



## *Aqua Exploration Conference CALA Celebrates Being Canadian*

**When:** Sunday September 17, 2017: Conference: 9am – 5pm.

**Note:** Arrive at 8am to receive your delegate package.

**Where:** Clarkson Community Centre, 2475 Truscott Dr., Mississauga, ON, L5J 2B3

**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: Charlene Kopansky, Dylan Harries & Katherine McKeown & the Volunteer Team!

### **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: 740638 (8 CECs)

Bar Code Morning Only is: 740639 (4 CECs)

Bar Code Afternoon Only is: 740640 (4 CECs)

**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](mailto:cala_aqua@mac.com)

**NOTE: If you are registering for the full day &/or morning only, you will choose your morning session on site between 8am & 9am, then you will receive your conference package.**

### **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!**

**8am – 9am:** Full Day & Morning only Delegates will decide between session A & B and then pick up their conference package.

**9am – 12:30pm: SESSION A OR SESSION B**

### **SESSION A: Wake Your Workout! Off the Wall Exploration with Katherine**

Learn innovative choreography designed to use the pool wall to generate turbulence creating extreme core challenges. Fluidity and flow are maintained while targeting cardiovascular and muscular strengthening. Consolidate your understanding of the choreography and leadership techniques to launch this 'off the wall' concept immediately. Be prepared to move, fine tune your leadership skills and learn how to teach each exercise.

**Note:** This session starts in the Main Pool for 1.5 hour, then moves to active theory on dry land in the Finch Auditorium for 1.25 hours

**OR**

### **SESSION B: Healthy Backs: Water Walking & Ai Chi with Dylan & Charlene**

Analyze and then experience exercises to strengthen the core, improve balance, expand range of motion and prevent falls. Learn to build confidence & kinesthetic awareness with specific cueing techniques that engage participants. Get ready for chest deep and deep-water exercises (in the main pool and the therapy pool) with a touch of Ai chi to complete the morning. Get ready to put the theory into action with opportunities to explore chest deep and deep-water exercises in the main pool and the therapy pool

**Note:** This session starts with active theory on dry land for 1.25 hours, in the Finch Auditorium then moves to the pool for 1.5 hours.

**12pm – 12:30pm: Full day or Morning Only Delegates complete feedback & prep for keynote. Afternoon only Delegates pick up your conference package on site.**

**12:30pm – 1:30pm ALL DELEGATES JOIN TOGETHER**

### **SESSION C: Expanding Your Horizons with Charlene, Dylan & Katherine**

During this panel discussion, the CALA Team will share their unique experiences as they continue to journey as fitness professionals. Discover how each individual continues to build their business, expand their horizons and embrace opportunity. There will be time allotted for questions.

**Note:** This session is on dry land for 1 hour, in the Finch Auditorium. Delegates are encouraged to bring their own lunch to enjoy during this panel discussion.

**1:30pm – 4:30pm FULL DAY & AFTERNOON ONLY DELEGATES**

### **SESSION D: Celebrate Being Canadian with 150 Moves - Charlene, Dylan & Katherine**

Get Anchored & Muscle Up; Use your Noodle; Explore Suspended Core and Find your Aqua Zen with Aqua Yoga & Tai Chi for Balance, Stretch & Inspiration.

**Note:** This session starts with active theory on dry land for 1 hour, in the Finch Auditorium then moves to the main pool for 2 hours.

**4:30pm – 5pm FULL DAY & AFTERNOON ONLY DELEGATES COMPLETE FEEDBACK FORMS.**

## INTERACT WITH OUR PROFESSIONAL CALA PRESENTER TEAM



**Charlene Kopansky**, Hons. BSc. Human Kinetics, B. Ed. Founder & President of CALA Inc. Charlene's philosophy encourages the mind to discover, the body to move & the spirit to soar. Awards: 'Top Presenter' & Presenter of the Year - Germany, Volunteer Recognition Award, OFC, Leadership Award, OFC; Who's Who of Canadian Women in Fitness, Chatelaine Magazine; Fitness Leader of the Year, The Fitness Institute; Body Attack, Germany, Specialty Presenter; Water Specialty Presenter Award, canfitpro; Specialty Presenter of the Year – canfitpro, Canadian Lifetime Achievement in Health and Wellness Award, 2013, canfitpro, Speaker at Woman Who Influence, 2016.



**Dylan T. Harries** B. Rec Mgt; B.Sc. HK; Certified Athletic Therapist is a former 4x time Canadian Artistic Roller Skating Champion & world team member. With 24 years of professional experience, Dylan is the Executive Director of Body Rock Fitness & the Health & Fitness Program Supervisor at the Nepean Sportsplex, Ottawa. He is an international presenter, renowned athletic trainer & performance coach to national and world level figure and roller skaters. He is CALA, CFP, YMCA, Pilates-Instructor, Spinning-Star 2, SPI- Level 2, Bender Ball, Hydorrider, TRX, Tabata Boot Camp, Bosu Balance Trainer & NCCP (Level 2) certified.



**Katherine McKeown** B. A, B. Ed. RYA. As a member of CALA's elite training team, Katherine brings a uniquely creative drive to her pursuit of health & wellness. Her natural infectious enthusiasm is fuelled by a lifelong desire to learn. She has earned specialty certifications in CALA Aqua Yoga, Group Aqua Fitness, Aqua Running & HydroRider as well as Land Based 250 hr Yoga Cert. She is inspired by water's powerful potential to strengthen, soothe, resist & rejuvenate.