

# CALA Celebrates – Catch the Wave!

## A SPECIAL ONE DAY CALA SPRING CONFERENCE

Saturday April 13, 2013

at The Clarkson Community Centre, Mississauga, Ontario



Visit [www.calainc.org](http://www.calainc.org) for Special One Day CALA Conference Details:  
Accreditation details



Accredited by and/or CECs Granted by:

CALA	NSFLA	BCRPA	SportPEI
canfitpro	SPRA	OFC	NLPRA
CFES	AFLCA	YWCA/YMCA	OSHF

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## Our Sensational Schedule and Sessions

**Registration with Exhibitor Show and Nourishment 7am – 7:30am**

**Saturday Morning Sessions: Choose 1 or 2: 7:30am – 11:45am**

**1. An Intensive Introduction to HydroRider Training – Charlene and Mary Lou (Starts in Theory Room with the Bikes) 4 CECs**

We welcome land based 'spinning enthusiasts' to join water lovers and experience cycling in water, on a stainless steel bike. Land based spinning is as different from aqua cycling as aerobics is from aquafitness. This high quality bike is easy to maneuver into and out of the water, once you know the tricks of the trade. The HydroRider adds a brand new dimension to cross training, variety to pool programming and incredible leadership opportunities for land and water based instructors. Designed for athletes, recreational cyclists, pleasure riders and aquatic post rehab clients, the HydroRider has the potential to excite, motivate and meet the needs of all sorts of people. Get ready for: Familiarization and Orientation to cycling positions; Training Session Construction; Safety and Risk Management; Alignment and Core Activation; Communication and Motivation Techniques; Cadence and Intensity Manipulations and Post Rehab Considerations. Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity. It takes a bit of getting used to, but once you get it, you will love it! **Of Special Note:** Registrants in this workshop will receive a discount when completing the 20 hour CALA HydroRider Specialty Training and Certification Course.

**OR**

**2. What's Trending in Pure Water - Darin, Jaye, Dylan, Janet, Karl, Carol (Starts in Main and Therapy Pools) 4 CALA CECs**

Get ready to experience an integration of pure water training with no equipment: Aqua Kick Box with a twist of Taekwondo; Falls Prevention with Gait Training; Movements designed for Hip and Knee Replacement and Musculoskeletal Disorders; High Intensity Interval Training with a Tabata flavour; '30, 20, 10' Water Running Speed Play; Aqua Rock n' Roll Choreography and Aqua Yoga Linear Movement. The sensational presenter team will entertain you with visual cueing, motivate you to pump water, empower you with core stability training, challenge your mind with fun combinations and soothe you with a relaxing stretch. This session includes movement experience in deep and chest deep water in both the recreational and therapy pools. Your mind will be swimming with ideas as you proceed to the classroom to consolidate your learning.

**Saturday Morning Nutrition Break and Prepare to Celebrate: 11:45am – 12pm**

**Saturday Early Afternoon Sessions: Choose 3 or 4: 12pm – 1pm**

**3. Energy Rising, Community Connecting CALA Celebrates 20 Years – An Extravaganza! (Main Pool only) 1 CALA CEC**

Arrive ready for the voyage of your lifetime along with Charlene and all of your favorite CALA presenters. Choose to participate in bottom contact or suspended movements that trace the last 20 years of CALA. Create a collective wave of wonderful energy as you explore moves that will re-awaken your mind, re-vitalize your body and restore your spirit. Community members are welcome to join this noon hour class. Please do promote this celebration to the participants in your classes. Interested participants can call CALA to register.

**OR**

**4. CALA Celebrates 20 Years and Forever Young! (Therapy Pool only) 1 CALA CEC**

During this warm water combination chest deep and deep water session, delegates will enjoy relaxed Aqua Yoga Moves, a fluid sequence of carefully planned Aqua Flow I move, progressive gait training and targeted moves for musculoskeletal challenges. If you are need of some new ideas and/or special soothing treatment, sign up for this session. Community members are welcome to join this noon hour class. Please do promote this celebration to the participants in your classes. Interested participants can call CALA to register.

**Join our Exhibitors for a Celebratory Communal Complementary Delegate Lunch 1pm – 2:30pm**

**Saturday Late Afternoon Sessions: Choose 5 or 6: 2:30pm – 5:30pm**

**5. Introduction to CALA Aqua Yoga Linear Movement Experience – Karl and Katherine (Starts in Theory Room) 3 CALA CECs**

This fabulous session starts with 1.5 hours of land based theory and dry land movement. Get ready for an introduction to an Aqua Infused Yoga experience including dynamic movements designed for chest deep recreational pools and gentle moves designed for warm water. Bring a yoga mat or towels, water bottle, writing utensils, a surface to write on, a bathing suit and appropriate fitness clothing for dry land movement. Learn to free areas of the body that are habitually tight and constricted, strengthen muscles and bones, caress the heart and calm the open mind.

**OR**

**6. What's Trending with Effective Equipment in Water - Darin, Dylan, Carol, Janet (Starts in Main / Therapy Pools) 3 CALA CECs**

Now we add effective equipment that enhances the magical properties of water, adding spice with variety to deep and chest deep water programs in both recreational and therapy pool settings. The fabulous team of presenters will rely mainly on visual cueing with some added verbal instruction to get you focused on every movement nuance. Laugh out loud with Darin's 'oodles of noodles' as he demonstrates new cardio, strength and stretch choreography. Enjoy the launch of the Aqua Bender Ball with Carol as she demonstrates moves designed for the therapy pool. Experience a high-energy, full body Aqua Bender Ball workout with Dylan in the main pool as he focuses on muscle strength, endurance, core training and cardio with modifications. See how PT, Janet, carefully designs and teaches safe and effective progressive exercises for people with various bone, joint and muscular disorders. Experience drills, fun partner work and one of a kind strength training exercises. Again, your mind will be absolutely full of innovative, inspirational ideas as you proceed to the classroom to consolidate your learning.

# Join our Professional Line Up of Presenters & Celebrate 20 Years of CALA!



**JANET DAVIS** graduated as a Physiotherapist in 1986 from U of T. She is one of the owners and operators of a sports physiotherapy clinic, Club Physio Plus. Janet has her sports certificate from the Sports Physiotherapy Division and treats athletes at the provincial, national, and international level in various sports. She is also a STOTT certified Pilates instructor in reformer and mat and Pilates certification specialist for CPTN. She is a CALA certified Aquafitness and Aquatic Post Rehabilitation instructor and Trainer and is an international course conductor in Aquatherapy. With her involvement as a clinical lecturer at U of T and lecturing for various affiliations such as CAN-FIT-PRO, CPTN, and CALA, education and exercise to prevent injury and enhance performance has become one of her major lifetime goals.



**DARIN DIETERICH** is currently Group Fitness Director for Munich's top fitness club – AJ's Health & Fitness & the fitness education director for REFFS – Royal Events Fitness & Sports School. He has appeared in over 40 countries & educated over 10,000 fitness professionals in his 20 plus years of fitness. CFP & CALA certified, Darin is a key elite trainer for Flexi-Sports International. Join Darin for Aqua Rock & Oodles of Noodles.



**JAYE GRAHAM** is a graduate from the University of Guelph in Management & Economics & is a Canadian Black Belt Champion. She has 18yrs experience working with UofG & City of Guelph. Currently, Jaye assists in Rehab with clients 1-on-1, teaching a Special Aqua Program & is a CALA Trainer & assessor & certified in the UofG Weight Training & Personal Training programs. Jaye leads Water Running & Aqua Fitness classes & is personal training clients on land. She has her own business H2O Works. Jaye is CALA certified in Group Aqua Fitness, Water Running and Healing Water: Aquatic Post Rehab.



**MARY LOU HALL** Fitness Specialist, George Brown College, CALA Trainer: VWT, GAF & HydroRider. CALA certified in VWT, GAF, HydroRider & Healing Waters: Aquatic Post Rehab. Mary Lou brings 28+ years experience from the fitness & wellness industry. She teaches a variety of classes each week that include HydroRider, Boot Camp, AquaArthritis, MS & Stroke Re-motion, General Fitness and Personal Training. Delivering her classes in the Burlington, Oakville & Mississauga Region, Mary Lou shares her enthusiasm & passion about the benefits of moving in water & connecting the body, mind & spirit.



**DYLAN HARRIES** B. Rec., B.Sc. (HK), C.A.T. is an International Presenter known for inspiring fitness leaders with passion, high energy, technique & creativity. With 19 years of fitness experience, Dylan is the Regional Director of the Kanata YMCA-YWCA in Ottawa Canada. In his spare time, he is a renowned athletic trainer & performance coach to world level figure skaters. He is CanFitPro, CALA, YMCA, Spinning (star 2), SPI (2), TRX, Gym-Stick, Bosu, Bender Ball, HydroRider, & NCCP (2) certified.



**CHARLENE KOPANSKY** B.Sc. Human Kinetics, B. Ed., CALA Inc. Founder & President. Charlene is a dynamic, dedicated individual who embodies a vision of excellence. Charlene taught high school Biology, Science & PHE as well as dance fitness classes at the university level. Her skills in dance choreography, water running, personal training, fitness and aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa & New Zealand. Awards include 'Top Presenter' and Presenter of the Year-Germany, Volunteer Recognition and Leadership Awards-OPC, Who's Who of Canadian Women in Fitness-Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year-CFP.



**KATHERINE MCKEOWN** B. A., B. Ed., CALA Course Trainer & Assessor. Katherine has been enthusiastically pursuing her passion for teaching both on the deck and in the classroom for the last 26 years. She has been a proud member of CALA since 1995 and teaches a wide variety of aqua fitness, water running, HydroRider and Aqua Yoga classes in the Toronto area. Katherine trains the CALA Vertical Water Foundations course in addition to the Group Aqua Fitness specialty course and continues to be inspired by how deeply we contribute to each other's growth. Katherine's holistic approach to teaching truly celebrates the joy of movement, the empowerment of new learning and the spirit of community that connects us all.



**KARL NOTARGIOVANNI** B.F.A. Choreography; CALA Trainer; Massage Therapist, Yoga Instructor, Part Owner of "Yoga for the People", Co-Author of CALA Aqua Yoga Linear Movement Experience Specialty Course Manual. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for over 15 years, he has developed a unique edge to his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops.



**CAROL WEERDENBURG** M.Sc. CALA Master Trainer, Gymstick, BenderBall Master Trainer, Certified YMCA-YWCA, CFP, as lead research consultant and presenter, Carol is developing & refreshing a host of projects exclusively for CALA Inc. Current projects include CALA Healing Waters: Common Conditions and Aqua Bender Ball Specialty Training & Certification. Get charged up by Carol's in depth research about vertical water training, bringing meaningful evidence to what we all appreciate and share with members of our community.

## Details

During the 20th Anniversary CALA Celebrates conference, we will be taking pictures for use on the CALA web site and in promotional materials. Your picture may appear on [www.calainc.org](http://www.calainc.org) and in these publications.

**CONTINUING EDUCATION. RENEWAL, RECERTIFICATION, PROFESSIONAL DEVELOPMENT CREDITS:** Visit [www.calainc.org](http://www.calainc.org) for full details CALA, canfitpro (FIS, OAS, PTS, NWS, MBS), OSHF, CFES, AFLCA, BCRPA, OFC, NSFLA, SPRA, SportPEI, NLPRA, YMCA and YWCA

**NSF OR RETURNED CHEQUES:** NSF and returned cheques are subject to a \$50 + tax admin fee.

**CONFERENCE FEES INCLUDE:** Assigned sessions, handouts, CECs, Lunches.

**CANCELLATION POLICY:** All conference cancellations must be received in writing by fax or mail on or before March 28, 2013. Your fee will be refunded less a \$113 cancellation fee. NO refunds or credits will be given after March 28, 2013. No refunds or credits will be given for no-shows or partial registrations.

**CALA VENUE:** The Clarkson Community Centre, 2475 Truscott Drive, Mississauga, Ontario, L5J 2B5. T: 905-615-4840 x 2122. PARKING is FREE. CHILD CARE - not available.

**REGISTRATION BOOTH:** Sat April 13: 7am – 7:30am

**EQUIPMENT:** Bring your own flotation belt or purchase one at the conference!

**HOW TO REGISTER:** Fax: 416 755 1832, Email: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Phone: 1-888-751-9823 or 416-751-9823 \*Call for express registration using VISA or MC. Decide your sessions choices before you call. Send session choices in writing by mail within one week of phone registration to maintain priority listing. To avoid duplicate billing, indicate you have pre-registered by checking off the box on the registration form stating "Check here if previously registered by phone".

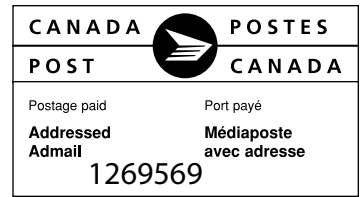
By Mail: Mail registration form with payment (credit card – VISA, MC, cheque or money order) payable to CALA: Spring Conf 2013, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6. Include payment with registration.

**REGISTRATION:** Send payment with registration form, post marked before March 13, 2013 for early bird rates

NOURISHMENT BETWEEN SESSIONS AVAILABLE ON SITE

# REGISTRATION:

CALA - Mississauga



Name: first \_\_\_\_\_ last \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Prov/State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Home/Cell ph: \_\_\_\_\_ Work ph: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email: \_\_\_\_\_ This is my  home address  club address  
 Check here if you previously phoned in your registration.  This is a new last name. Previous name: \_\_\_\_\_

Method of Payment  Cheque  Money Order  Visa  Master Card  
 Card # \_\_\_\_\_ Expiry (mm/yy): \_\_\_\_\_  
 Authorization Signature: \_\_\_\_\_ Name on Card: \_\_\_\_\_

<b>Spring Conference – April 13, 2013</b>	<b>CALA MEMBER FEES: EARLY BIRD – On or before Mar 13</b>	
One Day Training: \$189 + tax		
CALA MEMBER FEES: REGULAR – Mar 14 – Apr 6, Add \$30 + tax		
CALA MEMBER FEES: LATE – After Apr 6, Add \$50 + tax		
Facility Fee: Add \$15 + tax		
Option to join/renew CALA membership & enjoy membership prices above: Add \$49 + tax		
NON-MEMBER FEES: Add \$35 + tax to fees above		
Bonus – Lunch is included		
<b>TOTAL (+ 13% tax):</b>		

Bring your own flotation belt!  
 Belts available for purchase on site.

Indicate first choice.

**Sat Apr 13**

- Choose 1 or 2: 7:30am – 11:45am
- 1 Intro to HydroRider
- 2 Trends in Water
- Choose 3 or 4: 7:30am – 11:45am
- 3 Energy Rising (Main Pool)
- 4 Celebrate (Therapy Pool)
- Choose 5 or 6: 2:30pm – 5:30pm
- 5 Intro to Aqua Yoga
- 6 Trends with Equipment

