



CALA

CALA CELEBRATES 25 YEARS & GROWING STRONG

When: Sunday September 16, 2018: Conference: 7am – 4:30pm

Note: Arrive at 7am to register and receive your delegate package.

Where: Huron Park Community Centre, 830 Paisley Blvd W,
Mississauga, ON L5C 4P1

Why: Get inspired. Earn continuing education credits.
Meet new friends & reconnect.

What: A combination of dry land learning, movement on land
& in water (main pool & therapy pool). Accredited by
national and provincial organizations.

Who: Presenters: Jaye Graham and Paul Lewis & the Volunteer Team!

www.calainc.org | cala_aqua@mac.com | 416-751-9823



Registration

How to register on line:

1. Enter on your browser: <http://activemississauga.ca>
2. Click Registered Program; then enter CALA under Search option
3. Three choices will appear: Choose one that meets your needs.

Bar Code Full Day is: 785074 (8 CECs) Register 7 - 8am; Sessions 8am - 4:30pm

Bar Code AM Only is: 785922 (4 CECs) Register 7 - 8am Session: 8am - 12:30pm

Bar Code PM Only is: 785923 (4 CECs) Register 12 - 12:30pm Session 12:30 - 4:30pm

How to register by phone:

If you have any challenges registering on line, call customer service: 905-615-4100 between 8:30am & 4:30pm or reach out to the CALA Team by phone or email for help to register or questions about the event: 416-751-9823 or 1-888-751-9823 or cala_aqua@mac.com

Be prepared!

1. Bring your own lunch, snacks & water bottle.
2. Be equipped to move on land & in water. Bring warm clothing as well.
3. Bring writing utensils & extra paper.
4. Parking is free, no childcare on site.
5. Photographs will be taken & you might be featured in CALA promotional materials.
6. You can choose to stay dry on deck & take notes or jump in & get wet.

SENSATIONAL SESSIONS & PROFESSIONAL PRESENTERS READY TO CELEBRATE!

Special Note: You must sign the attendance sheet at the start of the session. You must submit a completed feedback-waiver form at the end of the session. This will ensure you are awarded 4 CALA CECs for each session you attend at this event.

7am - 8am: Registration for morning session (for full day delegates & morning only delegates)

8am - 12pm: Creating the Bridge Between Aquatic Therapy and Main Stream Aquafitness with Paul Lewis. 4 CALA CEC

Learn how to design and lead aquatic post rehab classes that will empower participants physically and emotionally with the ultimate goal of enabling them to advance to mainstream aquafitness. Experience progressive movement sequences designed to enhance daily function while building confidence in each and every participant. Discuss how to ensure that participants take self-responsibility when attending classes. Teach participants how to modify movements to suit their needs while continuing to develop range of motion, coordination, muscle and cardiovascular endurance, balance and body awareness with respect to alignment and power posture.

Suggested Agenda: Active theory: 8am - 9:45am; Change for Pool: 9:45am - 10am; Pool 10am - 11:45am; Change for lunch break and completion of session feedback: 11:45am - 12pm

12pm - 12:30pm: Time for Lunch (Bring your own), Networking, Draw prizes, Shopping and Registration for afternoon only session delegates.

12:30pm - 4:30pm: Aquatic Inner Ninja with Jaye Graham

Harness your kick-butt inner ninja through iconic power, punch, kick combinations with aquatic infused martial arts!! Capture the spirit of the warrior with purposeful intention to learn and to release.

1. Identify how to release inner energy for increased power with aquatic movement patterns.
2. Experience aquatic punch and kick-box combinations that will inspire and motivate you.
3. Learn to integrate martial arts into your regular aqua fitness class or decide to launch a full Aqua infused martial arts class for your participants.

Suggested Agenda: Active theory: 12:30pm - 2:15pm; Change for Pool: 2:15pm - 2:30pm; Pool 2:30pm - 4:15pm; Change and completion of session feedback: 4:15pm - 4:30pm

INTERACT WITH OUR PROFESSIONAL CALA PRESENTER TEAM!



Jaye Graham, Management and Economic Program, B. A., University of Guelph

H2O Works Canada/Owner, Women of Distinction Recipient 2015 / H&W, Health and Nutritional Rebalancing Coach, CALA Certified Trainer, Instructor and Assessor, National Aquatic Fitness Presenter, 2nd Degree Black Belt in Karate.

Team Canada Karate Medalist, Gold, 2 Silver, Bronze, November 2009.

Dedicated aquatic rehab and aquatic fitness specialist offering over 22 years of health and wellness experience. Deeply committed to providing high quality programs at the University of Guelph and other local facilities.

Paul Lewis



Registered Massage Therapist (RMT)

Graduate of Sutherland-Chan Massage School and Teaching Massage Clinic in Toronto.

Combined Decongestive Therapy (CDT), ADP Authorized Graduate of Toronto Lymphocare Centre. Integrative Lymph Drainage in Combined Decongestive Therapy.

Certified Reflexology healthcare provider

Graduate of Footsteps School of Reflexology

International presenter/Certified Group Fitness, CALA Certified Aqua Instructor/Presenter & Yoga Instructor

Paul presented workshops and instructed fitness classes in Japan, USA, Europe & Canada

Aikido (Black belt)

He has lived in Japan for 8 years where he achieved his black belt in Aikido (Japanese Martial arts).

SESSION	COURSE CODE	COST
AM Session (8:00am-12:00pm)	785922	Resident \$125
		Non-Resident \$135
		City of Mississauga Staff \$93.75
PM Session (12:30pm-4:30pm)	785923	Resident \$125
		Non-Resident \$135
		City of Mississauga Staff \$93.75
All Day (8:00am-4:30pm)	785074	Resident \$235
		Non-Resident \$245
		City of Mississauga Staff \$176.25

