

CALA 1 Day - Ottawa Regional Conference Saturday October 16, 2004 - Nepean Sportsplex

***** Land Instructors - give aqua a try! It's a great workout and lots of fun!**



Details

Date and Time - Saturday October 16 from 8am to 6pm ***

Registration starts - at 7:30am at Nepean Sportsplex - 1701 Woodroffe Ave, Nepean. For directions contact Amanda Degrace degrace@sympatico.ca or phone 613-580-242 Ext 41265.

Follow the signs to the conference room

Earn - 9 CALA and 9 YMCA CECs

Fees - Conference fees remain the same **\$80.00**

Shopping - Trade Show open from 8am - 7pm

Registration

If you have already registered for the City of Ottawa Land and Fitness Conference, your registration fees will be transferred to this one day CALA Fitness Conference!



We need you to respond to this email indicating you would like your fees transferred to this CALA event. Please email to cala@interlog.com your full name and contact details on or before **Wednesday October 13, 2004** and let us know you are attending the conference. **THANK YOU!**

If you have not yet registered, then we can take your registration over the phone • **1-888-751-9823** with a VISA or Mastercard.

We are confident that there is enough interest in this event to make it happen!

Deadline for Registration

We need **all registrations** completed on or before **Wednesday October 13, 2004** to make this event happen!

Fees

Only **\$80.00** for everyone interested for a full day of workshops, a master class and CALA booth trade show.



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

Agenda

8:00am - 9:00am - High Voltage Creative Choreography Master Class

Instructors: Chantal, Jennie and Amanda
*** Appropriate for land & water fitness leaders

9:00am - 9:30am - Trade Show & break time

9:30am - 12:00pm - Beyond Abs

Instructor: Charlene Kopansky
*** Appropriate for land & water fitness leaders

9:30am - 12:00pm - Dryland classroom

Get ready to move on dry land

12:00pm - 1:00pm - Lunch & Trade Show Time

1:00pm - 3:30pm - Athletic Aqua - Combination of Aqua Sport & AIM (Aqua Infused Martial Arts)!

Instructor: Angela Curry
*** Appropriate for land & water fitness leaders

1:00pm - 2:15pm - Dryland classroom

Get ready to move on dry land

2:15pm - 2:30pm - Change Time

2:30pm - 3:30pm - Chest Deep Pool

3:30pm - 4:00pm - Change Time; Trade Show and Snacks available (for purchase)

4:00pm - 6:00pm - Aqua Arms with a Twist of Abs

Instructor: Line Marr
*** Appropriate for land & water

4:00pm - 4:45pm - Dryland classroom

Get ready to move on dry land

4:45pm - 5:00pm - Change Time

5:00pm - 6:00pm - Chest Deep Pool

6:15pm - 7:00pm - Grand Finale - Native Stretch

Charlene Kopansky - on land!



Name				
Address				
City				
Province.			PC	
Phone			Fax	
Email				
Payment Method				
VISA		Master Card		Cheque
Number				
Authorization Signature				
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