



125 Lilian Dr. • Toronto, ON M1R 3W6 • Tel: (416) 751-9823 • 1-888-751-9823 • Fax: (416) 755-1832 • cala@interlog.com • www.calainc.org

REGISTRATION FORM

First Name: _____ Last Name: _____

CALA "Exclusively Water" 2008
Kitchener Conference

Address: _____

This is my:
 home address club address

City: _____ Province/State: _____

Check here if this is a new last name.

Country: _____ Postal Code: _____

Previous name: _____

Tel/Home: () _____ Work: () _____

Check here if you previously phoned in
your registration.

Fax: () _____ email: _____

Registration Fees / Payment Options (write clearly):

Cheque: Money Order: Credit Card: Visa Mastercard

_____ exp. _____

Authorization Signature: _____

Name on Card: _____

Membership must be current as of
conference date to enjoy the
membership prices listed.

Sat. June 21, - indicate choice 1 & 2
8:00-9:00am

- SAT-1: Morning Booster
- SAT-2: Summer Solstice

9:15am-12:15pm

- SAT-3: Super Aqua Sport
- SAT-4: Point of Interest
- SAT-5: Building Business

1:15-4:15pm

- SAT-6: Performance
- SAT-7: Tidal Wave
- SAT-8: Aqua Rehab

4:30-5:30pm

- SAT-9: AQUA GOES NATIVE

Sun. June 22, - indicate choice 1 & 2
8:00-9:00am

- SUN-10: Wake Up
- SUN-11: Yackua

9:15am-12:15pm

- SUN-12: Serious Strength
- SUN-13: Double Pleasure
- SUN-14: Core

1:15-4:15pm

- SUN-15: Older Adults
- SUN-16: Linking Posture
- SUN-17: Stretch Wet

4:30-5:30pm

- SUN-18: SIMULTANEOUS

		Sat only	Sun only	Sat/Sun	
EARLY BIRD before May 7	Members	\$149	\$149	\$249	One Day Only: Sat. OR Sun. - includes sessions, handouts, 8 CALA CECs, & trade show
	Non-Members	\$169	\$169	\$269	
REGULAR May 8-22	Members	\$179	\$179	\$279	Both Days: Sat + Sun. - includes sessions, handouts, 16 CALA CECs & trade show
	Non-Members	\$179	\$179	\$279	
LATE REGISTRATION on site: after May 22 Call to confirm space is available	Members	\$189	\$189	\$299	
	Non-Members	\$189	\$189	\$299	

YOU MUST BRING YOUR OWN FLOTATION BELT TO THE CONFERENCE.

LUNCH FEE (not included) Add \$10 per day for lunch on site. veggie non-veggie

CALA MEMBERSHIP Join or renew now to enjoy conference savings. (add \$49)

TOTAL (add 5% GST)

Waiver of Liability

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc. (CALA), the facilities and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death.

I verify that I have been involved in a physical training program, and that I am physically fit and do not suffer from any disability, physical ailment or taking any medication that would cause me harm or limit my participation.

I hereby affirm that I have carefully read, fully understand and agree to the above; and that I am of legal age to execute this form as a legal document.

Signature _____ Print Name In Full _____ Date _____

Registration starts
at \$149

accredited by



The Canadian Aquafitness Leaders Alliance Inc. presents

"EXCLUSIVELY WATER" CALA- KITCHENER CONFERENCE

SATURDAY, JUNE 21 AND SUNDAY, JUNE 22

Choose from a variety of sessions • Earn educational credits (CECs)
Visit the CALA Booth • Recreational & Therapeutic Pools • Observe 'on deck' &/or get in the water
Special Note re: Kitchener: Max # in therapy pool sessions is 20, so register fast!

Forest Heights Pool, 255 Fisher-Hallman Rd., Kitchener, ON. N2M 4X8 • 519-741-2989

This conference is designed for - Fitness Professionals, Kinesiologists, Rehabilitation Specialists, Health Care Practitioners & Other Health & Wellness Enthusiasts, including participants who want to learn more!

Early bird Registration - Before May 7, 2008

Earn: 16 CALA CECs (8 for each day) and credits with the following organizations: BCRPA, AFLCA, SPRA, MFC, OFC, NSFLA, NBCFAL, SportPEI, NLPRA, YMCA, YWCA, CanFitPro, CFES, CPTN, OKA, OPA, OCA, REPS (United Kingdom & New Zealand).

Acknowledged by the Arthritis Society. For CEC details visit www.calainc.org

Mission Statement: The Canadian Aquafitness Leaders Alliance Inc. is dedicated to providing high quality training, certification and a communication network for vertical water training leaders, water running coaches, personal trainers, kick box professionals and aquatic post rehabilitation specialists. CALA promotes professionalism and excellence through careful integration of the mind, body and spirit.

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www.calainc.org

OUR PROFESSIONAL LINE UP OF PRESENTERS

Connie Jasinskis, B.Sc., B.Ed., M.Sc. PFLC, CFP, CALA Master Trainer, Certified Laughter Yoga Leader. Connie provides leadership training for people involved with health & fitness. Educating international audiences in the UK, Europe, & USA, she works with "regular" people, as well as those who have had MVA's, workplace injuries, arthritis, FMS, osteoporosis, & back pain. Known for her ability to make complex information practical & easy to understand with sessions that are relaxed, enjoyable, & packed with useful information.

Charlene Kopansky, B.Sc. (Human Kinetics), B. Ed.. CALA Inc. founded by this dynamic, passionate, & dedicated individual who embodies a vision of excellence. Charlene taught Biology, Science & P.H.E. & dance fitness classes at university. Her skills in dance choreography, water running, personal training, fitness & aqua fitness leadership have made her a popular presenter in Brazil, Trinidad & Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK., South Africa & New Zealand. Awards include 'Top Presenter' & Presenter of the Year (Germany, '96), Volunteer Recognition Award, OFC, 1992: Leadership Award, OFC, '94; Who's Who of Canadian Women in Fitness, '97-98, Chatelaine Magazine; Fitness Leader of the Year, '98, The Fitness Institute; Water Specialty Presenter Award, Can-Fit-Pro '04.

Karl Notargiovanni, B.F.A. Choreography; CALA Trainer; Massage Therapist, AMPQ. Blending several disciplines including Massage Therapy; Dance Yoga-Tai; Bodywork; Yoga & Somatic Techniques, Karl has developed a unique connection between movement, memory & imagery, encouraging the practice of engaging the mind through body consciousness. Teaching for 11+ years & an Aqua-fitness Coordinator, Karl has also helped organize the Aqua Arthritis Jamboree, fund raising event promoting awareness of arthritis through aquatic activities.

Nancy Sawler, CALA, CFP, CHRM, Dip. Business Management. Nancy is actively involved in health promotion as an instructor, personal trainer & director of corporate health with Cambridge Group of Clubs. She has been teaching aquafitness for 19 years & is Owner of WaterWays Fitness, specializing in aquafitness classes, Aqua PT & CALA affiliate continuing education programs. With a passion for business & a love of fitness, Nancy is well known for her energetic & informative presentations.

Amanda DeGrace, CALA Trainer with a degree from U of Ottawa, is currently studying with the Alive Academy of Natural Health and completing a 240 hour Yoga Alliance accredited Hatha Yoga program. Accelerate your career & be empowered by Amanda, respected fitness professional and leader in the fitness and wellness industry. Energy, charisma & an amazing passion for life are qualities Amanda displays in her everyday life & her fitness & movement classes.

Tara Hayes, Ph.D. in Biology along with a M.Sc. in Biology & H.B. Sc. in Biology & Chemistry. Tara is a professor of Biology at Sheridan College. She believes that if you have your health, you have your wealth. An active CALA Trainer, Tara is certified with CALA, Can Fit Pro, Keiser & Body Training Systems/Les Mills certified. Known for her enthusiasm & passionate delivery of knowledge Tara is sure to inspire you.

Patrick Savoury, BKin, CPT, CALA, CFP, BOSU, Twist Cond. SS L1. Combining experience, education & passion with sports & fitness, Patrick provides functional land & water based programs & classes to a variety of clientele including youth, seniors & athletes. As Fitness & Sports Instructor for the Canadian Forces, Patrick helps CF Members stay fit & operationally ready for deployment in places such as Afghanistan. Patrick's high energy & charisma are contagious.

Nancy Rumple, CALA & YMCA FIT trainer, B. P.H.E., Dip. Sports Injury Management, Registered Reflexologist & YMCA Manager of Adult Services & Aquatics, Burlington. Former Canadian National/ Ontario Provincial Rugby Team Therapist & clinical therapist, Nancy combines her knowledge of exercise physiology with her passion for water training to provide a workout that integrates the spirit, mind & body.

Suzanne Znak. Teaching aqua classes since early 80's, Suzanne has been associated with CALA since it's onset, in 1993, either as a participant, certified instructor or trainer. She has worked almost two decades at Cedar Springs Sports Club in Burlington teaching various water and land-based fitness classes. She is a certified BTS Instructor in 'Centergy', Group Kick and Group Power Suzanne has a Phys-ed degree from McMaster U. & currently works as a certified paramedic in the GTA.

EXCLUSIVELY WATER CONFERENCE DETAILS

CREDITS (CONTINUING EDUCATION CREDITS):

CALA, BCRPA, OFC, NSFLA, SPRA, SportPEI, NLPRA: Awarded 16 credits for 2 days, 8 for 1 day

All CALA Conference workshops listed are approved for credits with the following organizations: AFLCA, BCRPA, CanFitPro, OFC, NSFLA, SPRA, SportPEI, NLPRA

VISIT www.calainc.org for a complete listing of accreditation.

NSF OR RETURNED CHEQUES:

NSF & returned cheques are subject to a \$52.50 admin fee.

CONFERENCE FEES INCLUDE:

Assigned sessions, handouts, CEC's.

CANCELLATION POLICY:

All conference cancellations must be received in writing by fax or mail on or before May 7, 2008. Your fee will be refunded less a \$105 cancellation fee. NO refunds or credits will be given after May 7, 2008. No refunds or credits will be given for no-shows or partial registrations.

CALA REGISTRATION BOOTH HOURS:

Sat June 21 and Sun. June 22, 2008: From 7am - 6pm.

ACCOMMODATION IN KITCHENER:

www.kw-visitor.on.ca or call: 1-800-265-6959.

CONFERENCE VENUE:

The Forest Heights Pool & High School, 255 Fisher-Hallman Rd., Kitchener, ON. N2M 4X8. Facility Info. 519-741-2989. PARKING is FREE. CHILD CARE - not available.

BRING YOUR OWN ENERGY FOODS!!!

No access to food on site!

EQUIPMENT: You MUST bring your own flotation belt!

HOW TO REGISTER:

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

By Fax: Secure Line: 416-755-1832. 24 hours a day. Fax reg. & session selection forms including credit card payment only. If you require confirmation that we received your reg., indicate this on your fax cover sheet & indicate a phone # or email for us to contact you. Do not fax registration form without a credit card number & expiry date. Print clearly, if we cannot read your form, you will not get priority listing.

By Mail: Mail registration/session selection form with payment (credit card -VISA or MC, cheque or money order) payable to CALA: CALA Kitchener Conference 2008 Registration, 125 Lillian Dr., T.O., ON, Canada, M1R 3W6. Payment must be included with each method of registration. Registrations without payment will not be processed.

Note: If paying by cheque, use mail only, do not fax registration in advance.

REGISTRATION: CHOOSE ONE DAY ONLY OR BOTH DAYS!

- No single sessions or half day registrations available.
- Join as a CALA member or renew now: \$51.45 - take advantage of membership prices listed.
- Send payment with registration form, post marked or faxed on or before May 7, 2008 for early bird rates.

EARLY BIRD REGISTRATION: Before May 7, 2008

REGULAR REGISTRATION RATE: May 8 - May 22, 2008 inclusive

LATE REGISTRATION RATE: After May 22, 2008

Pick up your receipt & session confirmation at the CALA registration booth on site. Registration opens at 7am each day.

"EXCLUSIVELY WATER"

OUR SENSATIONAL SESSIONS

SATURDAY JUNE 21

SUNDAY JUNE 22

7:00am-8:00am: REGISTRATION/INFO DESK & CALA BOOTH OPEN

8:00am-9:00am: Morning Sessions to Choose From:

SAT-1 The Morning Booster with Nancy R (Main Pool) Join in & make waves, waves & more waves!!! Get ready to move, move & move some more as you get revved up for the day.

or

SAT-2 Welcome the Summer Solstice with Charlene (Main Room-Active Theory) Gently awaken all your senses. Open your mind, body & spirit & get ready for a fabulous day ahead. This land based session is a gentle opener to your conference experience. Let the sun shine in.

SUN-10 The Energizing Wake Up with Karl & Suzanne (Main Pool) This morning wake up promises to activate your spark plugs & get your engines running for a fabulous day.

or

SUN-11 Yackua-Fitness 101 with Connie (Active Theory – Dry Land) Leaders frequently complain about participants who focus their attention on conversation, rather than exercise. Identify key obstacles to participant engagement & practice techniques to focus your class.

9:15am-12:15pm: Morning Sessions to Choose From:

SAT-3 Super Aqua Sport Conditioning with Patrick (Main Pool first, then Active Theory) From baseball to soccer, tennis to triathlons... let Patrick introduce you to some fantastic sport specific training ideas using propulsion & anchored moves to mimic both plyometric exercises & stability training on land. Sure to pique your interest, whether you plan to coach athletes or add sport moves to your classes.

or

SAT-4 Point of Interest with Charlene (Active Theory, then Main Pool) Focus, focus & more focus. Fine tuning, fine tuning & more fine tuning. A truly unique methodology to get participants to actually move in a full range of motion, with balanced body mechanics, with a strong core, with kinesthetic awareness. This Kopansky methodology is absolutely ground breaking – do not miss an awesome opportunity to learn it.

SAT-5 Building A Successful Business with Nancy S. (Theory – Dry Land – max of 20) Take your fitness expertise to the next level! Review the benefits & key considerations when starting a business. Discuss the prime 'target markets' for private aqua clients, classes at condos & in homes. Develop relationships with local pools. Gather tips on marketing, websites, insurance & sample fee structures. Network & walk away with valuable resources & an action plan.

SUN-12 Serious Strength Training – Omni-directional Weights with Charlene (Active Theory, then Pool) Strength training is where it's at – experience an entirely new dimension of aqua training using omni-directional resistance equipment that works safely & effectively. Attract more men & learn the exact formula & all the moves to launch this new concept. No fancy choreography, just pure strength with abdominals as the anchor.

or

SUN-13 Double the Pleasure: Combo Baby & Adult Aqua Fit with Suzanne (Main Pool, then Active Theory) Get them while their young! Babies (6-18 mos.), in floating seats with adults exercising alongside. Observe how to lead & design this class with the caregiver remaining in contact with the child. With emphasis on class formations, layouts, patterns & teamwork, discover a great way to exercise, have fun & add variety.

SUN-14 Armed to the Core: Aquatic Training Techniques for the Upper Body with Connie (Active Theory, then Therapy Pool – max of 20) Effective upper body training requires a stable core, sound cueing & strong mental focus. Review important muscle groups to train at the shoulder girdle, shoulder joint & torso. Learn key anatomical structures and how translate the information to functional training techniques in water.

12:15pm-1:15pm: LUNCH IS AVAILABLE (IF PRE-ORDERED) & VISIT THE CALA BOOTH!

1:15pm-4:15pm: Afternoon Sessions to Choose From:

SAT-6 Performance Perfection with Amanda (Pool first, then Active Theory) Shine on deck as you accelerate your career through on deck movement skills that leave your clients saying WOW! Impeccable deck skills create a lasting impression that motivates & energizes. Practice and perfect your movement execution & create positive waves that are ever-lasting!

or

SAT-7 Tidal Wave Water Dance with Karl (Act I, Volume II) (Active Theory, then Main Pool) Dance is an important part of human culture. The excitement & pleasure of dancing connects us all at a deep level. It is time to explore the dancer within!! From funky jazz & folkloric combinations to basic ballet muscle conditioning, discover a fun & dynamic way to teach your class using the CALA repertoire of movements choreographed to CALA Tidal Wave Volume 2.

or

SAT-8 Aqua Rehab for Lower Extremity Injuries with Connie (Active Theory first, then Therapy Pool – max of 20) Water allows the elimination, reduction, or gradual re-introduction of gravity while rehabilitating lower extremity (LE) injuries. Explore specific exercises to improve LE strength, range of motion, balance, core stability & gait. Learn about muscular imbalance related to dysfunctional movement & progressions using open & closed kinetic chain exercises with emphasis on optimizing functional recovery for ADL.

SUN-15 Aqua For Older Adults: Take It with Suzanne (Active Theory, then Main pool) Discover how your class can 'pick-up', 'put down', 'project forward, place back,' 'open up' & 'close in' while learning proper posture with perfect alignment. Add variation & intensity without making drastic changes to the choreography. Notice how older adults embrace change using this teaching methodology.

or

SUN-16 Linking Posture to Movement with Karl (Main Pool, then Active Theory) Focus on educating the mind through body consciousness. Explore principals of dance & somatic education using manipulation, basic exercises & visualization. Discover the importance of posture & dynamic alignment using imagery to affect body movement. Experience unique ways of cueing using postural correction to improve muscular balance & alignment for YOU and your participants.

or

SUN-17 Stretch Wet with Connie (Active Theory, then Therapy Pool – max of 20) Discuss advantages & difficulties of stretching in the aquatic environment? What are the best techniques to ensure safe, effective pool stretches? Clarify muscle physiology as it pertains to stretching with research regarding the need for optimal flexibility. Learn various effective stretch techniques for vertical water training.

4:30pm-5:30pm: Grand Finale Session:

SAT-9 Aqua Goes Native with Charlene (Main Pool) Be open to a surreal water experience that will truly make your spirit soar. With the use of eclectic music, Charlene will take you on a journey into the wilderness.

SUN-18 Simultaneous Deep & Shallow Water Class with Tara (Main Pool) Simultaneous Deep & Shallow Water Class with Tara (Main Pool): Choose to 'go deep, maintain bottom contact or do a bit of both. Watch Tara integrate amazing cues and moves to keep everyone motivated & working hard.