



# CALA

## Catch the Wave! Attrapez la vague!

20th ANNIVERSARY CALA CONFERENCE CELEBRATION  
CALA CONGRÈS 20<sup>E</sup> ANNIVERSAIRE CELEBRE

June 22 & 23, 2013      22 et 23 juin 2013

Centre Aquatique Dollard-des-Ormeaux, DDO, Québec

Renewal, recertification, continuing education & professional development credits granted by:  
Renouveau, recertification, formation continue & crédits de développement professionnel par :

CALA  
canfitpro

CFES  
NSFLA

SPRA  
AFLCA

BCRPA  
OFC

YWCA/YMCA  
SportPEI

NLPRA  
OSHF

Thanks to our premier sponsor:  
Merci à notre commanditaire principal :



Visitez [www.calainc.org](http://www.calainc.org) pour les détails du congrès été 20<sup>e</sup> anniversaire de CALA:  
Biographies des conférenciers et détails d'accréditation

# CALA 20th Anniversary Celebration

## Bilingual Sessions & Professional Presenters

Accreditation: canfitpro, YMCA, OFC, BCRPA, AFLCA, SPRA, NSFLA

**Saturday June 22... Choose 1, 2, or 3: 0800 – 1300**

**Sunday June 23... Choose 6 or 7: 0800 – 1300**

### 1. What's Trending in Pure Water?

4 CALA CECs

Get ready to move from the shallow pool, to the deep pool, to the therapy pool and finish on dry land with active theory. Experience an integration of pure water training with no equipment. Let your energy rise as you warm up. Explore a martial arts mix of kick box and taekwondo, a high intensity '360 x 180' interval training cardio workout, an Aqua Pilates core fusion and a soothing stretch. The CALA 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 relax your body to release stress. Your mind will be swimming with ideas as you proceed to the dry land room to consolidate your learning. Includes breaks.

OR

### 2. Introduction to CALA Aqua Yoga

4 CECs

Join Karl for a fabulous day that starts with land based theory and dry land movement preparing you for an Aqua Infused Yoga experience. This session is specifically designed for chest deep recreational pools and includes dynamic movements and powerful poses. Learn to free areas of the body that are habitually tight and constricted, strengthen muscles, build bones, enhance stability, connect to your inner child, quiet the mind and caress the heart.

OR

### 3. CALA Foundations of Vertical Water Training:

#### The Kopansky Method – Fast Track Course: English Manual

Designed for healthcare, wellness and fitness professionals who possess a comprehensive understanding of applied fitness theory (anatomy and physiology) and a wealth of leadership and movement experience, this course sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn how to use water effectively in the design and the delivery of safe, productive and innovative vertical water training sessions. Experience practical application of theory using an integrative approach to learning as you complete this pre-requisite to pursuing CALA Specialty Certification in Group Aqua Fitness, Water Running, Aqua Yoga, Healing Waters and/or Aqua Personal Training. The philosophical approach of CALA encourages the body to move, the mind to discover and the spirit to soar.

**All Together: 1300 – 1600**

### 4. Nourishing the Body, Mind and Spirit – Passion

3 CECs

Enjoy a delicious complementary 'Lunch & Learn' followed by a land-based exploration of the CALA Base Moves integrating posture, visual cues and music while practicing and performing with passion and purpose. (Includes VWT course participants)

**All Together: 1600 – 1700**

### 5. Aqua Anniversary – Moving & Grooving!

1 CEC

Choose to experience an Aqua Yoga class in chest deep water or get suspended in the deep pool. Join Charlene and the awesome CALA Presenter Team and create a collective wave of energy as we move and groove together.

### 6. What's Trending with Effective Equipment?

4 CECs

Add spice to your water programs in recreational and therapeutic settings with the addition of effective equipment. See and feel how cueing will get you focused on every movement nuance and motivated to work with power posture and full range of motion. Laugh out loud with 'oodles of noodles' ideas. Enjoy a myriad of ways to use the Aqua Bender Ball and 'Gymstick' with a high-energy, full body workout focusing on muscle strength, endurance, core training and cardio. Complete your session with gentle moves designed for people with aches and pains and those who are frail. Your mind will be absolutely full of innovative, inspirational ideas as you proceed to the dry land theory to consolidate your learning. Includes breaks.

OR

### 7. Aqua Pre/Post Natal and Aqua Baby & Mommy

4 CECs

Join Marie-Claude to gain the skills to design safe and effective classes for women in the childbearing year. The water is an ideal exercise environment for pre and postnatal women, and many will seek aquatic programs for their exercise needs. Understand how to address the needs of pregnant/postnatal women in mainstream classes and programs. Identification of precautions associated with pregnancy and exercising will enable the leader to educate and empower their clients. Next, join Amanda for a fun-filled session designed using flotation seats for the babies. This 'Baby and Mom' session will include chest deep and deep-water class formats and ideas. Learn effective program planning including creative ways to spice up each session. There is pure joy with a class full of smiling mommies/caregivers and giggling babies.



**All Together: 1300 – 1600**

### 8. Nourishing the Body, Mind & Spirit – Smooth Sailing

3 CECs

Enjoy a nutritious complementary 'Lunch & Learn' and enhance your movement repertoire with 'Beyond the Base Moves', choreography techniques, balanced movement construction and smooth transitions. Share the joy of movement, let the spirit soar!

**All Together: 1600 – 1700**

### 9. 20th Anniversary – Get the Party Started!

1 CEC

Get deep or stay shallow – choose your depth and join the CALA Presenter Team as we trace the last 20 years of CALA Inc. Shake your booty and laugh until your abdominals are aching and you simply cannot stop smiling.



# Presenters

Join our Professional Line Up of Presenters and Catch the Wave!



**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.



**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-OFC, Who's Who of Canadian Women in Fitness-Chatelaine Magazine, Fitness Leader of the Year-Fitness Institute & Specialty Presenter of the Year-CFP.



**JENNIE QUEEN** With over 20 years experience in developing, training, presenting & teaching many aspects of fitness & aquatic programming has a passion for everything aquatic & fitness. Jennie is a true visionary & leader in the industry & a Recreation Supervisor with the City of Ottawa. Along with her many aquatic related certifications, she is a certified Aqua fitness Leader, Assessor & Trainer with CALA, & a Group Fitness Instructor & Personal Trainer CFP and SPI & holds a Diploma in Fitness & Lifestyle Management. Jennie enjoys continually educating & challenging herself to stay informed & up to date with the fitness industry.



**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.



**NEW! MARIE-CLAUDE LEBLANC** B.Sc. Kin, PT, CALA trainer. Marie-Claude is a dynamic & energetic person. She specializes in aquafitness training, rehabilitation, management & fitness evaluation. She also keeps busy with a personal training and rehab programs while finishing a masters degree at Université de Montreal. Marie-Claude holds certification through YMCA, Mad Dogg, CPM, Secondwind & CALA.



**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.



**AMANDA DEGRACE** has been actively involved in the fitness and aquatics for over ten years now, and through the last few years has taken a strong interest in further developing individuals minds, bodies and spirits to create more active and healthy lifestyles. Amanda strongly believes that through a healthy and active lifestyle individuals are able to develop a stronger passion and desire for life and its positive surroundings. Amanda has presented and trained at many CALA events and CanFit Pro Montreal and Toronto conferences. B. SocSc LSR, CALA, CFP, Mad Dogg, TWIST, YMCA, LSS, Red Cross.



## CALA 20th Anniversary Bilingual Conference Celebration - Details

**WHERE:** Aquatic Centre Dollard-des-Ormeaux (AAddo), 12001 Boul. De Salaberry, Dollard-des-Ormeaux, Quebec, H9B 2A7  
Ph: 514-684-0070 E: aaddo@ddo.qc.ca

**HOTEL:** Hampton Inn & Suites: Special Rate: \$99 incl. breakfast. Group Code: CALA. Call 1-866-633-8243 Note: Parking is free! No child-care available.

**REGISTER NOW:** Fax, email, mail or phone

**PHONE:** 1-888-751-9823 or 416-751-9823 Express registration: VISA or MC.

**MAIL:** Mail registration form with payment (VISA or MC, cheque or money order) to CALA, 125 Lilian Dr., Toronto, ON, M1R 3W6. Include payment.

**NSF OR RETURNED CHEQUE:** Subject to a \$50 + tax fee

**CONTINUING EDUCATION, RENEWAL, RECERTIFICATION 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 & YWCA

**CONFERENCE FEES:** Include sessions, handouts, credits and lunch. Bring snacks and water to energize & hydrate throughout the day.

**WHO:** Registered delegates pick up conference package on site between 7am & 7:45am on Sat. June 22 & Sun. June 23, 2013

**NOTE:** Registration & Trade Show opens at 7am. Sessions start at 8am sharp. During the 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.

**CANCELLATION:** Must be received in writing by fax or mail before June 12, 2013. Your fee will be refunded less a \$113 cancellation fee. NO refunds or credits will be given after June 12, 2013. No refunds or credits will be given for no-shows or partial registrations.

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

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