT!

Aqua Fitness: the Low-Impact Total Body Fitness Workout is published by DK Publishing Inc, and retails for \$23 CDN.

It will soon be available for purchase directly from CALA.

Look for this book at the CALA Conference 2003 - Exclusively Water!

CREATING A CENTRE OF EXCELLENCE

by Chantal Laporte

Excellence: Very great merit, quality or ability. (*The New Webster's Dictionary*.)

The part that is not mentioned in any definition of excellence is our infinite quest for it. Facilities and individuals strive for it, yet 'excellence' remains difficult to achieve. Careful program planning and proper staff training, however, are key components in helping you and your team, turn a facility into a 'center of excellence'.

PROGRAM PLANNING AND PROGRAM EVALUATION:

Some of the factors that influence your program schedule are more obvious than others. Demographics, pool size and type, and number of certified instructors are some of the factors to consider when planning an aquafitness program or simply changing some of the classes on offer.

Also, look at other programs and consider the current trends. The fitness industry is rapidly evolving and disciplines such as Yoga, Tai Chi, dancing, and boxing are 'begging to be incorporated into fitness programs' as they arrive on the scene. Once you have completed research and compiled all the necessary information, list specific target markets, program and schedule options that may suit the facility.

ADDING SPICE TO YOUR SCHEDULE:

Take the time to speak to the participants and instructors at your facility, and find out how they feel about the current schedule in terms of meeting their needs and keeping them motivated to come back for more.

ATTRACTING PEOPLE TO YOUR POOL:

Add the concept of cross-training to your schedule and educate 'land-based' fitness members about the benefits of aquafitness programs. Plan a CALA Water Running and Aqua Jogging class designed for the running group, a CALA Liquid Muscle class for the weight-room users, or a CALA Aqua Spinning class for the cycling clients, and prepare to advertise the new programs.

TAKING STEPS TO ENSURE A SUCCESSFUL PROGRAM:

Start investing in your greatest strength: your team of certified instructors. Their face to face contact with members gives them a wealth of knowledge about participants' needs. When adding or changing classes, keep your team of leaders motivated by encouraging them to take part in the decision-making process.

Some instructors might be interested in teaching a new type of class, and will immediately take up the challenge.

Investing in your instructors also involves giving them the training they need to teach a variety of class types — and to do it well. Arrange for instructors to meet at least twice a year to discuss trends, schedules, safety and other current issues. Follow these meetings with a Master Class, taught by a different instructor or a team of instructors, each time: the instructors will get to experience a variety of teaching styles and techniques. They will also notice the strengths and get to know their fellow instructors. This type of interaction will solidify your leadership team.

INSTRUCTOR EVALUATIONS AND STAFF TRAINING:

Evaluations ensure that instructors maintain a high level of skill and safety. Participants expect a CALA Liquid Muscle class to be a CALA Liquid Muscle class — no matter who is leading the workout. The instructor's teaching style and personality may be different, but the components of the class are similar. This criteria can be met by offering a training session on that particular topic or by setting up a mock lesson plan. Take the time to watch a full class, and offer the instructor in-depth one-to-one feedback. Show you care and value their contribution to the team.

"A COMPANY IS ONLY AS GOOD AS ITS EMPLOYEES."

If we focus on the needs of the individuals, success is bound to follow. With careful program planning, a good communication and feedback system and a solid training plan, excellence is attainable.

Join me and a panel of experts as we discuss some of our techniques for keeping participants and instructors motivated, and take you through successes and challenges we have encountered in our own search to build a 'centre of excellence' at our facility.

Valentino's

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ANATOMY 101

by Marie-France Hébert

Living in a world that is constantly changing and evolving, it is good to know that at least one thing does not change as fast as everything else: our anatomy! The purpose of the Anatomy 101 workshop — to be presented on June 1st, as part of the CALA Conference — is to refresh our memory and help newcomers realize that anatomy is not a scary topic. As an aquafitness instructor, you do not need to know the name of every bone and muscle in your body in order to create safe, fun, and well-balanced workouts. Knowing the basics, however, will help you become more aware of how the body moves; it will also increase your confidence level when using anatomical terms while teaching a class.

MUSCLE GROUP: RHOMBoid MAJOR AND MINOR

Location: Upper-middle back

Description: Two rectangular muscles located underneath the trapezius. The rhomboid minor is the superior muscle. They originate, respectively, from the 6th and 7th cervical vertebra, and from the first 4 thoracic vertebra to the medial (inside) border of the scapula (see diagram.)

The rhomboids, along with the middle fibers of the trapezius, are shoulder girdle adductors. They help draw the scapula toward the spine, while supporting it and drawing it upward; they also play a big role as one of the key stabilizers of the scapula. They have been called 'postural muscles,' because they pull the shoulders back, when contracted. This action opens the chest and straightens the back - resulting in good alignment.

Question: How do we focus on these muscles?

Answer: Use the supine hand position (palm facing up as if you are holding 'soup' in the palm of your hand) and/or keeping an external rotation at the arm.

Exercise: Horizontal shoulder joint abduction (same as shoulder girdle adduction) of the arms in a standing position.

Starting position:

- Stand with feet on pool bottom, with one foot in front of the other, to stabilize the body.
- Keep pelvis in a neutral position, with a long spine and shoulders back and down.
- Activate the abdominal muscles - all 4 of them.
- Flex shoulders and lift arms to chest level. Keep arms and hands under the water.

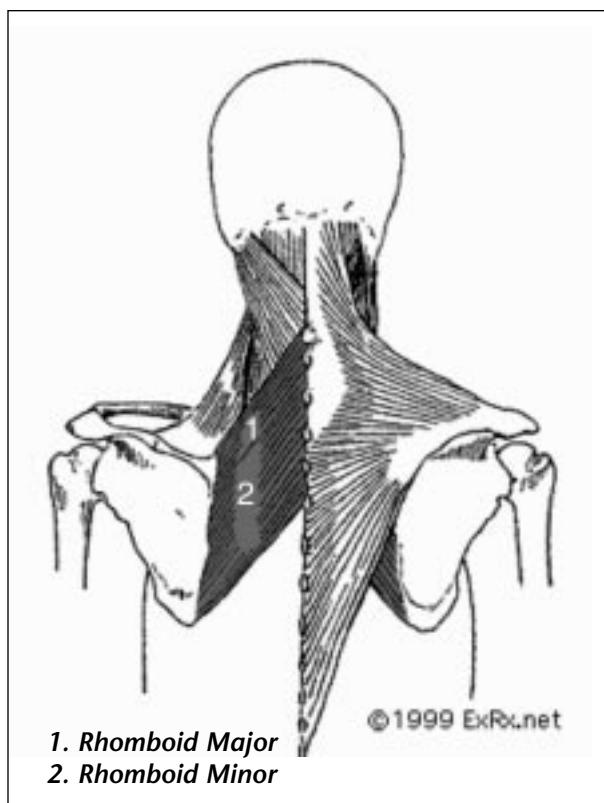
Action: Open the arms (horizontal shoulder joint abduction/shoulder girdle adduction) while keeping hands in a half-supine position until the hands and the elbows are just past the shoulder line.

Hand options: hands are in an open ('flat hand' or closed ('fist') position.

Explanation: It is difficult to perform this exercise correctly while keeping a round back, therefore it is imperative that the spine is erect with a level pelvis and open chest. If the thumbs are facing up throughout the exercise, the rhomboids will be solicited at the end of the movement. The same exercise, performed with the thumbs facing down, allows those with poor upper-body strength to compensate by using the latissimus dorsi muscles while opening the arms and simultaneously pulling them down and back toward the bottom of the pool.

Variation: Start the exercise with arms in a 'T' shape. The emphasis will then be primarily on the retraction phase of the scapula. Remember to cue your participants to contract the abdominals — otherwise they may over-arch (hyper extend) their backs.

Application: By maintaining perfect posture all day long, the rhomboid muscles will be isometrically activated. The general population has a tendency to round the shoulders and release the abdominals - a good reason to include rhomboid-specific exercises in the aquafitness class. The resistance of water makes it simple to effectively train this muscle group. Add on clear and concise verbal and visual cues and you have the formula for successful exercise execution. This will ensure our participants know not only where their rhomboids are, but how to use them and why they are an important muscle group in daily living.



ANATOMIE 101

par Marie-France Hébert

Malgré le fait que nous vivions dans un monde en constante évolution, il est rassurant de savoir qu'il y a au moins une chose qui ne change pas aussi vite que tout le reste: notre anatomie!

L'objectif de l'atelier Anatomie 101, présenté au mois de juin à Toronto, est de rafraîchir la mémoire de certains d'entre vous et de rassurer les novices en leur disant qu'ils n'ont pas à avoir peur de l'anatomie humaine. En tant qu'instructeurs d'aquaforme, nous n'avons pas besoin de connaître les noms de tous les os et muscles du corps pour être en mesure de concevoir des cours qui sont sécuritaires, amusants et bien structurés. Toutefois, une bonne connaissance des bases de l'anatomie vous aidera à mieux comprendre le corps en mouvement, et ainsi prendre de l'assurance quant aux termes anatomiques utilisés dans vos cours.

Muscles étudiés: Le petit et le grand rhomboïdes

Emplacement: Milieu-haut du dos

Description: Ce sont deux muscles plus ou moins rectangulaires, situés sous le trapèze. Le petit rhomboïde est le muscle supérieur. Les points d'origine du petit rhomboïde sont les 6e et 7e vertèbres cervicales, alors que ceux du grand rhomboïde sont les 4 premières vertèbres thoraciques. Le lieu d'insertion est le même, le bord médial (interne) de l'omoplate (voir figure.)

Les rhomboïdes, de concert avec les fibres du faisceau moyen du trapèze, provoquent la rétraction des omoplates. Ils agissent également lors de la rotation de l'omoplate vers le bas et jouent un rôle important en tant que stabilisateurs de l'omoplate. Plusieurs les appellent 'les muscles de la posture,' étant donné qu'ils redressent les épaules lorsqu'ils sont contractés. Il est donc primordial de les connaître et de savoir les renforcer.

Comment s'assurer de les travailler?

En gardant les mains le plus possible en position de supination (paume vers l'avant,) et/ou en maintenant les bras en rotation externe.

Exercice: Abduction des bras à l'horizontale, en position debout.

Position de départ: Debout, pieds au sol, une jambe en avant et l'autre en arrière, pour maintenir une position stable. Bassin en position neutre, colonne allongée, épaules relaxées vers l'arrière et vers le bas. Abdominaux maintenus. Bras allongés devant, à la hauteur de la poitrine (les bras sont sous l'eau.)

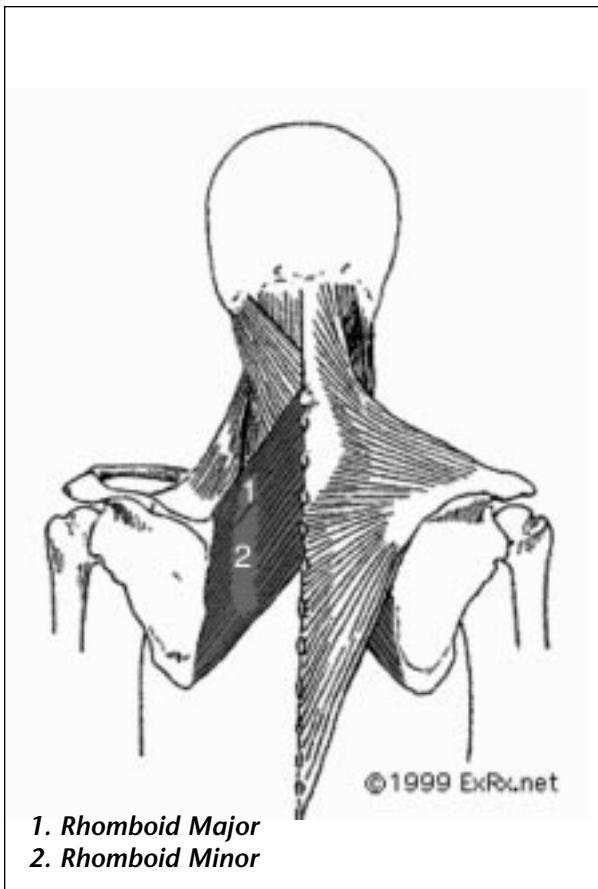
Action: Ouvrir les bras à l'horizontale en gardant la position des mains en semi-supination (pouces vers le haut) jusqu'à ce que les mains et les coudes dépassent légèrement la ligne des épaules.

Option des mains: Mains ouvertes ou fermées.

Explanation: Il est très difficile de garder le haut du dos arrondi en exécutant cet exercice, si les mains sont maintenues en position de semi-supination. Si les épaules sont vers l'arrière et vers le bas, et qu'il y a un rapprochement des omoplates vers la colonne vertébrale, vous pouvez être assurés de solliciter les rhomboïdes. Si l'exercice est fait avec les pouces tournés vers le fond de la piscine, un participant n'ayant pas les muscles du haut du dos assez forts pourrait compenser avec le grand dorsal en tirant les bras vers l'arrière et vers le bas.

Variante: Débutez l'exercice en ayant les bras en 'T' de chaque côté. L'emphase est alors mis uniquement sur la fin du mouvement, soit la phase de rétraction des omoplates. Mais rappelez aux gens de garder les abdominaux maintenus: nous ne voulons pas que les participants arquent excessivement le dos.

En conclusion, sachez qu'en gardant une bonne posture toute la journée, nous activons les rhomboïdes. Mais comme nous avons tendance à adopter des positions 'décontractées,' il est bon de travailler spécifiquement ces muscles de temps en temps. De cette façon, les participants pourront mieux les sentir et sauront s'ils sont relâchés ou sous tension.



TETHERED TRAINING

by Jennie Queen - Through the eyes of the Participant

Picture it; early morning the sun is shining brightly and spring is in the air. I have had my morning 'fuel up' and reluctantly head to the pool to commiserate with my fitness family about the spring chill that sets upon the facility during our long "Swim Meet Season". With lots of competitions at our facility this means a drop in the water temperature from the usual 82 - 83° to 78 - 81°. First thing in the morning, this chilly water, is enough to make even a veteran 'aquafitter' want to roll over and go back to bed. But the little voice inside my head persists: "You promised your instructor, fellow fitness friends and yourself that you wouldn't give up - so get going!"

I am greeted by a friendly yet somewhat suspicious smile (aka Jennie Queen). Taking a minute to look around, I notice there are lane ropes in the pool! And that little voice returns in my head: "How are we supposed to work around these things? I pay good money, and still am not as important as the swim club members? Maybe I will just go sit in the 'swirl pool' today. Freezing my, (beep), in the cold water and working out between ropes is not what I signed up for." My 'self talk' is interrupted by my instructor Jennie: "Get on your belt, grab a "tether", fasten it like this (demonstration provided), and trust me...OK!? You have been around long enough to know what this means..... it's guinea pig time".

So, the 'trusted' instructor has everyone in the class tied up! One begins to wonder if she has completely 'lost it' this time. Again I begin talking to myself: "Here you are splashing in the pool, completely wet- so you might as well give it a try. The water feels like 'sub zero', so moving quickly is not a problem!" I watch carefully every cue and technique tip given by this 'focused' leader. The movements are familiar; cross-country skiing, jumping jacks, running and cycling and yet there is something quite different. What is it? As the class continues, I find myself intensely focused, I can't even remember where my usual 'coffee clutch of ladies'

is positioned. I briefly take a look around the pool and find all 25 unsuspecting participants with rosy cheeks, puffing away - and then it hits me.... its QUIET!

Before I know it, I am participating in a triathlon. The turbulent 'swim component' of the triathlon is now over and my transition to the 'bike phase' is a little shaky. My legs just cannot seem to keep up. I remind myself never to take a bike trip through Cape Breton again..."Who suggested that? Was that you Jennie? I'll get you back for this later. Up yet another hill, and flying down the other side. S-turns ahead - get those abs activated, you will feel them tomorrow. Finally it's transition time to the run phase, this should be a little easier...hey wait is

that a 'normal' tempo? NO ONE IS GOING TO PASS ME, so my legs speed up and my heart keeps pounding. Now that crazy leader wants us to actually speak to her to tell her how I feel?" I signal, with two thumbs up and get back to pumping my arms. "I ponder is it possible for them to fall off? The devilish instructor once spoke of hitting the wall. You never dreamed it possible in water. Perceived Rate of Exertion between 1 and 5 makes what I am feeling seem 'off the charts'. Now, if anyone in this class says they are feeling less than 10 on their R.P.E., they are not invited out for coffee today. Where did our drill sergeant say she went to school again? Military College? What's that? Warm down music already? It can't be time already, but aaahhh that feels good."

Apparently it is time to go. I am not actually sure I can get out of the pool today, perhaps I will just float around for a little while longer. I look up from my 'rest and relaxation' to find the next unsuspecting recruits, setting ready for a repeat session. The thought of what lies ahead for them gives me the boost I need to get out of the pool. While leaving, I snicker, "Trust her I am heading out for a hot shower!"



Cindy and Jennie share a laugh while preparing for a Master Class



Jennie and Emily keep active year-round, even with feet firmly on the ground

TETHERED TRAINING

by Jennie Queen - Through the eyes of the Instructor

Prescription:

Take a minimum of two classes weekly

Caution:

This isn't your average aquafitness class!

Side affects:

This form of exercise is highly addictive! Overall improvement of fitness, with a guarantee to 'kick your butt' off any plateau!

What is this new idea?

It is amazing what a little rope, some water and willing participants can accomplish when all tied up! Now that I have your attention: lets talk tethered! Tethered training provides an intense workout with lots of variety, and the ability to grow along with your clients.

Why call it Tethered Training?

Many reasons, firstly this is not your average fitness class. There is no choreography! The format flows like a regular program, including all the phases: warm up, workout and warm down. But, the workout consists of sets and drills which build to an incredible workout by using progressions, periodization and tapering techniques. The goal is for participants who sign up for these classes to 'buy into' the program. This means understanding the program and its goals and objectives. Secondly, this class targets a niche market which includes the male population and athletes who haven't tried water training.

How did it evolve?

Tethered Training evolved by combining a few different aquafitness training tools and ideas. Most recently water running has been getting a lot of attention with fitness instructors and participants alike. One method of water running is 'tethered to the wall or lane rope'. This is a highly addictive activity, a great workout, very challenging and lots of fun. However, many aquafitness participants may not be avid runners and doing water running for an entire class tended to be a little boring and seemed to lack the balance of a regular program. Adding other components to the workout and introducing the Triathlon concept took care of the boredom and the balance.

What has Tethered Training done for the program, the instructor team and the participants?

This novel training idea has added popular lunch time workouts to the facility program. The instructor team also has a new focus and a new challenge to keep the motivated. New people who have not traditionally done aqua fitness are joining in. The class format allows for a higher intensity level and variety for veteran 'aquafitters'.

What I noticed happened after introducing the Tethered Training Program: Participants gained a better understanding of core stability and mind-body awareness. They became more focused on the workout and less on socialization. They spent less time "swimming away from others" due to the magnet effects of turbulence. And with all this hard work and the benefits of water training ~ they noticed results! Many clients began losing weight and improving cardiovascular output, by working differently and more intensely. They started to understand what I was talking about with respect to the 'FITT' and 'SAID' principles. Some participants started to cross train outside of the pool. What I noticed most of all was that through this class format we have completed a mind, body and spirit transformation!

What can this mean do for you as an instructor?

You and your clients will love this training format. To get more information on this fun and function program ~ check out the 'Tethered Training' Workshop at the upcoming CALA conference, on Saturday May 31, 2003.

An Introduction to: The 5 W's of Tethered Training

Who is Tethered Training for?

Tethered training is for all aquafitness enthusiasts. It can be a workout for the avid aqua participant or the timid participant. Just like other forms of classes, tethered will cater to the population you decide to build the program around.

What is Tethered Training?

Tethered training is Anchored Aqua with tethers!

Where can you do Tethered Training?

Tethered can be done in both 'chest-shoulder depth' water and a 'deep' water. But tethered training does best suit a deep-water environment.

When to use Tethered Training?

Tethered training can be used for all components of a workout, and trains most components of fitness!

Why Tethered Training?

It is fun! And it is functional! And it works.

How do I teach Tethered Training?

This is probably the easiest of all. It doesn't require fancy equipment. You can use:

Bungee cords, tubing, rope, or design your own tethers using cord used in sailing boats and caribeeners (closed hooks) using in mountain climbing. You can tether to a wall, lane rope, fixed object around the pool or partners, ring buoys, anything really. Then just play and workout.

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AQUA NIA

Aqua Nia offers the safety, the comfort and the joy of Nia — in the safety, the comfort and the joy of water. This is a powerful blend. Open your mind, let your body lead, and join me for Aqua Nia at the Exclusively Water, CALA Aquafitness Conference 2003 in Etobicoke on May 30, 31 & June 1.

by Shelagh Noonan

"Be aware, relax, enjoy the movement, feel, sense, find your balance: the soft and the hard, the high and the low, the masculine and the feminine, ... breathe."

The words echo throughout the pool as the Aqua Nia class progresses. The participants respond with smiles, sighs, shouts, and various levels of intensity. They are moving and dancing from the inside out!

These pearls of wisdom, pearls of Nia, are what guide participants through a very unique fitness and personal growth program. Nia is a holistic mind-body fitness regime based on three arts including: Martial Arts (Tai Chi, Aikido, Tae Kwon Do), Dance Arts (Jazz, Modern, Duncan) and Healing Arts (Yoga, Feldenkrais, Alexander Technique.) From these three arts emerges an intriguing combination of nine movement forms that address the whole person: the intellectual being, the spiritual being, the emotional being and of course, the physical being.

Nia was developed in 1983 in California by Debbie and Carlos Rosas. Initially, Nia stood for Non Impact Aerobics and offered an alternative to the high-impact workouts of the day. Nia taught people how to move in a new and gentle way to get fit. More scientifically, Nia stands for *Neuromuscular Integrative Action*, a descriptive term for the complex actions that occur when mind and body are consciously integrated. Simply phrased, Nia encourages us to know ourselves, embrace our bodies and find joy working for our own personal goals — safely!

The Nia way, the body's way ... Nia is adaptable for all fitness levels as it is guided and rooted internally. What feels right for one person may not necessarily be good for another person. Nia encourages body awareness and promotes self-healing — from the inside out. The intention of Nia is to inspire, assist and to celebrate all human potential. The music of Nia plays an important role. Eclectic and universal, East meets West to set the backdrop for self-expression, creativity and exploration.



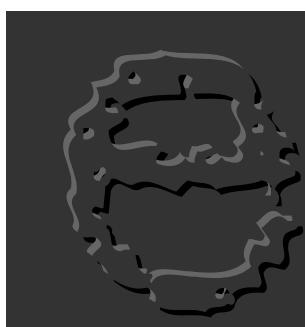
"Dancing with the whole body — this is the way to sweat and get fit. Emote and express — this is the way to enliven and free the spirit." Carlos Rosas



Immersion in water provides added challenges to the Nia participant through the magical properties of water — resistance, buoyancy, thermal conductivity, hydrostatic pressure and turbulence. The Nia philosophy rings loud and clear: feel, sense, be aware of how the body responds to the added challenges, and find joy in the movement. Being accustomed to the ways of the water allows the choreography of Nia to be brought to new heights! Muscular strength and endurance, as well as cardiovascular and respiratory training are enhanced when kicking against the force of water and when dancing a jazz box step through the turbulence created by vigorous action.

NIA:

"Now I Am: strong, healthy, balanced, centered, grounded, joyful, fit "



STAY IN TOUCH!

The best way to be notified of all CALA workshops and courses as they are announced is through email; we urge you to contact CALA as soon as possible, and let us know your email address.

Email cala@interlog.com today!

CREATING A CENTER OF EXCELLENCE: MOTIVATION IS THE KEY

*By attending my session at the upcoming CALA Conference
you will discover new ways of motivating yourself and your staff!
by Sharon Burns*

I love leading classes and Aquafitness is something very dear to my heart; still, there are times when I need a boost to maintain a high level of enthusiasm. Whether you are a supervisor or an instructor, it is always helpful to have the input of your staff, your fellow instructors, and your participants. Having people smile and tell you they love your class can be the most motivating and rewarding experience.

MOTIVATE YOUR PARTICIPANTS:

- Give out stickers to those who bring water, and prizes to those who have come on a regular basis for a period of time or have made significant health gains.
- Equipment nights can be fun: have a ball or noodle night. Bring in socks for participants to wear on their hands, or sponges to hold.
- Schedule theme nights: in a Dance Magic class, introduce Belly Dancing or the Mambo. Have an African Night with costume, decorations and African music and dancing; host a Caribbean Night. Explore sports themes with baseball, curling, running or cycling. Keep track of what works and what doesn't, so that everyone can improve and grow from the experience.



MOTIVATE YOUR STAFF:

When attempting to put new ideas to work, it helps to have the cooperation of all the instructors: set aside time for everyone to determine goals and objectives for themselves. Encourage your staff to get further training, to learn new concepts and develop new ideas. Some instructors might want to implement new equipment, while some might want to add more of a social or spiritual aspect to their classes. Have a brainstorming session and include everyone's idea, no matter how far-fetched. When the 'well of ideas' starts to run dry, have the group vote on the top five or ten to focus on, then work together on how these concepts can be implemented. Develop long and short term goals, and assign everyone tasks: if you want to educate participants with a Muscle of the Month, have the group come up with a master plan, and assign each calendar month to a different staff member.

Investigate new ways to get motivated or rediscover old, tried and true ways. No matter what route you decide to take, remember to have fun and support each other. In the end, your participants will appreciate it as much as you do.



RYKA Aqua Fit 2003 shoe - Available through CALA

Features:

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

Sizes: 7 - 11

(subject to availability)



Now available for
CALA members and
non-members

Special for pricing for current CALA Certified members and Non-Certified CALA members

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA COURSE GRADUATES FROM CALA FAST TRACK AND TOTAL TRACK AND SPECIALTY COURSES JANUARY 1, 2003 - APRIL 30, 2003

Ontario, Nepean Sportsplex, Foundation Course (Part 1) January 2003

Brandi Dickinson
Mihkel Emery
Toomas Emery
Aimee Filion
Staci Forsen
Aleksandra Lesniak
Lucille Phillippe
Kyla Smith
Emma Taylor-Binnie
Trainer: Jennie Queen

Quebec, UQAM, Foundation Course (Part 1) January 2003

Johanne Bertholet
Isabelle Charlebois
Lisa De Grandpre
Carmen Kozah
Katherine Lalonde
Karl Notargiovanni
Hendrica Verheyden
Trainer: Marie-Claude Leblanc

Nova Scotia, Acadia University, Foundation Course (Part 1) January 2003

Jennifer Arbuckle
Margot Bureaux
Michelle Condran
Mary Ann Gauvin
Christy Hodder
Cheri Kelly
Christine Kelly
Sarah Kent
Allison Luther
Brianna Lytle
Melanie Matthews
Martha Saunders
Janine Spinney
Trainer: Dianne Levy

Water Running at the Calgary Winter Club



Ontario, University of Guelph, Foundation Course (Part 1) February 2003

Patti Drake
Susan Vance
Trainers:
Connie Jasinskas & Pat Richards

Ontario, University of Guelph, Foundation Course (Parts 1 & 2) February 2003

Wendy Ataide
Karri-Anne Cameron
Heather Ennis
Nancy Hall
Joanne Kaufman
Marnie Kennedy
Kelly Thomson
Trainers:
Connie Jasinskas & Pat Richards



Ontario, Hamilton YWCA, Foundation Course

(Part 1) March 2003
Stacey Brown
Bethany Cira
Karen Evans
Sarah Gilpin
Denise Karibian
Lindsay Link
Trainer: Tara Weiderick

Ontario, Hamilton YWCA Foundation Course

(Parts 1 & 2) March 2003
Karen Bigeye
Leda Gamberoni
Angela James
Patricia Kohanik
Christina Kroze
Erin Lafferty
Alison Podio
Tyler Steeves
Trainer: Tara Weiderick

PEI, Centennial Pool Summerside, Foundation Course (Parts 1 & 2) March 2003

Adam Blacquiere
Brian Hawrylak
Lynda MacNeill
Barb McNeill
Kym Thain
Lori Wedge
Trainer: Charlene Kopansky
Apprentice Trainer: Angela Curry

Ontario, Mississauga Fitness Institute, Foundation Course (Part 1) March 2003

Jocelyn McGuire
Danielle Nerman
Trainer: Charlene Kopansky
Apprentice Trainer:
Shelagh Noonan

Ontario, Mississauga Fitness Institute, Foundation Course (Parts 1 & 2), March 2003

Meaghan Cassidy
Larysa Chalupa
Marie-Josée Girard
Donnamarie Kerbashian
Olena Kochnev
Oxana Liszczak
Daniela Mastragostino
Debbie O'Grady
Rebecca Penty
Sheri Roach
Alana Shular
Sue Sitki
Lillian Wanke
Trainer: Charlene Kopansky
Apprentice Trainer:
Shelagh Noonan

Quebec, YM-YWHA Aqua Natal Specialty Course, March 2003

Agathe Andrieu
Carol Benard
Sylvie Cormier
Valerie Cyr
Monia Deschenes
Cheryl Freder
Renee Garceau
Ann Gauthier
Marie-Hélène Goulet
Anne Harrison
Nadia Karawani
Martine Leclerc
Carole Lefebvre
Catherine Lussier-Cardinal
Sylvie-Anne Paquin
Ligia Pena
Maureen Scallion
Sarra Tidjani
Hendrica Verheyden
Trainer: Marie-Claude Leblanc

P.S. We are awaiting lists of our Foundation Course Grads from University of Stellenbosch, South Africa (March 2003) and our Water Running Course Grads (April 2003)

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.

CALA CERTIFIED MEANS CLEARLY QUALIFIED!

CALA CERTIFIED, CLEARLY QUALIFIED: FROM JAN 1 - APR 17, 2003

Dawn Colgan
Patsy Kohnke
Martin Matyas
Mary Kay Smola
Nancy Fitzgerald
Staci Forsen
Renee Garceau
Patti Harper
Tara Hayes
Ryan Hietanen
Lynn Kenneway
Aleksandra Lesniak
Sarah North Harris
Gale Ogden
Leah Poole
Irene Robert
Emma Taylor-Binnie
Michele Vaillant
Karl Notargiovanni
Hendrica Verheyden

CALA RECERTIFIED JAN 1 - APR 17, 2003

Marlene Arsenault
Liane Belec
Cindy Blake
Shirley Faudemer
Judy Gerber
Tracey Jamieson
Patrick Lévesque
Margaret Levstek
Katharine Preston
Georgina White

CALA RECERTIFIED IN AQUA ARTHRITIS

JANUARY 1 - APRIL 17, 2003

Margot Quinn

Note: If your name is missing from this list, we need you to contact CALA, your name will appear in the next newsletter with our apologies. Contact CALA immediately.

Jennie - team building at a CALA Foundation course.



Mississauga Fitness Institute Course grads.



Aquatic Rehabilitation works! Attend the Aqua Arthritis and MS Update at "Exclusively Water 2003".



Peggy Stirling, 2nd from left - with her MS group.



HIGHLIGHTS IN 2003

- What:** "Exclusively Water" CALA 2003 Conference
When: May 30 to June 1, 2003
Where: Etobicoke Olympium, Toronto, ON
- What:** SUN, SAND & SURF - A TROPICAL CALA FITNESS JAM
When: Early December 2003
Where: An outstanding resort with divine beaches
More details to follow in the Summer Issue of Wavelink
- What:** "GO 50 - Age Concern" - United Kingdom Conference
When: September 6 and 7, 2003
Where: Loughborough, U.K.
Who: Charlene Kopansky
Registration details pending

WORKSHOPS

* CEC's awarded for all workshops

MONTREAL, QUEBEC
** OFFERT EN FRANÇAIS **
(i) Aqua Boot Camp Workshop
Date & Time: Sun. June 22, 2003 from 9am - 12pm
(ii) Aqua New Wave Workshop
Date & Time: Sun. June 22, 2003 from 1pm - 4pm
Site: YM-YWHA 5400 Westbury Ave., Montreal, Quebec
Formatrice: Marie-Claude Leblanc
Directions: Marie-Claude Leblanc
au 514-343-2471,
fax 514-343-2181 info@kinesiologue.com

CAMBRIDGE, ONTARIO
Bridging & Linking Workshop
Date & Time: Sat. June 7, 2003 from 9am - 12pm
Location: W.G. Johnson Centre, 31 Kibbs Street, Cambridge, ON
Trainer: Connie Jasinskas

PRINCE RUPERT, BRITISH COLUMBIA
(i) Water Running and Aqua Jogging
Date & Time: Tues. June 10, 2003 from 6pm - 10pm
(ii) Aqua Muscle-Seniors Strength
Date & Time: Wed. June 11, 2003 from 6pm - 10pm
Site: Earl Mah Aquatic Centre
Trainer: Charlene Kopansky

NORTH BAY, ONTARIO
Creative Splash Workshop
Date & Time: Sat. June 21, 2003 from 12pm - 3pm
Location: Good Life Fitness Club, North Bay
(On Main, off Fisher St.)
Trainer: Charlene Kopansky

WATERLOO, ONTARIO
Aqua Natal Workshop
Date & Time: Sat. Oct. 04, 2003 from 7pm - 10pm
Location: Waterloo Swimplex
Trainer: Connie Jasinskas

CALGARY, ALBERTA
Beyond Abs - Training the Inner Unit
Date & Time: Mon. Nov. 03, 2003 from 7pm - 10pm
Location: Westside Recreation Centre, Calgary
Trainer: Charlene Kopansky

SPECIALTY TRAINING COURSES

* CEC's awarded for all courses

MONTREAL, QUEBEC

CENTRE OF POWER AQUA KICK BOX
** OFFERT EN FRANÇAIS AND ENGLISH **
Date & Time: Sat. May 10, 2003 from 9am - 6pm
Site: UQAM, Centre Sportif, 1212 rue Sanguinet (entre Sherbrooke et Ste-Catherine) Tel: 514-987-7678
Formatrice: Marie-Claude Leblanc
Directions: Andrée Dionne au 514-987-3000 poste 4092 ou Marie-Claude Leblanc au 514-343-2471

MISSISSAUGA, ONTARIO
* ONE DAY SPECIALTY COURSE *
WATER RUNNING AND AQUA JOGGING
Date & Time: Date To Be Confirmed- Fall 2003
Location: The Mississauga Club-The Fitness Institute
Trainer: Charlene Kopansky

VARENNES, QUEBEC

**** OFFERT EN FRANÇAIS & ENGLISH ****
WATER RUNNING AND AQUA JOGGING
Date & Time: Date To Be Confirmed- Fall 2003 from 9am - 6pm
Entraineur: Maryvonne Berthault and Marie-Claude Leblanc
Site: Complexe Aquatique de Varennes, 131, ch. du Petit-Bois, Varennes, QC, J3X 1P7
Téléphone: 450-929-1111 Télécopieur: 450-929-1769
courriel: c.aqua@ville.varennes.qc.ca

AQUAFITNESS LEADERSHIP TRAINING:

*Foundation Courses

The Aquafitness Leadership Training Course: "Foundation Part I only" (20 hrs) is an abbreviated version of the Combined Basic Fitness Theory and Aquafitness Leadership Training Course:

"Foundation Part I & II" (40 hrs)

Strongly recommended prerequisites for taking Part One only: Training in Basic Fitness Theory; confidence in applied anatomy, physiology, effects of immersion & excellent leadership skills.

All CALA courses are recognized by NFLAC, OFC (16 credits), CanFitPro (FIS), YWCA, YMCA, CPTN, BCRPA (22 credits); SPRA (12 credits); NSFLAA, CFES

THUNDER BAY, ON

* CALA Aquafitness Leadership Training Course:
"Foundation: Part I only (20 hrs)
If you choose to take part one only, you are a highly experienced leader with excellent knowledge of applied anatomy and physiology, and an ability to lead classes using music effectively.
Date & Time: June 6, 7, 8, 2003
Trainer: Wendy Andruski
Location: Lakehead University, C.J. Saunders Field House, 955 Oliver Road, Thunder Bay

PRINCE RUPERT, BRITISH COLUMBIA

* BCRPA - CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Foundation Part I & II" (40 hrs)
Date & Time: May 23 & June 6 (6 - 10pm);
May 24 & June 7 (9am-6pm)
and May 25 & June 8 (8am - 4pm), 2003
Trainer: Shelagh Noonan & Charlene Kopansky
Location: Earl Mah Aquatic Centre

PRINCE RUPERT, BRITISH COLUMBIA

* BCRPA - CALA Aquafitness Leadership Training Course:
"Foundation Part I only" (20 hrs)
If you choose to take part one only, you are a highly experienced leader with excellent knowledge of applied anatomy and physiology, and an ability to lead classes using music effectively.
Date & Time: May 23 (6 - 10pm); 24 (9am-6pm)
and 25 (8am - 4pm), 2003
Trainer: Shelagh Noonan
Location: Earl Mah Aquatic Centre

CALGARY, ALBERTA

* CALA Aquafitness Leadership Training Course:
"Foundation: Part I only" (20 hrs)
If you choose to take part one only, you are a highly experienced leader with excellent knowledge of applied anatomy and physiology, and an ability to lead classes using music effectively.
Date & Time: June 6, 7, 8, 2003 from Fri: 6pm - 10pm,
Sat: 9am - 6pm, Sun: 9am - 6pm
Trainer: Michelle McLaren and Krista Prevost
Location: The V.R.R.I., 3304 33rd Street, N.W. Calgary, AB.

CALGARY, ALBERTA

* CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course: "Foundation: Part I & II" (40 hrs)
Date & Time: June 6, 7, 8, & June 13, 14, 15, 2003 from Fri: 6pm - 10pm, Sat: 9am - 6pm, Sun: 9am-6pm
Trainer: Michelle McLaren and Krista Prevost
Location: The V.R.R.I., 3304 33rd Street, Calgary, AB.

CONTINUING EDUCATION CREDITS (CECs):

Our high quality training opportunities listed are recognized for CEC's by ALL national and provincial organizations following an application process:

BCRPA, AFLCA, SPRA, MFC, OFC, CanFitPro, CPTN, CFES, NSFLAA, NBFA, PEI, NFLD, YMCA & YWCA

HOW TO REGISTER?

Unless otherwise stated registration for the following conferences, 'foundation' courses, specialty courses, workshops, and certifications will be through CALA:

125 Lilian Dr., Toronto, ON, M1R 3W6
Toll free: 1-888-751-9823 Phone: 416-751-9823

Fax: 416-755-1832 • cala@interlog.com

CALA is prepared to offer you a payment plan, if necessary.
Please contact us for more details.



CALA • 125 Lilian Dr.
Toronto, ON, Canada M1R 3W6
Tel: (416) 751-9823 • 1-888-751-9823
Fax: (416) 755-1832
calal@interlog.com • www.calainc.org

