



Aqua Exploration Conference

CALA Celebrates Being Canadian

When: Saturday October 14, 2017: Conference: 8am – 5pm.

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

Where: Centre Aquatique de Dollard-des-Ormeaux, 12001 de Salaberry, DDO, Québec

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

What: A combination of dry land learning, movement on land & in water (deep and shallow).

CECs: Accredited by national and provincial organizations. Earn 8 CALA CECs

Who: Presenters: Charlene Kopansky, Dylan Harries & Katherine McKeown

Register: Email the completed registration form to cala_aqua@mac.com or phone: 1-888-751-9823.

Payment Options: Visa or MasterCard Credit Card, Direct Deposit or E-transfer (password required)

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.

Get Ready to CELEBRATE BEING CANADIAN with 150 Moves

8am – 8:30am:

Pick up your package in the 'Gym' & prepare for Deep Water Pool Session.

8:30am – 12:45pm:

Celebrate Being Canadian with 75 Deep Water Moves

Join Charlene, Dylan & Katherine

Light Bounce, Get Anchored and Power up with Propulsion! Use your body, choose to add a noodle & explore suspended cardio, muscle conditioning, aqua infused Pilates and unique stretching strategies all included in at least 75 moves. This session starts with 1.5 hours of pool from 8:30am – 10am, followed by a 15 minute change time, then a 2.5-hour dry land movement experience. Be prepared to move your body (on dry land) to expand your repertoire of suspended movements. We will review the class design, practice on-deck demonstration techniques, study how each choreographed pattern is developed and explore unique ways to stretch in deep water. Note: We will discuss how to modify deep water moves to suit shallow water.

12:45pm – 1:00pm:

Bring your own lunch. Time to complete & submit morning feedback.

1:00pm – 5:00pm:

Explore 75 Chest Deep Water Moves

Join Charlene, Dylan & Katherine

This session starts on dry land with an overview of unique ways to integrate the following concepts into your chest deep – shallow water classes: HIIT, Gentle Range of Motion Exercises, Aqua Infused Yoga and Healthy Back Strategies. Change for the shallow water pool session & be sure you are powered up with nutrition and hydrated for an interesting 2-hour shallow water session. You may choose to participate in the full 2-hour session or observe and take notes, on deck for part of the session. You will have time to change, then return to the gym to discuss the pool session. Then complete & submit your afternoon feedback.

CEC Distribution:

Once you have submitted your feedback for the morning & afternoon sessions, you will receive a copy of your CALA CEC certificate.

Conference Fee: All Fees include Tax

Early Bird: Before Oct 7, CALA Member: \$200 / Non Member: \$215

Regular Fees: Oct 7-13, Add \$25

On site: October 14, Add \$50

REGISTRATION FORM - on next page

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Conference Fee: All Fees include Tax

Early Bird: Before Oct 7, CALA Member: \$200 / Non Member: \$215
Early Bird Half Day Session, CALA Member \$150 / Non Member: \$160
Regular Fees: Oct 7-13, Add \$25
On site: October 14, Add \$50

COMPLETE THIS FORM then, scan & email to cala_aqua@mac.com

Name _____
Address _____
City _____ **Prov:** _____
Postal _____ **H Tel:** _____
Cell: _____ **Work:** _____
Email: _____

VISA **MCard** **E-transfer/Directdeposit:** _____

Card # _____

Sign: _____

OR EXPRESS REGISTRATION: PHONE CALA 1-888-751-9823

Office Use Only: Date Processed: _____ Initials: _____ Invoice # _____ PD Email added: _____ Confirmation Letter: _____ New Member #: _____ Receipt: _____ Promo: _____ Other: _____

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, Hydrorider, 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 hour Yoga Certification. She is inspired by water's powerful potential to strengthen, soothe, resist & rejuvenate.