



Enjoy a Day of Workshops with Charlene Kopansky, CALA Founder & President

Tuesday, April 23, 2024 from 8am – 5pm at Comox Valley Sports Centre

Accredited by CALA, CFES, BCRPA, SPRA, canfitpro

8am – 12pm: Title: The Baby Boomer Dilemma: ‘Oh My Aching Body’

Description: Discover the transformative power of strength training combined with brain activation techniques for enhancing longevity. Choose to use equipment, or not, to strengthen the body and sharpen the mind. With an emphasis on maintaining optimal alignment and range of motion, this session features a holistic approach to longevity and well-being. Experience movements in the recreational, main pool for 'active agers' who are focused on maintaining an active lifestyle, in spite of their aches and pains. Delve into movement sequences for 'broken' people who do not like the idea of exercise and have been told they need to move and also active functioning people who often say 'Oh My Aching Body' and continue to exercise.

1pm – 5pm: Title: Level Up Your Leadership

Description: Experience a plethora of movement combinations featuring 'bridging and linking' to create fluid flow in your body, in chest deep and deep water. Explore a variety of joint angles and identify the beginning and ending of each movement, with core activation as the stabilizing force. Listen to the music you create and feel the waves you generate as you move to your own rhythm.

WHERE: Comox Valley Sports Centre - 3001 Vanier Drive, Courtenay, BC V9N 5Y2

AGENDA: Expect Active theory and active pool sessions. Get ready to think, move and have fun.

CECs: Earn 8 CALA, 8 BCRPA, 8 CFES, 4 canfitpro. 8 SPRA

AM only: Early Bird – on or before April 19 CALA Members: \$105 + 5% tax, **Regular** - \$125 + 5% tax

PM only: As above

Full Day: Early Bird – on or before April 19 CALA Members: \$199 + 5% tax, **Regular** - \$129 + 5% tax

Non-Members: Add \$30 + 5% tax to fees listed above

Comox Regional District Staff – Add CRDC beside your name, in the space provided below

Name	_____	
Address	_____	Join Now : <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal:	_____	Tel. w _____
Email:	_____	

E-transfer to cala_aqua@mac.com Amount Pd: \$ _____ **(See above for correct fee)**

EXPRESS registration 416-751-9823 OR complete, scan & email form to cala_aqua@mac.com