



Celebrate the Magic of Water CALA Spring Conference

March 28–29, 2015

**FOREST HEIGHTS POOL
KITCHENER, ONTARIO**



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

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Physiorite

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Email: cala_aqua@mac.com

CALA Spring Conference – Celebrate!

Saturday, March 28, 2015



7:00am – 8:00am

Registration & Trade Show

8:00am – 9:30am

Research Update - What's New - Aquafitness for the Healthy Population

With Carol - Dry-land Theory Session

9:30am – 9:45am

Trade Show & Session Change Time

Choose from Option A or B

9:45am – 12:45pm

A: The Portable Weight Room

With Jennie & Dylan - Explore cardio and muscle conditioning exercises designed with a mix of pre-choreographed blocks and free form bridging and linking sets. Learn how to make the body work with and without equipment. Strategically integrate aqua bands and loops to accessorize the movement experience meeting the needs of recreational and athletic participants. Strengthen all the important muscle groups using single or multiple joint actions to create exercises that are more functional and efficient. This combination chest deep and deep water workshop starts in the main pool and finishes with dry-land theory.

OR

B: Mindful Strength & Conscious Coordination

With Carol - Learn to design exercises that progress people from frail to functionally fit. Experience a series of exercises designed to engage the mind while enhancing strength and coordination. Learn walking patterns for falls prevention and maintenance of independence. This session starts in dry-land theory, and includes chest deep warm water and recreational pool activity.

12:45pm – 1:45pm

Shop at the Trade Show & Lunch (Bring your own lunch and refreshments - fully prepared)

1:45pm – 2:45pm

Nutrition Update

With Carol - Dry-land Theory Session

2:45pm – 3:00pm

Trade Show & Session Change Time

Choose from Option C or D

3:00pm – 5:30pm

C: Power Wave Interval Training

With Jennie & Dylan - Experience a program of extreme training that includes Kick Box, sprinting and core conditioning, guaranteed to get your hair wet and your blood pumping. Learn the difference between HIIT & Tabata interval training. This is all about explosive powerful chest deep and deep water techniques designed for maximum performance training using the water like never before. Start in the main pool and finish with active theory.

OR

D: What's New in Aquatic Post Rehabilitation AND

All Deep, All the Time for the Aging Population Aqua Alpha

With Carol - This session starts with dry-land theory, progresses to deep water in the recreation pool, then finishes with soothing stretches in warm water. Learn how to empower older adults – improving one life at a time.



Sunday, March 29, 2015



7:00am – 8:00am **Registration & Trade Show Open**

8:00am – 9:30am **Posture Check - Change your mind, change your reality**

With Karl - Integrating mindfulness techniques shines light on our patterns. The way we live and view life has an impact on our participants. During this lecture, explore how the patterns that exist in all of us play a role in our mental/physical behavior. Transforming ideas of ourselves and the world around us enhances mental, physical and emotional well-being. This has a positive affect in our classes. This session involves applied theory and movement on land.

9:30am – 9:45am **Trade Show & Session Change Time**

9:45am – 12:45pm **Deep Core Balance**

With Katherine & Karl - Without the ground as a solid foundation, maintaining stability during deep-water exercise becomes more challenging. Explore the intention of anchored suspension. Discover how to find balance while practicing open kinetic chain movements by using opposing, centrifugal and centripetal forces. Holding on while letting go, contracting while expanding, moving while finding stillness. This session involves applied theory and movement in chest deep and deep water.

12:45pm – 1:45pm **Shop at the Trade Show & Lunch (Bring your own lunch and refreshments - fully prepared)**

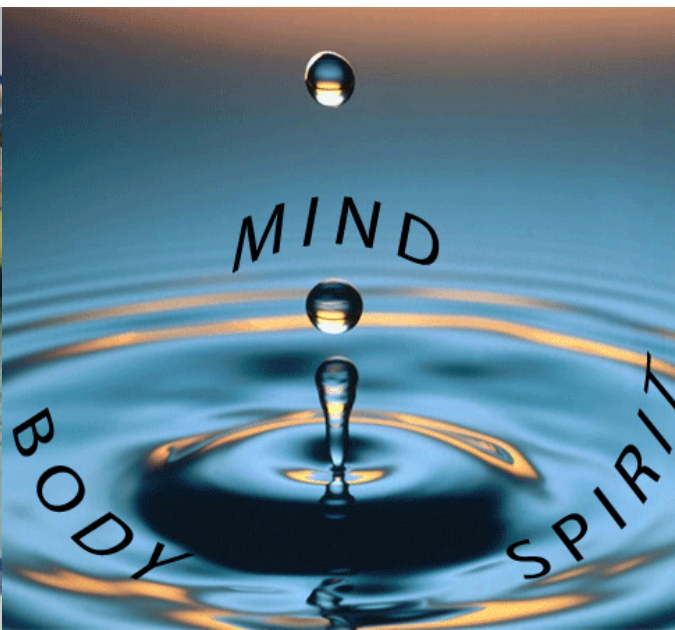
1:45pm – 2:45pm **Alpha Aqua**

With Katherine & Karl - Where do you find the power to command without being overtly forceful? Take the visible qualities of effective leadership and experience the energy of engagement that can envelop a class beyond the 'standard list of cues'. How specifically do you invite attention, commitment and concentration within your group? Explore techniques to increase the presence of mindfulness to feed and sustain the attention of your participants. Like the wind, it is felt but not seen. How do we access and maintain the more subtle qualities of leadership to grow as an authentic and compelling instructor? Where attention goes, interest grows. Dry-land Active Theory.

2:45pm – 3:00pm **Trade Show & Session Change Time**

3:00pm – 5:30pm **Off the Wall**

With Katherine - Where there's a Wall there's a Way! This innovative workshop starts with dry-land theory highlighting the incredible potential of the wall as an outstanding resistance and stability tool. Experience how the wall is used to help deconstruct movements, create limitless rebound wake opportunities and stabilize the body. Working with and without equipment, learn a variety of anchored and suspended moves guaranteed to inspire. Finish this session in the chest deep and deep water, main pool. It's Wall Worth It!



Professional Presenters



Dylan
Harries

Dylan Harries, B. Rec., B.Sc. HK, C.A.T, is a renowned fitness presenter who travels the world inspiring his participants with his passion & knowledge of all forms of physical activity. With over 20 years of fitness experience, Dylan is the Regional Director of the Carlingwood YMCA-YWCA in Ottawa Canada. In his spare time, he is an award winning athletic trainer & performance coach for world level figure skaters. Dylan is CALA, CFP (PTS/FIS), SPI, YMCA, Gym-Stick, HydroRider, Spinning, Bender Ball, Bosu, TRX and NCCP (2) certified.



Katherine
McKeown

Katherine McKeown brings a uniquely creative drive to her pursuit of health & wellness as a course trainer & assessor on CALA's elite training team. Her natural curiosity & infectious enthusiasm is fuelled by a lifelong desire to learn. With specialty certifications in CALA Aqua Yoga, Group Aquafitness, Water Running, & HydroRider as well as a 250 hour Yoga Foundations certification, she continues to be inspired by water's powerful potential to strengthen, soothe, resist & rejuvenate.



Karl
Notargiovanni

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 & imagery encouraging the practice of engaging the body through consciousness. Teaching for over 17 years, he has developed a unique edge to his leadership. Karl is passionate about exploring these connections & sharing them through energetic classes & workshops.



Jennie
Queen

Jennie Queen has a diploma in Fitness & Lifestyle Management & Early Childhood Education & is a Fitness & Programming Specialist & Aquatics Portfolio Manager inspiring others by sharing her enthusiasm, passion & energy for physical activity. For 20+ years Jennie has been actively involved in the aquatic & fitness industry, as an instructor & CALA certified/trainer, CFP GF, & YMCA certified/trainer.



Carol
Weerdenburg

Carol Weerdenburg, M.Sc. CALA Healing Waters & Aquafitness Master Trainer, Gymstick, BenderBall Master Trainer, Certified YMCA-YWCA, CFP, as lead research consultant & presenter, Carol is developing & refreshing a host of projects exclusively for CALA Inc.. As a faculty member, Carol develops & facilitates courses for Algonquin College. Get charged up by Carol's in depth research about vertical water training, bringing meaningful evidence to what we all appreciate & share with members of our community.

CALA CONFERENCE DETAILS



PHOTOS: During the conference we will be taking pictures for use on the CALA web site & in promo materials. Your picture may appear on www.calainc.org & in these publications.

LUNCH: Bring your own lunch, fully prepared, to eat on-site. No access to microwave or sink & no time allotted to leave the venue.

CONTINUING EDUCATION CREDITS (CECs):

Earn 8 CALA CECs each day & credits with canfitpro, AFLCA, BCRPA, CFES, OFC, SPRA, CPTN.

THEORY SESSIONS: Be prepared to take notes. Bring writing utensils & a surface to write on - clip board. Expect to move on dry land - be appropriately dressed. Bring a water bottle.

WATER SESSIONS: Be prepared for movement in water, on deck observation & on deck-in water leadership opportunities.

HOTEL: There are many options for accommodations in Kitchener and Waterloo. We will leave this up to you!

HOW TO REGISTER: *Call for express registration using VISA or MC.

PHONE: 1-888-751-9823 or 416-751-9823

MAIL registration form with payment (credit card -VISA, MC, chq or money order) payable to CALA: Spring 2015, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6.

EMAIL scanned registration form with payment details to cala_aqua@mac.com

EARLY BIRD: Pay in full before March 1, 2015.

CANCELLATION POLICY: All conference cancellations must be received in writing by fax, email or mail on or before March 8. A \$113 cancellation fee will be applied. No refund/credit after March 8. No transfer of conference registration. NSF subject to \$56.50 fee.

FACILITY ADDRESS:

Forest Heights Pool, 253 Fischer Hallman Rd.,

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Web: www.calainc.org

REGISTRATION FORM

OFFICE USE ONLY
Reg# _____ Date _____ Inv# _____ Pd ☐

CALA Spring Conference March 28 - 29, 2015

Name: first _____ last _____
Address: _____ City: _____
Prov/State: _____ Country: _____ Postal Code: _____
H/Cell ph: _____ Work ph: _____ Fax: _____
Email: _____

This is my ☐ home address ☐ club address

Check here if 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: _____

**EARLY BIRD FEES ARE LISTED BELOW (BEFORE MAR. 1)
REGULAR FEES ADD \$30 TO FEES LISTED BELOW (MAR. 1 - 14)
LATE FEES ADD \$50 TO FEES LISTED BELOW (MAR. 15 - 28)**

1. One Day Only: \$219; Two Days: \$289	
2. Mandatory Fee collected for the City of Kitchener: \$15	
3. Join or renew CALA Membership: \$59	
4. Non-Member Fee: Add \$39	
	(+ 13% tax)
TOTAL:	

Saturday, March 28

☒ Research Update - Healthy

Choose A or B:

☐ A: The Portable Weight, **OR**

☐ B: Mindful Strength & Conscious Coordination

☒ Nutrition Update

Choose C or D:

☐ C: Power Wave Interval Training, **OR**

☐ D: What's New-Aquatic Post Rehab & Aging Population

Sunday, March 29

☒ Posture Check

☒ Deep Core Balance

☒ Alpha Aqua

☒ Off The Wall

