

CALA SPRING CONFERENCE

Forest Heights Recreation Centre, Kitchener, Ontario

March 25, 26, 27, 2011



CALA

Accredited by

CALA
CanFitPro
AFLCA

BCRPA
NSFLA
SPRA

SportPEI
NLPPA
YMCA & YWCA

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GYMSTICK™



www.calainc.org

Friday March 25 - Certification Opportunity

8:30am – 6:00pm: CALA Registration Booth open for Friday, Saturday and/or Sunday Delegates

CALA CERTIFIED MEANS CLEARLY QUALIFIED. ACHIEVE!

9:00am – 11:30am: Choose open book theory exam: VWT-2.5 hr; HW:Prep-2hr; HW:AA-2 hr; WR-1hr

OR

30 min. Practical Assessment: Group Aquafitness; AquaArthritis; Water Running

Contact CALA to coordinate the timing. 416 751 9823 or cala_aqua@mac.com



FRIDAY MARCH 25 - OUR SENSATIONAL SESSIONS – Earn 8 CECS

12:00pm-2:00pm: One Choice Only

FRI-1 PosturePerfect – Elite Deck Skills with Karl and Charlene (Active Theory)

Focus on educating the mind through body consciousness to develop elite on-deck leadership skills. Explore principals of dance and somatic education using manipulation, basic exercises and visualization. Discover the importance of posture and dynamic alignment using imagery to affect body movement. Experience unique ways of cueing using postural correction to improve muscular balance and alignment for YOU and your participants. Protect yourself from injury and get energized rather than exhausted!

2:00pm-5:00pm: Pre-Conference Mid Afternoon Sessions to Choose From

FRI-2 HydroRider Launch Triple Mix with Karl, Shelagh and Dylan (Main Pool > Active Theory)

CALA~HydroRider Meets Aqua Boot Camp Meets Core Kick Box Moves that Matter. Muscles are funny things. They respond to just about any type of training, as long as it's hard and as long as it's not the same old thing you've always done. That's the beauty of Triple Mix training: It's a whole lot of stuff you haven't tried yet, and best of all, it'll hit up your major muscles in a fraction of the time. You'll realize the work you can accomplish in short intervals. As you progress, you'll naturally increase your reps, surface area, and speed of motion to perform exercises that are more challenging. Experience a mix of core inspired kick box moves partnered with high energy riding through five energy zones. Learn about the technical aspects of safe, effective 'hydroriding'.

OR

FRI-3 AquaStretch with Connie (Theory > Therapy Pool)

Appropriate for specialists in kinesiology, therapy and personal training, this session focuses on one-on-one facilitated stretching. Considered a breakthrough in pain management and preventative medicine, Aqua Stretch techniques have provided excellent results for a variety of populations, including: athletes, post-joint replacement, post MVA, FMS, arthritis and chronic pain.

5:00pm-5:15pm: Mid Afternoon Nourishment ~ LCA! Charity Donation

5:15pm-7:15pm: Pre-Conference Late Afternoon Sessions to Choose From

FRI-4 CALA~HydroRider Cardio Intensity Variations with Maryvonne & Patrick (Active Theory > Main Pool)

Develop the cardiovascular system with Interval Training. Understand how to vary high intensity interval training with active recovery periods to promote the development of cardiovascular endurance, increase lactate threshold and improve VO2max, using a combination of the CALA~HydroRider, Water Running and interesting leg and arm moves.

OR

FRI-5 Intro to Ai Chi with Connie (Therapy Pool)

Ai Chi is a trademarked program of Tai Chi movements developed in Japan by Jun Konno in consultation with Ruth Sova and adapted to warm water to meet the needs of a variety of populations. Ai Chi, an asset to warm water programs promotes balance, coordination, core strength, range of motion and therapeutic deep breathing.

7:30pm – 9:00pm: CALA Gathers Together – Sharing is Caring ~ With Appetizers Too!

FRI-6 CALA Inspiration through Communication – Let's Talk! (Active Theory)

Come and get a credit while listening to the journey people have taken to arrive at leading aqua fitness classes, providing aqua PT, facilitating aquatic post rehab sessions and presenting at conferences. Sharing is caring: the challenges, the joys, the successes.

SATURDAY MARCH 26 - OUR SENSATIONAL SESSIONS – Earn 9 CECS

6:30am-8:00am: CALA Registration Booth and Trade Show and Nourishment ~ LCA! Charity Donation

8:00am-10:00am: Early Morning Sessions to Choose From

SAT-1 Noodle Blast with Karl (Active Theory > Main Pool)
Experiment with twisted noodles, long noodles and short noodles in a variety of creative positions creating phenomenal fun with physical challenges for balance, coordination, flexibility, power, cardio and muscular endurance. Suspend, anchor or bounce your body with the noodle as your friend and your competitor.

OR

SAT-2 Aqua Flow, Letting it Go with Shelagh (Main Pool > Active Theory)
We know water is relaxing and uplifting. Now open up, build the bridge and learn to step from this busy world built on rules, deadlines and control to a place where your mind will let your body move with flow, playfulness and a lighthearted spirit.

10:00am-10:15am: Trade Show and Mid Morning Nourishment ~ LCA! Charity Donation

10:15am-12:15pm: Mid Morning Sessions to Choose From

SAT-3 Bounce it, Anchor it, Propel it with Shelagh and Charlene (Main Pool > Active Theory)
Manipulating buoyancy is an effective way to train the core, control intensity and add variety. Experience bottom contact and suspended moves while bouncing, anchoring and propelling. Understand how to reduce risk and enhance safety and effectiveness by cueing alignment and technique. Create magic with sensible choreographed patterns that play with speed, range, surface area and buoyancy.

OR

SAT-4 Senior Muscle Moments with Carol (Active Theory > Main Pool)
Know the important muscles to work for older adults? Find out how to access the muscles that weaken first and profoundly impact Activities of Daily Life. Vertical water training exercises specifically designed to facilitate muscle strength and endurance will dramatically reduce the fear and risk of falling. Experience and then practice holistic cueing for improvement in memory, coordination, agility and muscular conditioning.



12:15pm-12:30pm: Session Change Over – Lunch Buffet Set Up

*** CHOOSE LUNCH ONLY ONCE (12:30pm-1:30pm or at 1:45pm-2:45pm)

12:30pm-1:30pm: Choose Lunch (SAT-5) and Trade Show or Choose SAT-6 OR SAT-7

SAT-5 Lunch One and Trade Show

OR

SAT-6 'Tour de CALA' CALA~HydroRider Core Burner with Maryvonne and Patrick (Main Pool)
What does it take to train for the 'Tour de CALA'? It takes a solid combination of riding, pumping water for strength, developing a rock iron core and fostering flexibility for physical conditioning plus mental toughening to meet any challenge or obstacle that might be cheeky enough to try to derail the ultimate goal of finishing the race.

OR

SAT-7 Hydro Yoga Chi Fusion with Dylan (Therapy Pool)
The integration of Yang Short form Tai Chi with Hatha Yoga dissolves tension, tightness and toxins. Experience how Yoga and Tai Chi are different yet similar kinesthetic experiences for the body and mind. Learn the basic tenets and postures and examine how both disciplines are built on strength and the power of breath.

1:30pm-1:45pm: Session Change Over – Lunch Buffet Replenishment

1:45pm-2:45pm: You MUST Choose SAT-8 (Lunch) now if you did not choose (SAT-5). Otherwise, choose SAT-9 OR SAT-10

SAT-8 Lunch Two and Trade Show

OR

SAT-9 Aqua-Lite meets Diaper Fit with Karl

(Main Pool)

Role modeling and getting progressively fitter... Imagine babies squealing with delight or catching a snooze while post natal mummies, and/or doting grandmothers, grandfathers, nannies ~ generally people who love babies, get back into shape. This is the kind of Canada I want to live in... rather than creating more and more spectator activities, get babies and people of all ages exercising together in water – how magical!

OR

SAT-10 Real Life, Real Results with Charlene

(Therapy Pool)

Aquatic Post Rehab produces real results for real life challenges including work place or car accidents, congenital malformations, diabetes, obesity and depression. The psychology of empowerment, together with the joy of movement and the magic of water create incredible healing moments with glimmers of hope.

2:45pm-3:00pm: Trade Show and Mid Afternoon Nourishment ~ LCA! Charity Donation

3:00pm-5:00pm: Two Mid Afternoon Sessions to Choose From

SAT-11 HIT IT, High Intensity Interval Training with Carol

(Main Pool > Active Theory)

High Intensity Interval Training is the fastest, most direct pathway to increase fitness. For many exercisers, it is also loaded with risk for injury. Find out how 'HIIT' Aqua can provide fast fitness in a 30-minute format while cutting the risks. Learn about other IT designs such as 'tabata' and revisit the physiology of anaerobic work that pushes aerobic fitness.

OR

SAT-12 FibroMoves with Kathy

(Theory > Therapy Pool)

Instructors with a vested interest in the well being of their clients will discuss and then experience the adaptations necessary to meet the needs of orthopedic pre-post-surgical clients and those with chronic conditions such as Lymphedema, Arthritis, Myalgic Encephalomyelitis, Lupus, MS, Parkinson's and FMS.

7:00pm-10:00pm: Dinner Party and Key Note Address – Accredited 2 CALA CECs

SAT-13 CALA Celebrates with Sarah ~ Off Site (Close by in Kitchener) Earn 2 CECs, enjoy dinner and work your abdominal muscles as you revisit hilarious, crazy and often absurd things that happen to instructors. Watch and dream while Sarah shows you 'aqua around the globe'. Set some leadership and personal goals while living in the present moment, celebrating past experiences and looking forward to a fabulous future. Pick up your dinner package at the CALA booth.



SUNDAY MARCH 27 - OUR SENSATIONAL SESSIONS – Earn 8 CECS

6:30am-7:00am: CALA Registration Booth and Trade Show Open

7:00am-8:00am: Early Bird Gets the Credit! Early Morning Sessions to Choose From

SUN-1 Spring Fever – Feel the Energy with the CALA Team (Main Pool)
This workout features the CALA Team bringing it! Their most loved combinations, most effective cueing tricks and most rewarding techniques. Using a 'tag team' style, a minimum of two presenters, one deep, one chest deep will start a combination, then get tagged by another instructor who will take over and so the game goes for a full hour of ideas and fun.

OR

SUN-2 Freedom and Footprints with Charlene (Active Theory > Outdoors)
Come prepared for any weather, we are going outdoors to connect with the earth, the sky, the wind and the life around you. Feel free while you leave only footprints. Notice by looking and listening.

8:00am-10:00am: Morning Sessions to Choose From

SUN-3 "30" Seconds to Success with Karl (Main Pool > Active Theory)
Tap into creativity and fine-tune your choreographic skills; 30 seconds is all you need. Breakdown the complexity of planning a class and wow your participants with fun, energetic sets of movement. Be inspired to try new things. It's simple! Get in the water, play, feel and discover.

OR

SUN-4 Just A Minute: Water Running Core Control with Charlene (Active Theory > Main Pool)
Learn the structure, the design and the exact delivery of this innovative class. The intensity of each one minute running phase builds from 65% to 95% as the workout progresses with one minute intervals of deep core training. Each stage of the water running workout includes specific biomechanical tips to ensure excellent technique to guarantee safety, specificity of training and effectiveness. These tips and cues add together to build perfect posture and running form.

10:00am-10:15am: Trade Show and Mid Morning Nourishment ~ LCA! Charity Donation

10:15am-12:15pm: Mid Morning Sessions to Choose From

SUN-5 Choreography Culture with Carol (Main Pool > Active Theory)
Learn to colour outside the lines with non-traditional ways of working with global music and unconventional moves. Be ready for movement complexes that will take time to teach and develop. Intrigued clients will stick with you while you build cardio sequences that engage the mind, challenge the muscles and fuel their joy engine. Create a choreography cult that builds numbers and fun! This workshop was developed with Khalil Shuzasada, Lead trainer for Reebok University India.

OR

SUN-6 Special Considerations for the Aging with Pat (Theory > Main Pool)
Our greatest number of clients are now over the age of 60! These 'zoomers' are more vibrant than 10 years ago and can be very challenging in our aqua classes. Get the goods about specific ways to work these 60+ year old individuals with positive results that meet their unique needs.

12:15pm-12:30pm: Session Change Over – Lunch Buffet Set Up

*** CHOOSE LUNCH ONLY ONCE (12:30pm-1:30pm or at 1:45pm-2:45pm)

12:30pm-1:30pm: Choose Lunch (SUN-7) and Trade Show or Choose SUN-8 OR SUN-9

SUN-7 Lunch One and Trade Show

OR

SUN-8 Joy of Noodles with Aqua Angel Peaches (Main Pool)
Noodles are versatile in usage, used solo, in partners, in groups with suspension and bottom contact and in a multitude of positions. Play games, get serious, get playful and get ready for a completely out of the norm experience with the Aqua Angel known as Peaches.

OR

SUN-9 Aqua Pilates Meets Liquid Abs with Dylan (Therapy Pool)
Aqua Pilates is designed to use the properties of the water to increase the body's full range of motion while stabilizing the core muscles. The mind-body workout incorporates movements based on the Pilates method. With the healing environment of water, the workout will assist in increased flexibility while challenging individuals to maintain core stabilization, postural alignment, and balance. Learn to teach water based Pilates exercises with correct technique and valuable coaching cues that will enhance the performance of all level on fitness.

1:30pm-1:45pm: Session Change Over – Lunch Buffet Replenishment

1:45pm-2:45pm: You MUST Choose SUN-10 (Lunch) now if you did not choose (SUN-7). Otherwise, choose SUN-11 OR SUN-12

SUN-10 Lunch Two and Trade Show

OR

SUN-11 Aqua Gymstick and Muscle Balance Training with Dylan and Matthew

(Main Pool)

Try this innovative fitness tool that combines stick and resistance band exercise into one effective workout. Professional athletes, fitness trainers and therapists worldwide use Gymstick to deliver real results. Gymstick works all the major muscle groups and the small supporting muscle groups used for balance and coordination. Experience a warm up phase with the stick, followed by upper and lower body muscle conditioning with the banded resistance and conclude with a full body stretch. Focus will be placed on multi tasking muscle groups for better performance, body posture and exercise technique.

OR

SUN-12 Cardiac Rehab CALA~HydroRider with Carol

(Therapy Pool)

Finally a stable piece of effective equipment, in water, for cardiac rehab. The safe aqua environment allows for continual monitoring to ensure the exercise session is improving the health and well being of the client. Get ready to be blown away by the potential of this training for pre and post cardiac care. We are in the business of prevention, re-activating, re-conditioning and conditioning. Find out what is happening at the Heart Institute!



2:45pm-3:00pm: Trade Show and Mid Afternoon Nourishment ~ LCA! Charity Donation

3:00pm-5:00pm: Three Mid Afternoon Sessions to Choose From

SUN-13 All In! Water Run, CALA~HydroRider, Gymstick with the CALA Team

(Active Theory > Main Pool)

You want more than the workout experience in Spring Fever – you want the plan... All depths, anything goes! Learn new movement combinations, methods of cuing and motivation and get ready for some real fun. Choose to jump on the HydroRider, grab a noodle, don a flotation belt, commandeer the Gymstick and/or be equipment free.

OR

SUN-14 Aqua Yoga: Tap into Calm with Karl

(Therapy Pool > Dry Land Relaxation)

The Moksha Yoga series was designed to free areas of the body that are often habitually tight and constricted - lower back, hips, knees, shoulders and neck. In this process the body is strengthened, toned, and opened, while the mind becomes still. Combining the magical properties and benefits of water with the wonderful world of yoga will create space within the participants so that each student moves towards the full potential of their mind/body/spirit.

GET THE DETAILS HERE!

During the conference CALA will be taking pictures for use on the CALA web site and in promotional materials. Your picture may appear on www.calainc.org and in these publications.

CONTINUING EDUCATION, RENEWAL, RECERTIFICATION CREDITS: Visit www.calainc.org for full details– CALA, CanFitPro (FIS, OAS, PTS, NWS, MBS), AFLCA, BCRPA, NSFLA, SPRA, SportPEI, NLPRA, YMCA and YWCA

NSF OR RETURNED CHEQUES: NSF and returned cheques are subject to a \$56.50 admin fee.

CONFERENCE FEES INCLUDE: Assigned sessions, handouts, CECs, Lunch on Saturday and Sunday.

CANCELLATION POLICY: All conference cancellations must be received in writing by fax or mail on or before March 20, 2011. Your fee will be refunded less a \$113 cancellation fee. NO refunds or credits will be given after March 20, 2011. No refunds or credits will be given for no-shows or partial registrations.

CALA VENUE: The Forest Heights Pool and High School, 253 Fisher-Hallman Road, Kitchener, ON. N2M 4X8. Facility Info. 519-741-2989. PARKING is FREE. CHILD CARE - not available.

REGISTRATION BOOTH: Fri. Mar 25: 8:30am – 6:00pm; Sat. Mar 26: 6:30am – 5:30pm and Sun. Mar 27: 6:30am-7:00am

ACCOMMODATION: The Walper Terrace Hotel: Quote CALA for special rates: 1-800-265-8749

NOURISHMENT BETWEEN SESSIONS AVAILABLE ON SITE ~ Small donation to LCA! Charity is appreciated

EQUIPMENT: You MUST bring your own flotation belt or purchase one at the conference!

HOW TO REGISTER: fax (416 755 1832), email (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 2011, 125 Lilian Dr., T.O., ON, CAN, M1R 3W6. Include payment with registration.

REGISTRATION: CHOOSE ONE DAY, TWO DAYS OR THREE DAYS!

- No single sessions or half-day registrations available.
- If paying by cheque/money order, send payment with registration form post marked before March 12, 2011 for early bird rates.

