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The Canadian Aquafitness Leaders Alliance Inc. presents

EXCLUSIVELY WATER CONFERENCE

SEPTEMBER 22 AND 23, 2007

Also accredited by AFLCA, SPRA, OFC, NSFLA, YMCA-YWCA. Visit www.calainc.org for exact CEC designations.

Canmore Recreation Centre, Canmore, Alberta, Canada

This conference is designed for - Personal Trainers, Aquatic Post Rehabilitation Exercise Specialists; Group Aquafitness Leaders; Water Running Coaches; Kick Box Enthusiasts, Marshal Arts Practitioners, Pilates & Yoga Participants, Aspiring Leaders, Aquafitness Participants, Aquatic/Fitness Programmers, Coordinators & Managers

EARLY BIRD REGISTRATION - BEFORE AUGUST 17, 2007

REGISTRATION STARTS AT \$159

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

OUR PROFESSIONAL LINE UP OF PRESENTERS



Darin Dieterich, Named as a top presenter in Germany, Canada and Switzerland, Darin has blended years of hard work, talent, and education, earning him a spot as one of the fitness industry's brightest innovators. Darin has appeared in over 40 countries and educated over 10,000 fitness professionals. In 2004, Darin was honoured as Germany's "Fitness Educator of the Decade" by Germany's top rated consumer magazine Shape-Up. Darin has produced fourteen top selling video workout tapes will be releasing three more in 2007. Showing his commitment to shaping emerging fitness presenters and new talent in the business, Darin is the fitness education director for Royal Events. In just over three years, Royal Events is quickly closing in on its 300th event. Darin earned CALA certification in 1997 and has presented for CALA at several national conferences and in the UK as well.



Charlene Kopansky, BSc. H. K., B.Ed. PHE, Sc., President & Founder of CALA, author & international presenter - Cuba, Germany, United Kingdom, New Zealand, Brazil, Australia, South Africa, Trinidad & Tobago, Mexico, Dominican Republic. Popular for her incredible energy, passion & in depth knowledge and Certified CALA, CFP, OFC. BCRPA Trainer & CEC provider for national & provincial fitness organizations. Top Bodylife Presenter 1996, Who's Who of Canadian Women in Fitness 1999 & 2000; Leader of the Year, OFC; Instructor of the Year, Fitness Institute 1998. Nominated for the Mal Peepre Award, three years running, nominated for Top European presenter in Aquafitness in 2003. Author of a multitude of CALA manuals (Foundations of Vertical Water Training; Group Aquafitness Leadership; Centre of Power: Aqua Kick Box; Water Running) & creator, designer, writer & presenter of more than 100 different workshop topics. Allow your body to move, your mind to discover & your spirit to soar - take a session or two with Charlene.



Dr. Christian Brix is a Chiropractor in Private practice in Calgary Alberta. Dr. Brix is a magna cum laude graduate of Palmer College of Chiropractic - West in San Jose California. As the on-site Chiropractor for "Watermoves Aqua therapy" he has created and developed a protocol for Chiropractic in the water. With publications still pending, Dr. Brix will soon be a contributor to the scientific literature on Aquatic therapy. In a primarily family-based wellness practice, Dr. Brix also specializes in the management of Fibromyalgia and Chronic Fatigue Syndrome. A passionate and energetic speaker, Dr. Brix has lectured on: "Chiropractic Practice Management", "The Power of Effective Communication", "The Doctor-Patient Relationship" and "Finding Your Purpose."

EXCLUSIVELY WATER CONFERENCE DETAILS

CREDITS (CONTINUING EDUCATION CREDITS):

CONTINUING EDUCATION CREDITS, RENEWAL CREDITS and RECERTIFICATION CREDITS: AFLCA, BCRPA, CALA, CanFitPro, NSFLA, OFC, SPRA, YMCA, YWCA. Each session will be assigned CECs, check out www.calainc.org for details

CALA: Earn 7 CALA credits each day

CanFitPro: FIS, ADV-FIS, PTS, NWS, MBS, PFS, OAS, & SCS credits - see CALA Website for exact CECs

BCRPA: 7 Renewal Credits for Sat., 7 for Sun. & 14 for both days

AFLCA: Workshop Ref. # CEC 2716: 7 Recertification Credits for either Sat. or Sun., 14 for both days

OFC, NSFLA, SPRA, SportPEI, NBCFAL, NLPRA: 1 workshop hr=1 credit

YMCA, YWCA & YM-YWCA: all workshops are approved by selected Y facilities

DIRECTIONS TO THE CANMORE RECREATION CENTRE:

1. Travel west (from Calgary) on Highway 1 West (Trans-Canada). Take the last Canmore exit (there are three exits). Turn right at the first set of lights onto Railway Avenue. Take the first right onto 17th Street, then take the second right onto 8th Ave. The Canmore Recreation Centre is at the end of the road.
2. Travel east (from Banff) on the Trans Canada Hwy. Take the first Canmore exit and follow the same directions as above.

PARKING is free and available on site.

CHILD CARE is not available.

ACCOMMODATIONS: Rocky Mountain Ski Lodge (www.rockyski.ca): 1711 Bow Valley Trail, Canmore AB. Discounted rate for delegates attending CALA conference: \$85/night, standard room (2 double beds). Book before August 31, 2007 to receive special rate. Reservations 1-800-665-6111.

MEALS: Nutritious Lunches are available for purchase (see registration form). Also, some snacks will be provided in the delegate package.

MEDIA: During the conference CALA will be taking pictures for use on the CALA web site, in promotional materials, and 'Wavelink'. Please be advised that your picture may appear in these publications.

REGISTRATION BOOTH & TRADE SHOW HOURS:

Sat. Sept 22: 7:30am-8:30am & 11:30am-2:00pm

Sun. Sept 23: 7:30am-8:30am & 11:30am-1:00pm & 3:00pm-3:30pm

HOW TO REGISTER:

Please print clearly in black ink. Keep a copy for your records. Indicate your choice for each time block. First come, first served.

Note: You will pick up your delegate package at the Canmore Rec Centre. This package will include the sessions you got in to. Numbers are limited to 50 per session, so register early to avoid disappointment.

By Phone: 1-888-751-9823 or 416-751-9823 *for express registration using VISA or Master Card. Please decide your sessions choices before you call the CALA office. Thank you! 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: 416-755-1832. Fax registration & session selection forms including credit card payment only. If you require confirmation, indicate this on your fax cover sheet with a phone number for us to call to leave a voice mail message OR indicate an email address. Do not fax registration form without a credit card number and expiry date. Print clearly, if we cannot read your form, you may not get priority listing.

By Mail: Mail registration & session selection forms with payment (credit card -VISA or MC, cheque or money order) payable to CALA: CALA Canmore Conference 2007 Registration, 125 Lilian Dr., Toronto, ON, Canada, M1R 3W6. Payment must be included with each method of registration. Registrations without payment will be returned. If paying by cheque, use mail only, do not fax registration in advance.

CHOOSE ONE DAY ONLY OR TWO DAYS!

Please note: No single sessions or half day registrations available. Join as a CALA member or renew your CALA membership now: \$51.94 to take advantage of the membership prices listed below. Send payment with completed conference registration form, post marked or faxed on or before Fri Aug 17, 2007 to take advantage of the early bird rates.

EARLY BIRD REGISTRATION: on or before Fri Aug 17, 2007

REGULAR REGISTRATION RATE: between Fri Aug 18 and Sept 7/07

LATE REGISTRATION RATE: after Fri Sept 7, 2007

GROUP DISCOUNTS - by fax or mail only! Groups of five or more are eligible for a group discount of \$10 per registration. Five or more complete registrations must be received at the same time (the same fax with credit card numbers & session choices or by mail with credit card & cheques & session choices, one form per person. If one person is paying by cheque, all completed forms must arrive together in mail.) Pick up your receipt & session confirmation at the CALA registration booth on site. Registration opens at 7:30am on Sat. Sept 22 and Sun. Sept 23 at the Canmore Recreation Centre.

NSF OR RETURNED CHEQUES: NSF & returned cheques are subject to a \$42.40 admin fee. Conference fee includes admittance to all workshops & handouts for the sessions you attend, CEC's from leading associations, unlimited access to trade show, promotional items from event sponsors.

CANCELLATION POLICY All conference cancellations must be received in writing by fax or mail on or before August 30, 2007. Your fee will be refunded less a \$53.00 admin fee. NO refunds or credits will be given after this date. No refunds or credits will be given for no shows or partial registrations.

SENSATIONAL SESSIONS

7 CALA Credits for Saturday!

7 CALA Credits for Sunday!

SAT. SEPT 22: 7:30AM – 8:30AM:

REGISTRATION BOOTH PLUS THE TRADE SHOW IS OPEN FOR SHOPPING

8:30am-11:30am: Choose from one of the following morning sessions:

SAT-1 Serious Strength Training – The Omni-directional Weight Room (active theory first, then pool): Kopansky Strength training is where it's at – experience an entirely new dimension of aqua training using omnidirectional resistance equipment that actually works safely and effectively in water. This class will attract more men (we know that women already love the water) and add a brand new class to your schedule. Charlene will give you the exact formula and all the moves to launch this successful new concept. Walk away with a completely planned class format, ready to implement immediately - no fancy choreography, pure strength with abdominals as the anchor. This session is definitely geared to fit individuals looking for that added extra in water.

or

SAT-2 The WOW Factor - Wild on Water: Aqua Teaching Skills and Advanced Aqua Choreography (pool first, then active theory): Dieterich It's not just the finished combination or the wild choreography that counts. The journey to final combination is really the trick to success. Enjoy the process! Get WOWed and learn how to teach advanced choreography while using advanced teaching skills. Darin will teach several advanced combinations while demonstrating different styles of building methods. Our focus in this session is how to teach advanced, how to perform professionally, and how to WOW your members with positive fitness results.

11:30AM - 2:00PM: TRADE SHOW OPEN. LUNCH IS AVAILABLE (\$15)

2:00pm - 5:00pm: Choose from one of the following afternoon sessions:

SAT-3 Aqua Tethered Training (active theory first, then pool): Kopansky

Go deep, really deep... and get tethered while you are at it. This concept involves organizing your action and motivating to the max. Charlene will share techniques for moving your participants from individual training to pairs to tris to quads and then to large groups that motivate each other while driving hard through the water. Based on anaerobic and aerobic intervals this aqua session is sure to make you sweat buckets while you create a white water heaven. Get ready to be all tied up and have some fun while training super hard.

or

SAT-4 Aqua Pilates (pool first, then active theory): Dieterich Using floatation devices (noodles, belts, foot floaties...), Aqua Pilates incorporates many of the traditional Pilates moves from land and sets them in water. Learn the proper technique training for body alignment and breathing patterns. Darin will demonstrate how using Ai Chi with some Pilates concepts can be very beneficial. The session will apply core stability and fall prevention techniques to develop balance and lumbar stabilization for your clients. The focus of this Aqua Pilates class will be on deep, rather than superficial, muscles. Learn to use the trunk muscles to initiate movement in the extremities. Balance, mobility and stability, all in one program!

- Analyze the body efforts used to move proximal to distal.
- Experience movement initiated in the core rather than in the extremities.
- Feel deep tissue trunk and abdominal muscles engage for balance and stability.
- Recruit muscle tissue in an efficient, effective progression.

5:15 – 6:15PM: EVERYONE IN THE POOL FOR A FUN MASTER CLASS

SAT-5 Aqua Rock (pure pool session): Dieterich Take part in an action filled aqua rock class. Rock-n-Roll tunes combined with fun new choreographed combinations will provide each participant with six new Rock/Dance/Aqua combinations. Aqua Rock is a fun and effective class built around new and creative aqua movement variations with the added spice of some top 40 Rock! A minimum of 6 new combinations will be demonstrated. You'll learn to create a special flair and atmosphere in your aqua class setting. Join Darin and combine power movement and music for this stylized Aqua Rock workout.

SUN. SEPT 23: 7:30AM – 8:30AM:

REGISTRATION BOOTH PLUS THE TRADE SHOW IS OPEN FOR SHOPPING

8:30am-11:30am: Choose from one of the following morning sessions:

SUN-1 Healing Waters: Aquatic Chiropractic/Rehab (active theory first, then pool): Brix Learn how adding Chiropractic to your aquatic program can help get faster and longer-lasting results for everything from gentle rehabilitation and Fibromyalgia to severe paralysis and trauma induced injuries. Learn what Chiropractic really is and see how treatments are actually performed in the water. Dr. Brix will demonstrate the benefits of aquatic therapy incorporating rehabilitation, exercise, massage, Chiropractic adjustments, and supplementation. Dr. Brix will also explain the great successes experienced when utilizing this integrated approach to healing. Observe the assessment, the process of diagnosis, and the actual Chiropractic therapies performed. Understand how Dr. Brix gets faster results with participants in a fun, convenient, and all-inclusive approach to aquatic health care. See how easy it is to add years to your life and life to your years!

or

SUN-2 Aqua Cheer – Themed Class Formats (pool first, then active theory): Dieterich Aqua Cheer is a jammed packed themed session workshop. Darin will provide start up and marketing ideas on how to get your theme class off to a big splash. From start to finish, ideas and choreography will be demonstrated for themes like a Aqua Cheerleading Class, Disco Dance, Holiday Spirit, Birthday Burn, 80's Alive Workout, Tarzans Jungle Sweat, Sea Spirit – The Dolphin Workout to name a few. We all have had the great ideas on putting together a theme class but it just never seemed to materialize the way we envisioned the end product. This workshop is about learning the process, collecting the materials, and then performing a fun, exciting and productive aqua workout.

11:30AM-1:00PM: TRADE SHOW OPEN. LUNCH IS AVAILABLE (\$15)

1:00pm - 3:00pm: Choose from one of the following afternoon sessions:

SUN-3 Just a Minute (active theory first, then pool): Kopansky Learn the structure, the design and the exact delivery of Charlene's innovative "Just a Minute" Water Running Class. The intensity of each one minute phase builds from 65% to 95% as the workout progresses. 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. Listen to how Charlene delivers this class and put the formula into action immediately

or

SUN-4 Sizzling Seniors Get Aqua Sporty (pool first, then active theory): Dieterich Take seniors back to their glory days! Aqua Sport is an energy filled class that is jam-packed with sport-style choreography, motivation techniques, and goal-achieving instructional ideas. By incorporating less complicated combinations with a sport element focus, you'll be able to create a workout that appeals to all sorts of people – from newcomers to athletes, seniors will love it! You'll learn three different class formats, take home three Aqua Sport Games and a plan for which types of participants to unleash these games on, and you'll pick up tips for specific visual tools that will make every class organized and enjoyable. Get out your whistle, Coach! It's time to suit up for Aqua Sport!

3:00PM – 3:30PM: BREAK TIME – LAST CHANCE FOR TRADE SHOW

3:30pm - 5:30pm: Choose from one of the following afternoon sessions:

SUN-5 Aqua Flow (active theory first, then pool): Kopansky Designed to de-stress both you and your participants this session promises to be both exhilarating and emotionally charged! Using music that conjures up feelings of freedom and lightness, the movement experience will flow with a unique blend of dynamic and static stretches guaranteed to open your mind, body and spirit.

or

SUN-6 Aqua for All – Aqua Moves & Aqua Music (pool first, then active theory): Dieterich The water gives your workouts energy and power, and the music and how you use it is what puts the WOW factor into any class. We'll look at 6 base leg moves and how to use the element of variation to change each movement. You'll learn to develop choreography that is powerful and effective to maximize the resistance in the water. And finally, we'll discuss how to work with our music for maximum advantage, including a discussion of beats, phrasing, blocks and how to blend and build for seamless choreography success. The base of this session is learning how to work effectively with many different fitness levels in the same class. Learn and perform the tools needed to work multi-level.





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REGISTRATION FORM

First Name: _____ Last Name: _____

CALA "Exclusively Water" 2007
Canmore 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.

Clearly indicate 1st choices per time
block. Print clearly. First come first
served.

Sat. Sept 22: 08:30 – 11:30

- SAT-1: Serious Strength OR
 SAT-2: WOW Factor

Sat. Sept 22: 14:00 – 17:00

- SAT-3: Aqua Tethered OR
 SAT-4: Aqua Pilates

**Sat. Sept 22: 17:15 – 18:15
(everyone in the pool!)**

- SAT-5: Aqua Rock

Sun. Sept 23: 08:30 – 11:30

- SUN-1: Healing Waters OR
 SUN-2: Aqua Cheer

Sun. Sept 23: 13:00 – 15:00

- SUN-3: Just a Minute OR
 SUN-4: Sporty Seniors

Sun. Sept 23: 15:30 – 17:30

- SUN-5: Aqua Flow OR
 SUN-6: Aqua for All

		Sat only	Sun only	Sat/Sun	
EARLY BIRD before 08/17	Members	\$159	\$159	\$199	One Day Only: Sat. OR Sun. – includes sessions, handouts, 7 CALA CECs, & trade show
	Non-Members	\$179	\$179	\$219	
REGULAR 08/18 - 09/07	Members	\$179	\$179	\$219	Both Days: Sat + Sun. - includes sessions, handouts, 14 CALA CECs & trade show
	Non-Members	\$189	\$189	\$229	
LATE REGISTRATION on site: after 09/07 Call to confirm space is available	Members	\$209	\$209	\$249	
	Non-Members	\$229	\$229	\$259	
YOU MUST BRING YOUR OWN FLOTATION BELT TO THE CONFERENCE.					
LUNCH FEE (not included) Add \$15 per day for lunch on site. <input type="checkbox"/> veggie <input type="checkbox"/> non-veggie					
CALA MEMBERSHIP Join or renew now to enjoy conference savings. (add \$49)					
TOTAL (add 6% 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 _____