



## “Jump for Joy” at the CALA Spring Conference

**March 21, 22, 23, 2014**

hosted by the  
City of Kitchener,  
Forest Heights Pool



**Accredited by CALA, canfitpro, CFES, NSFLA, SPRA, AFLCA, BCRPA, YWCA, YMCA.**

Visit [www.calainc.org](http://www.calainc.org) for CALA Spring 2014 Conference details:  
Accreditation Details

Delicious Meals & Energizing Snacks included

\*Learn the nutritional content & value of the breakfast, lunch & dinner served.

*H<sub>2</sub>O Wear*<sup>®</sup>

CALA, 125 Lilian Dr., Toronto, On., Canada, M1R 3W6  
[www.calainc.org](http://www.calainc.org) Ph: 1-888-751-9823 (local: 416-751-9823) Fax: 416-755-1832  
E: [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or [cala@interlog.com](mailto:cala@interlog.com)

# Friday March 21, 2014

## SENSATIONAL SCHEDULE – Earn up to 12 CECS



7:30am – 9:30am

**Registration & Trade Show open all day for your pleasure.**

8:00am – 12:15pm

**FRI-1 CALA Aqua Yoga with Karl: 4CECs *Pre-conference***

This Aqua Infused Yoga introductory session includes dynamic movements & static poses designed for chest deep recreational pools. Learn to free areas of the body that are habitually tight & constricted, strengthen muscles & bones, caress the heart & calm the mind. Start in theory, then pool.

**Choose FRI-1 or FRI-2**

**FRI-2 CALA HydroRider with Dylan: 4CECs *Pre-conference***

Curious about cycling in water? This is your chance to experience a ride that keeps you refreshed & working as hard as you like, while unloading the body. Learn individual bike set up, pool entry & exit strategies, handlebar & saddle positions, time test protocols to track progress & correct riding to avoid injury & improve fitness. Start in pool, then theory. *For people new to HydroRider - Attending this pre-conference session qualifies you to register for the morning rides. (SAT-2 & SUN-2)*

12:30pm – 2:30pm

**FRI-3 “It’s supposed to be Good for me!” with Carol: 2CECs *A luscious lunch will be served.***

We are bombarded with “infomercials”, social media & magazines filled with myths about pills, powders & potions. Fueled by the curse/blessing of plenty, our culture has created mystery out of a very simple process. Learn about eating for health, eating for fitness training & eating for performance training. Theory.

2:45pm – 5:45pm

**FRI-4 Liquid Gym with Dylan: 3CECs**

Working with equipment including Noodles, Aqua Bender Balls Aqua Bells, Paddles & Gym Sticks will add an interesting dimension to your water fitness program. Learn to use the equipment correctly & develop balanced muscle conditioning sessions that integrate assisted & resisted training techniques. Start in main pool, next therapy pool, then theory.

6:00pm – 7:30pm

**FRI-5 Would I Follow Me? with Jennie: 1.5CECs *A delicious dinner will be served to you.***

What motivates participants & instructors in the fitness industry? How can we inspire people of all ages and sizes to move more? Our ability to communicate & engage contributes to the success of our clients and to our own job satisfaction. Take a moment & ask yourself, “Would I follow me”? Theory Session.

7:45pm – 9:15pm

**FRI-6 Ignite Your Joy Engine with Jennie, Jaye & Karl: 1.5CECs**

This combo chest deep & deep water session will spark your imagination & ignite your joy engine. Experience pure fun with few words & waves of animation.



# Saturday March 22, 2014

## SENSATIONAL SCHEDULE – Earn 8 CECS



7:00am – 7:30am

**Registration & Trade Show open all day for your pleasure.**

7:30am – 8:30am

**SAT-1 Water Wisdom I with Christina: 1CEC**

Delve into the magical properties of water with an open mind as Christina shares how our thoughts & actions affect the water we cherish. Theory Session.

**Choose SAT-1 or SAT-2**

**SAT-2 World Touring with Dylan \* Experienced HydroRiders only: 1CEC**

Cycle the African Plains, climb the Andes Mountains, cross the Australian Outback & arrive at Foot-hills, Western USA. Become one with the beat of the drum, ride with power & speed.

8:45am – 12:45pm

**SAT-3 Armed to the Core with Jennie: 3.75CECs**

Allow your inner warrior to emerge as you work your upper body & core into top shape! Enhance your cardio, core stability & muscle endurance workouts. Add new twists & lots of spice to create combinations that will keep you & your participants focused & challenged.

**PLUS Stretch & Strengthen: Balancing Effort & Ease with Karl**

Find the balance between the effort & ease of muscular energy & dynamic flexibility during this warm water session. Learn how to assist your participants to shift attention to their breath & create space where no added tension exists. Starts in main pool, therapy pool next, then theory.

**Choose SAT-3 or SAT-4 *Includes a nutritious shake during the break.***

**SAT-4 Investigating Frailty with Carol: 3.75CECs**

A Frail client may simply be de-conditioned & have no current medical issues. They may not need active medical treatments but they are unable to participate in activities of daily life in a vibrant & independent way. Conversely, frailty may be due to a co-morbidity or co-existing condition in a complex medical scenario. Learn about the characteristics of frailty & its ramifications. Find out how to structure work for your client & how to assess when “I’m fine” means “quit now” or when “I’m fine” means, “full steam ahead”. Start in theory & finish in the warm water chest deep therapy pool.

1:00pm – 2:15pm

**SAT-5 The Power of Posture with Karl: 1.25CECs *A delightful lunch will be served to you.***

Enjoy your scrumptiously healthy lunch as Karl shares several insights on the powerful effect of posture and breath.

2:30pm – 4:45pm

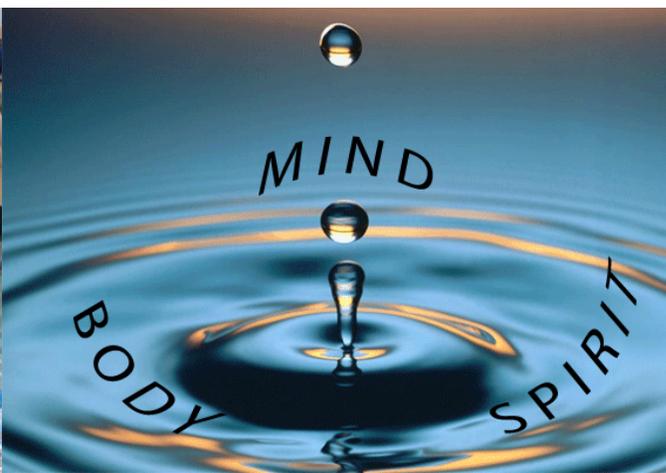
**SAT-6 Intensity Plus with Jaye: 2CECs**

Reignite your workouts, elevate strength & enhance cardio conditioning with high intensity metabolic training. Review the science of energy systems & develop intensity progressions for your water classes for an unforgettable workout that can be adapted for all ages & stages in life! Start in theory, next is main pool.

**Choose SAT-6 or SAT-7**

**SAT-7 Aqua Variety with Dylan: 2CECs**

This dynamic session incorporates a fusion of boot camp style drills, kick boxing, yoga & Pilates. Enjoy this ‘one stop shopping’ experience in chest deep & deep water. Start in main pool, next is therapy pool & then theory.



# Sunday March 23, 2014

## SENSATIONAL SCHEDULE – Earn 8 CECS

7:00am – 7:30am

**Registration & Trade Show open all day for your pleasure.**

7:30am – 8:30am

**SUN-1 Water Wisdom II with Christina: 1CEC**

Continue to explore the magical properties of water in all of its forms – liquid, solid & vapour. Theory.

**Choose SUN-1 or SUN-2**

**SUN-2 Riding for Pre-hab & Re-hab with MaryLou \* Experienced HydroRiders only: 1CEC**

Getting prepared for knee, ankle or hip surgery is essential, as is strengthening the body to avoid falls. Once the damage is done, cycling in water provides an excellent means of re-conditioning the body – no impact, with the rider in control of the resistance. Main Pool.

8:45am – 12:45pm

**SUN-3 Tethered Training with Jennie: 3.75CECs**

Come and experience what a little rope, water & willing participants can do “all tied up”. This recipe for fun will create a functional & challenging workout that maximizes water’s resistance with one little piece of equipment. Experience electrifying cardio, 180° of movement, continuous core connection & much more.

**PLUS Tap Into Calm II with Karl**

Experience new & unique Aqua Yoga Poses and movements to include in your classes. Encourage inner peace & serenity amongst your participants. Create opportunities to caress the heart, open the body & quiet the mind blending subtle cuing with meaningful movement. Starts in main pool, therapy pool next, then theory.

**Choose SUN-3 or SUN-4** *Includes a nutritious shake during the break.*

**SUN-4 License to Thrill with Carol: 3.75CECs**

Explore the effects of music & motion on human spirit. Many clients come to aqua fitness for physical training & experience the “a-ha” moment. They realize the real reason they keep coming back is that they feel so much better. Learn about the anatomy of joy & how CALA training is really a “License to Thrill”. Theory & dry land movement.

**PLUS Aqua Choreography with Dylan**

This is a heavy-duty combination of choreography & intensity rolled into one workout design. Learn how to build routines that challenge coordination, balance, strength & cardio output. Let’s rock to the music & get wild with the moves.

Start in theory & finish in main pool.

1:15pm – 2:30pm

**SUN-5 New Research in Aquafitness with Carol: 1.25CECs** *A delightful lunch will be served.*

Research in the effects of water immersion & water exercise on varied conditions is increasing in quantity & quality. Find out how this information can affect the way you train your clients. Theory.

2:45pm – 4:45pm

**SUN-6 Aqua Latino with Karl: 2CECs**

Get your groove on! Shake away the winter chill & welcome the warmth of spring with Latino-flavoured music & movements! Move your hips & shoulders in ways that make you feel like you are on a sandy beach kissed by the sun & enjoying the surf. All main pool.

**Choose SUN-6 or SUN-7**

**SUN-7 Aqua Personal Training with Jaye: 2CECs**

Discuss 3 different case studies, the goals, conditions, & specific written blocks of exercises designed for each person. Learn how to develop trust & lead your aqua personal training clients to achieve quality of life improvements. Theory, then therapy pool.



# CALA CONFERENCE DETAILS



## PHOTOS

During the CALA "Jump for Joy" Spring Conference, we will be taking pictures for use on the CALA web site & in promo materials. Your picture may appear on [www.calainc.org](http://www.calainc.org) & in these publications.

## SPECIAL NUTRITION FOR THIS CONFERENCE

A Holistic Nutritionist is preparing healthy gluten-free food & snacks with vegetarian choices, included in the price of the conference. Find all menus on [www.calainc.org](http://www.calainc.org) along with the conference information. **You must select your breakfast, lunch & dinner choices with registration.**

## CONTINUING EDUCATION CREDITS (CECs).

Renewal, Recertification Credits: Visit [www.calainc.org](http://www.calainc.org) for full details CALA, canfitpro, CFES, AFLCA, BCRPA, OFC, NSFLA, SPRA, SportPEI, NLPRA, YMCA, YWCA

## CONFERENCE FEES INCLUDE

Assigned sessions, handouts, CECs, the host facility fee & meals & snacks where indicated.

## CANCELLATION POLICY

All conference cancellations must be received in writing by fax or mail on or before Mar. 3. Your fee will be refunded less a \$113 + tax cancellation fee. NO refunds or credits will be given after Mar. 3.

## NSF/RETURNED CHEQUES

Subject to \$50 + tax admin fee.

## HOST FACILITY

The Forest Heights Pool & School, 253 Fisher Hallman Rd., Kitchener, ON. N2M 4X8. Ph 519-741-2989. NO CHILD CARE. FREE PARKING.

## DELEGATE WELCOME PACKAGE PICK UP

Fri. Mar. 21, Sat. Mar. 22 & Sun. Mar. 23 starts at 7am

## EQUIPMENT:

Bring your own flotation belt or purchase one on site  
Lockers: Can be purchased for \$0.25 or bring your own lock.

## HOW TO REGISTER (Fax, email, mail or phone)

**Phone** 1-888-751-9823 or 416-751-9823 \*Call for express registration using VISA or MC. Decide your sessions & meal choices **before you call.**

**Fax** to 416-755-1832

**Mail** your registration form with payment (credit card -VISA, MC, chq or money order) payable to CALA: Spring 2014, 125 Lillian Dr., T.O., ON, CAN, M1R 3W6.

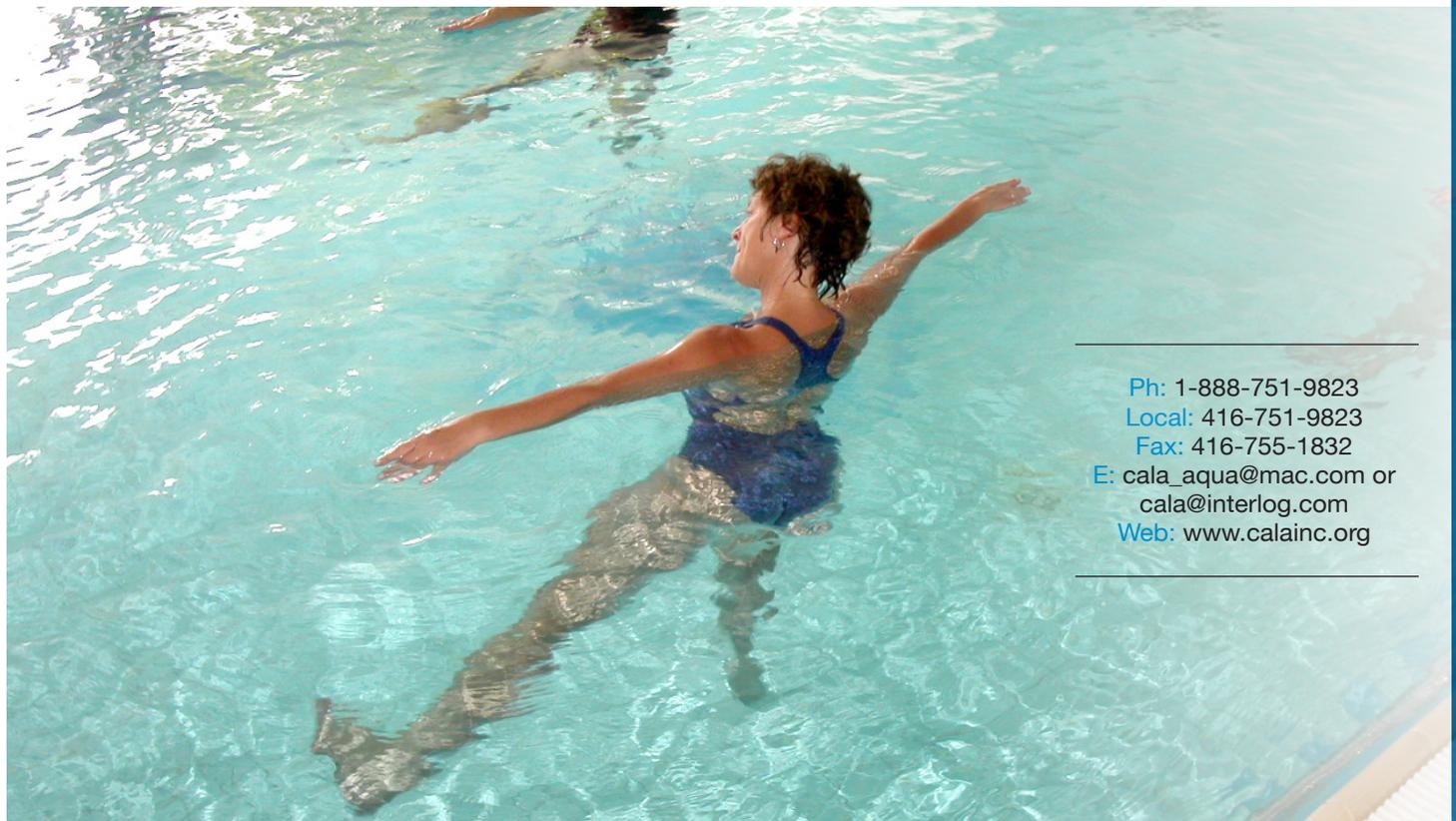
**Email** your scanned registration form with payment details & session choices indicated to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

## CHOOSE PRE-CONFERENCE, 1, 2 &/OR 3 DAYS!

- No single sessions or half-day registrations available.
- Early Bird Rates payment & registration before Feb. 28.

## HOTEL

CROWNE PLAZA KITCHENER-WATERLOO HOTEL:  
Special CALA Group Rate before March 6 (\$104+tax), includes full hot breakfast buffet for two people (early morning). Free parking. Quote CALA when booking.  
1-800-488-7812 or 519-744-4141.



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**Ph:** 1-888-751-9823  
**Local:** 416-751-9823  
**Fax:** 416-755-1832  
**E:** [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or  
[cala@interlog.com](mailto:cala@interlog.com)  
**Web:** [www.calainc.org](http://www.calainc.org)

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# "Jump for Joy" CALA CONFERENCE MENU

Name: \_\_\_\_\_

The CALA Team is committed to healthy living! We are putting our words into action! You will enjoy healthy, gluten-free shakes, lunches and dinners as indicated on the conference brochure. No need to worry about finding something to eat or rushing around before the busy conference day.

Select your shake and lunch choice by completing the form included on this page.

To ensure that you receive what you prefer, we must receive this completed form with your conference registration.

**Complete your menu choices in the boxes below and return to CALA with your registration form.**

## Friday Lunch Choice of:

### Teriyaki Salmon Salad

Ingredients: Toasted sesame lime salmon salad on a bed of romaine lettuce

**OR**

### Cabbage & Kale Salad with hemp hearts

Ingredients: Cabbage, kale, broccoli slaw topped with cranberries and toasted pumpkin seeds with poppy seed dressing

## Friday Dinner

### Vegetarian Tex Mex with Tasty Garden Salad

Ingredients: Hearty Baked Basmati rice, corn with chick peas with a Mexican flavour, covered with sliced tomatoes and cheesy topping

## Food By Lisa's Kitchen CALA Conference Menu

Note: For food allergies & to meet your dietary restrictions contact Lisa's Kitchen directly lisabix@rogers.com

## Saturday Shake Choice of:

### Pineapple, Kale & Ginger Protein Shake

Ingredients: Pineapple, kale & ginger, whey protein & chia seeds

**OR**

### Very Berry Protein Shake

Ingredients: Whey protein, almond milk, blackberry, pomegranate, blueberry, cherries & flax seeds

## Saturday Lunch Choice of:

### Greek Salad with Chicken Stick & Dollop of Tzatziki

Ingredients: Chicken, romaine lettuce, cucumbers, crumbled feta, kalamata olives, grape tomatoes with Greek oregano dressing

**OR**

### Greek Salad with marinated Tofu Stick & Dollop of Tzatziki

Ingredients: Tofu, romaine lettuce, cucumbers, crumbled feta, kalamata olives, grape tomatoes with Greek oregano dressing

## Sunday Shake Choice of:

### Creamsicle Protein Shake

Ingredients: Whey protein powder, soymilk, orange juice & banana & flax seeds

**OR**

### Strawberry Banana Protein Shake

Ingredients: Almond milk & whey protein & Chia seeds

## Sunday Lunch Choice of:

### Tuna Avocado Salad

Ingredients: Creamy tuna, avocado, lemon, parsley, on mixed baby greens

**OR**

### Egg Salad Supreme

Eggs, celery, parsley, radish, mayonnaise on mixed baby greens



## PROFESSIONAL PRESENTERS

Join our Professional Line Up of Presenters & Spread the Joy of CALA!



Jaye  
Graham

**Jaye Graham** works with groups & personal training through her company, H2O Works Canada. An inspiring CALA Trainer & Assessor, when not at the pool, Jaye provides training for upcoming Black Belts at the karate dojo.

**Mary Lou Hall** is one busy person as a Fitness Specialist, George Brown College, CALA Trainer & Assessor. She teaches a variety of classes each week that include HydroRider, Boot Camp, Aqua Arthritis, MS & Stroke Re-



Mary  
Lou

motion, General Fitness & Personal Training.

**Dylan Harries.** B. Rec., B.Sc. is the Regional Director of the Kanata YMCA-YWCA, athletic trainer & performance coach to world level figure skaters, CALA, canfitpro, Y, Spinning (star2), SPI(2), TRX, GymStick, Bosu, Bender Ball, HydroRider, & NCCP(2) certified.

**Christina Narayani** is a Certified Holistic Nutritionist & CALA Certified leader. She is an air hostess



Christina  
Narayani

full time & has extensively researched water in our world.

**Karl Notargiovanni.** B.F.A., CALA Trainer; Massage Therapist, Part Owner "Yoga for the People", Co-Author of CALA Aqua Yoga Manual. Karl connects movement, memory & imagery to encourage the practice of engaging the body through consciousness.

**Jennie Queen** is a true visionary in the industry with a Diploma in Fitness & Lifestyle Management.



Karl  
Notargiovanni



Jennie  
Queen

A motivating CALA Assessor & Trainer in Aquafitness & FIS/PTS canfitpro certified Jennie enjoys her role as a Recreation Supervisor in Ottawa.

**Carol Weerdenburg** (M.Sc.) is a CALA, Gymstick & BenderBall Master Trainer, Y & canfitpro certified & Professor at Algonquin College. Get charged up by Carol's in depth research bringing meaningful evidence based information about training in water to you.



Carol  
Weerdenburg

# REGISTRATION FORM

OFFICE USE ONLY

Reg# \_\_\_\_\_ Date \_\_\_\_\_ Inv# \_\_\_\_\_ Pd

## CALA "Jump for Joy" Spring Conference 2014 March 21, 22, 23



Name: first \_\_\_\_\_ last \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Prov/State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 H/Cell ph: \_\_\_\_\_ Work ph: \_\_\_\_\_ E: \_\_\_\_\_  
 Check here if this is a new last name. Previous name: \_\_\_\_\_

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

**SPECIAL NUTRITION FOR THIS CONFERENCE** A Holistic Nutritionist is preparing healthy gluten-free food & snacks with vegetarian choices, included in the price of the conference. Find all menus on [www.calainc.org](http://www.calainc.org) along with the conference information. **You must select your shake, lunch & dinner choices with registration.**

<b>EARLY BIRD FEES ARE LISTED BELOW (BEFORE FEB. 28)</b> <b>REGULAR FEES ADD \$25 TO FEES LISTED BELOW (MAR. 1 - MAR. 14)</b> <b>LATE FEES ADD \$50 TO FEES LISTED BELOW (MAR. 15 - MAR. 21)</b>	
<b>1. PRE-CONFERENCE</b> Intro to Aqua Yoga: \$245 (includes Aqua Yoga Specialty Course Manual) <b>or</b> Intro to HydroRider Training: \$145 (includes HydroRider Intro Manual)	
<b>2. SPRING CONFERENCE</b> One Day Only: \$229 Any Two Days: \$299 or All Three Days: \$349	
<b>3. Mandatory Host Facility Fee</b> collected for City of Kitchener: Add \$15	
4. Option to join/renew CALA membership: Add \$59	
<b>5. NON-MEMBER FEES: Add \$29</b>	
<b>TOTAL: (+ 13% tax)</b>	

Friday March 21	Saturday March 22	Sunday March 23
<b>Pre-Conference</b> <b>Choose One: 8:00am – 12:15pm</b> Breakfast not included  Fri-1 Aqua Yoga Intro OR Fri-2 HydroRider Intro  <b>Jump for Joy Spring Conference</b> 12:30pm – 2:30pm <input checked="" type="checkbox"/> Fri-3 Good for Me? Includes Lunch  2:45pm – 5:45pm <input checked="" type="checkbox"/> Fri-4 Liquid Gym  6:00pm – 7:30pm <input checked="" type="checkbox"/> Fri-5 Would I Follow Me? Includes Dinner  7:45pm – 9:15pm <input checked="" type="checkbox"/> Fri-6 Ignite Joy	<b>Jump for Joy Spring Conference</b> <b>Choose One: 7:30am – 8:30am</b> Includes a Shake  Sat-1 Water Wisdom OR, Sat-2 World Tour-HydroRider  <b>Choose One: 8:45am – 12:45pm</b> Sat-3 Armed/Effort OR, Sat-4 Frailty  1:00pm – 2:15pm Includes Lunch <input checked="" type="checkbox"/> Sat-5 Power of Posture  <b>Choose One: 2:30pm – 4:45pm</b> Sat-6 Intensity Plus OR, Sat-7 Aqua Variety	<b>Jump for Joy Spring Conference</b> <b>Choose One: 7:30am – 8:30am</b> Includes a Shake  Sun-1 Water Wisdom II OR, Sun-2 Ride for Rehab-HydroRider  <b>Choose One: 8:45am – 12:45pm</b> Sun-3 Tethered/Calm OR, Sun-4 License/Choreography  1:15pm – 2:30pm Includes Lunch <input checked="" type="checkbox"/> Sun-5 New Research  <b>Choose One: 2:45pm – 4:45pm</b> Sun-6 Aqua Latino Sun-7 Aqua Personal Training