

# wave

L I N K

## EXCLUSIVELY WATER! 2002 CONFERENCE

**WHERE**

*The Etobicoke  
Olympium*

*Close to the  
Toronto airport  
Toronto, Ontario*

**WHEN**

*Friday April 26  
Saturday April 27  
Sunday April 28*

**WHAT**

*Aquatic Rehab Sessions  
Aquafitness Workshops  
Aquafitness Classes  
Trade Show  
(Starts Friday)*

Pilates H2O

Aqua Spinning

Maximum Abs

Strong Seniors

Rehab for MVA



Joint Rehab

Healthy Fat Loss

Aqua Kick Box

Rehab for Stroke

Aqua Africana

# CALA

**The Canadian Aquafitness Leaders Alliance Inc.**

# LETTER FROM THE EDITOR

## *Out of Africa...*

Composed from my office at the University of Stellenbosch, with a view of the mountains and vineyards, March 16, 2002. I have enjoyed 6 weeks of hot, sunny weather, and I mean hot! My trip started with a thrilling Safari in Kruger National Park, organized by Maj Lis, an aquafitness instructor who has attended many CALA workshops in South Africa. This was an experience that was incredible. Just imagine the thrill of hiking amongst lions, elephants, giraffes, wildebeasts, zebra, waterbok, springbok, rhinos, and hippos, to name a few. I loved it, every minute of it. And falling asleep to the sounds of lions calling, birds chanting, hyenas chatting and elephants splashing in the river, not 10 meters from the hut, in pure wilderness... no phones, no electricity, no roads.



## *The Business of Aquafitness:*

Once again, the second and third year Biokinetics students have embraced the CALA Basics About Aquafitness Leadership Course. It is amazing to look back and realize that this is my fifth year in South Africa. On each visit, I am enriched by the experience of working with enthusiastic students in an environment that I can only describe as stunningly beautiful.

While on campus, I am greeted by students who have attended workshops and specialty courses. CALA certified leaders in South Africa are finding that they have a distinct advantage when applying for jobs both nationally and internationally. Most of the students have also completed the 44 hour Aquatic Rehabilitation course, which we have offered three years in a row. The CALA Basics has now become a prerequisite for this specialized course. The course includes The Healing Power of Water; Building the Rehabilitation Team; Joint Replacement; Sports Injuries; Back Care, Cardiac Rehab, Fibromyalgia Syndrome and a 22 hour Aqua Arthritis Module. Many Biokinetics graduates are now working in facilities where leading Aqua Rehab sessions and personal training in water, is a part of their jobs.



I am proud that CALA has been instrumental in introducing this successful program to South Africa and would like to once again thank Peggy Stirling and Sheralee Beebe for their original work on the Aqua Arthritis manual and Brian Cook and Connie Jasinskas for their training in South Africa.

In addition to these positive affects, I am thrilled to see athletes running in the water in the US outdoor pool (which is beautiful). I have enjoyed many sessions of water running with Annatjie Goedhals. Those of you who attended the CALA

Convention in 2001, will remember Annatjie for her Lateral Training session and vivacious personality. U. of Stellenbosch is a haven for international and national Olympic and professional athletes. The climate and the facilities are perfect for training during this time of year. Many of these athletes have completed the Water Running Specialty course or have received coaching from course graduates. The water runners

include people involved in SA level Rugby, Field Hockey, Judo, Track and Field, Weight Lifting, Netball, Cricket and Handball, along with the average person who wants to get fit while staying refreshed in a non impact environment. It is a joy to work with these people and to run alongside them. Just to see the looks of awe on their faces when they experience water running for the first time and get hooked on how it feels... is marvelous.

## *Conference 2002 Update:*

The CALA Conference is just around the corner and the early bird date may have passed by the time you get a chance to read this newsletter. I do hope you have registered and if not, please take another look at the brochure. Make the commitment to yourself to attend. There are so many options for attendance: One day, Two days or Three days. There is a great variety of presenters and topics. Notice the new presenters and the others who have been successful year after year. Along with the numerous credits that you can accumulate (and bank with CALA), it will be a great time to network with fellow instructors. It will be a pleasure to meet you in person at the conference. Please be sure to introduce yourself to me and do try to make it to the Aqua Africana class on Sunday morning. That will be an experience you will never forget!

Again, thanks to Joan and Diane for their administrative support and to the team of conference volunteers who are busy on the phones drumming up sponsorships and registrations.

See you soon

*Charlene*

# AQUA KICK BOX

By Donna Reeves, CALA Certified, CALA Apprentice Trainer

## Exclusively Water! CALA 2002 Conference, April 26 – 28

Saturday, April 27, 3-5pm

### **Aqua Kick Box - Part 1**

2 CALA, 2 FIS, 2 NSFLA, 2 P AFLCA, 2 SPRA, MFC, 2 OFC, 2 CPTN

Investigate how to utilize water in combination with the balance, co-ordination, strength & imagery of an effective boxing class. Integrate upper body jabs, hooks & upper cuts with front, side & back kicks & find your centre of power. This chest deep water session is recommended before participating in Part 2.

Sunday, April 28, 9:30-11:30am

### **Aqua Kick Box - Part 2**

2 CALA, 2 FIS, 2 NSFLA, 2 P AFLCA, 2 SPRA, MFC, 2 OFC, 2 CPTN

Take Aqua Kick Box to the next level. This chest deep water session will take you through intermediate to advanced combinations based on the moves learned in Aqua Kick box - Part 1. Increase your strength & power of concentration. Learn usable, easy to teach "boxeography", guaranteed to be a 'knock out' with participants.

Saturday, April 27, 11am-1pm

### **Water Recycling**

2 CALA, 1 FIS, 1 PTS, 2 NSFLA, 2 P AFLCA, 2 SPRA, MFC, 2 OFC, 2 CPTN

Calling all new instructors & seasoned pros who are experiencing choreography burn-out. Learn the art of class design by transforming your favorite aqua base moves into individual master pieces. It is all about aqua under construction. No hard hat needed for this dry land workout.

One of my passions is downhill skiing. I currently live and work in Mount Tremblant. This is a popular resort town in Quebec which offers winter skiing and summer hiking, among other activities. As a Level III Ski Instructor, I have found that teaching aquafitness has provided a wonderful complement to my downhill ski coaching and training.



Since I introduced the CALA Centre of Power: Aqua Kick Box concept, less than a year ago, my client's growing interest left me no choice but to offer a more advanced workout. Hence, the choreography had to become much more complex and intricate.

Aqua Kick Box, in particular, has proven to be a favorable form of cross training for skiers both in the pre season as well as during the season. The anchored moves in an Aqua Box class help to improve stance and balance on skis. The ability to maintain a strong stance with balance is one of the most important skills a skier needs to develop. This benefit occurs because of the workload put on the core muscles while executing specific Aqua Kick Box moves in water. As an instructor of both Aqua Box and skiing the positive results of individuals participating in these sports is both encouraging and stimulating.

Knowing my clients had received thorough coaching on the fundamentals of Aqua Kick Box Level 1, such as the stance, and the start & finish of a move, I believed they were destined for success in Aqua Box Level 2.

The challenges offered by this advanced class were welcomed by all. The new intense boxing combos and tougher physical and mental challenges leave a smile on everyone's face! Many factors play in favor of Aqua Box Level 2, amongst these are its increased physical benefits, not to mention that the movements are more fluent and less mechanical.

### **Try this combination of moves**

- Ct.1 rt fr kick
- Ct.2 ready position
- Ct.3 rt side (parallel) kick
- Ct.4 ready position
- Ct.5 rt bk kick hold
- Ct.6 turn 180 (back leg is now in front)
- Ct.7 ext. rot/open sd kick
- Ct.8 ready position
- Ct.9 rt cross jab
- Ct.10 lt cross jab
- Ct.11 rt fr jab, lt fr jab, rt fr jab
- Ct.12 ready position
- Ct.13 uni fwd low hook
- Ct.14 ready position
- Ct.15 uni rev hi hook
- Ct.16 ready position



(Any complimentary arm movement can be added to the kicks. A double pumping foot action can be used to increase the intensity on the kicks and the cross jabs)

Come to the conference and learn more choreography.

# CHOREOGRAPHY - THE ART OF MOTION

By Jennie Queen, CALA Certified, CALA Trainer

**Exclusively Water! 2002 CALA Conference session: Sunday April 28 from 2:00 – 4:00pm**

## Choreography Techniques

2 CALA, 1 FIS, 1 PTS, 2 NSFLA, 2L AFLCA, 2 SPRA, MFC, 2 CPTN, 2 OFC

Put moves together in a way that makes sense! Motivate yourself and your participants with interesting choreography techniques and patterns that really work. Practice a variety of pre-choreographed routines that build to make the class zip by. This active dry land session teaches you to have fun while still thinking and moving. Call CALA to register.

*Choreography is the art of putting motion to music.*

*The art in teaching choreography is making the movement meaningful and motivating.*

In order to create choreography that works, one must first master the movements. Mastering the movements requires endless practice both in and out of the water and a keen observer to assist you in achieving proper technique. The CALA compendium provides an excellent source of movements with detailed 'how to' information which describes each move. Instructors who revisit the descriptions in the CALA movement bank will ensure that their form and technique have not "evolved" into a totally different movement. Videotape yourself or use a mirror as tools for self analysis and feedback on movement execution. You might be surprised by what you see. Nothing speaks louder than a moving picture!

Once the movements are mastered (even just a core group of base moves) the focus shifts to the transitions. It is important to think carefully about

how you are linking one movement to another. Consider both the arms linking and the legs linking. Ensure the tempo from one move to the other move is consistent. After establishing smooth transitions between a series of movements, it is vital to practice the "choreography" while in the water. Resistance, buoyancy and turbulence all play a role in determining if the transitions you have selected and practiced on land will actually work in the water. Once you are certain that the pattern of movements you have designed actually work in water, you can begin to practice your 'on deck' demonstration skills.

*The ultimate goal is to link the movements into artful motion and create a blue print of choreography ideas.*

## Creating your Choreography Blueprint

1. **Develop a flow chart** of your favorite moves. Use an entire sheet of paper to record 4 to 8 movements.
2. **Link the moves** together with a thick arrow. Create a web. Notice that certain moves (the moves which start and end with two feet together, such as jumping jack, narrow tuck and ski stop) will link to all the other moves. Use different colours to draw a clear picture. For example, start with the jumping jack theme movement and use the colour 'blue' for any arrows that transition from this start point.
3. **Expand each movement.** Spice up each movement by manipulating the speed of motion, range of motion, and/or LAPS (light bounce, anchored, propulsion and suspension). Increase variety by changing the complimentary arm actions. Add additional movements belonging to the same movement theme to create more links in the web.
4. **Prepare a template** to use for lesson planning. See a sample template on page 5. Design a blank template that can be used repeatedly.
5. **Identify the goals and objectives.** Design the class based upon the goals and objectives of the participants and/or the class type. Choose a goal or objective that you want to achieve when putting together the choreography. For



Jennie Queen

example, if the goal is to improve muscle tone, then the choreography must reflect this goal. Let the participants know what you hope to achieve with the choreography. This will help them to focus accordingly.

6. **Select appropriate music.** Use music that will inspire both you and your participants. Select music that will serve to enhance the goals and objectives of the program. Try the moves on the flow chart to ensure that the music and moves work together. Practice moving to music both on land and in the water.
7. **Plan the class.** Start with one of the movements from the flow chart. Record the move in the overall plan or template. Pick a move from the web that links with the original move and also works effectively with the music. Repeat this process, until several movements are linked together. Then take a look at some of the "expanders", from point 3 and use these.
8. **Try it. Take it to the water.** Practice, correct, and practice again! Add visual and verbal cues that will ensure the participants experience success. ▶

▶ The blueprint or lesson plan is complete when you are happy with the flow of movements in the water. The movement experience is meaningful when the goals and objectives of both the participants and the leader are met through the selection of moves and the final choreography patterns. The next challenge is to ensure that the class remains meaningful and motivating.

Education of the participants is key. This involves explaining the purpose of the movements and teaching the participants how to use the water to make the movements easier or harder. Motivation of the clients plays an important role when including choreography in the class design. Ask the following questions with regards to your leadership:

- 1) Do you offer visual and verbal cues such that the participants successfully move through each phase of the choreography?
- 2) Do you inspire the participants to work at an appropriate intensity?
- 3) Do you create a positive and fun environment?
- 4) Do you encourage safe movement execution?

### *Sample Block of Choreography for Deep or Chest Deep Water*

Theme movements used: Jumping Jack (JJ) and Ski Stop (Ski stop)

Title: "The Clock Lunge" as I was inspired by the dreaded land based 'clock lunges' in aerobics classes.

| <i>Movement</i> | <i>Description (uses clock image)</i>      | <i>Counts</i> | <i>Speed</i> |
|-----------------|--|---------------|--------------|
| Ski stop        | R- leg repeater: legs 12 o'clock / 6       | 8 counts      | 1/2 T or T   |
| JJ              | : legs 9 o'clock and 3                     | 8 counts      | 1/2 T or T   |
| Ski stop        | L-leg repeater : legs 12 o'clock / 6       | 8 counts      | 1/2 T or T   |
| JJ              | : legs 9 o'clock and 3                     | 8 counts      | 1/2 T or T   |
| Ski stop        | R- leg repeater: legs 12 o'clock / 6       | 8 counts      | 1/2 T or T   |
| W ski stop      | R-leg repeater: r leg 1 o'clock / l leg 7  | 8 counts      | 1/2 T or T   |
| W ski stop      | R-leg repeater: r leg 2 o'clock / l leg 8  | 8 counts      | 1/2 T or T   |
| JJ              | : legs 9 o'clock and 3                     | 8 counts      | 1/2 T or T   |
| Ski stop        | L-leg repeater: legs 12 o'clock / 6        | 8 counts      | 1/2 T or T   |
| W ski stop      | L-leg repeater: l leg 11 o'clock/ r leg 5  | 8 counts      | 1/2 T or T   |
| W ski stop      | L-leg repeater: l leg 10 o'clock / r leg 4 | 8 counts      | 1/2 T or T   |
| JJ              | : 9 o'clock and 3                          | 8 counts      | 1/2 T or T   |

The first four movements are familiar. Practice these four moves until you are confident that the technique of the participants is excellent. Next, practice the variations of the ski stop including each of the specified "clock times". When the participants are able to effectively execute each position (of the clock), it is time to try the entire 'block of choreography'.

To make the choreography more challenging try the following:

- 1) Use tempo rather than 1/2 tempo.
- 2) Decrease the number of repetitions or counts.
- 3) Manipulate the counts. For example, do 8 reps of the first move, then 16 reps of the next move, then 8 reps of the next move, then 16 reps.... And so on...

- 4) Add different arms. For example, do one block with set arms, then repeat the block, do the same legs, but change the arms, then repeat the block with the original arms. And so on..
- 5) Change the direction that the participants are facing. For example: first move - face north, second move - face east, third move - face south, fourth move - face west, fifth move - face north, sixth move - face west, seventh move - face south, eighth move - face east, ninth move - face north. And so on...

*See you at the conference. Try the Choreography Techniques session scheduled on Sunday April 28 from 2:00pm – 4:00pm.*

# UPPER & LOWER DECK - HOW TO FINE TUNE YOUR MOVEMENTS

by Line Marr, CALA, Can Fit Pro & YMCA/YWCA Certified, CALA trainer & Assessor

## Exclusively Water! 2002 CALA Conference sessions:

Friday April 26 from 5:00 – 7:00pm

### Upper Deck: Line Marr & Jennie Queen

2 CALA, 2 FIS, 2 PTS, 2 NSFLLA, 2 L AFLCA, 2 SPRA, MFC, 2 OFC, 2 CPTN

*This active dry land session focuses on upper body actions. Enhance body awareness & improve exercise execution for on deck teaching. Learn how to communicate perfect lines of movement through a combination of mimic, practice & expert feedback.*

Saturday April 27 from 8:30 – 10:30am

### Lower Deck: Line Marr & Jennie Queen

2 CALA, 2 FIS, 2 PTS, 2 NSFLLA, 2 P AFLCA, 2 SPRA, MFC, 2 OFC, 2 CPTN

*This active dry land & deep water session with a focus on leg actions, will help you enhance body awareness & improve exercise execution. Learn to demonstrate a variety of leg & hip exercises with clean, clear & concise lines so your clients will 'get it'. Adaptable for chest deep.*

Recently I had the opportunity of instructing aqua classes to some "new" aqua participants who were visiting relatives from another country. These guests did not speak English, or French for that matter, which is my mother tongue. This made my class very challenging. But with the use of clear visual cueing, concise movement execution and stimulating music, we had a fantastic class.

This experience served as a great reminder of how easy it is to "slack" off while teaching on deck. The combination of humidity and heat in a pool environment can make the job of teaching aqua physically demanding. The keys to a great class include precision and clarity during the execution of the moves. The leader usually gets back from the participants exactly what is "shown" through demonstration. If your participants are performing their movements with improper posture, poor alignment and sloppy technique, it is time to take a close look at your own ability to visually communicate and demonstrate the moves. Quite often we get into the habit of using verbal cues to correct movement. Since I could not speak to these participants, I had to rely on my abilities to demonstrate with no words. It was a great experience.

To improve your on deck teaching skills try reviewing the moves with a partner for verbal feedback or in front of a full-length mirror for visual feedback. Another way to practice your movement execution is to get into the water and practice the move. Pay close attention to your arms, your legs, the total body action. Think about how it feels to do the movement

correctly in water. Feel the move and get in touch with what you need to do to execute this particular move perfectly. Then get on deck and re-create this "feeling". Repeat this process for every movement. Soon your body will adapt and remember what it feels like to do the move on deck in such a way that it "looks like" you are doing the move in the water.



Since aqua classes are about 45 minutes in length, at approximately 20 minutes into the class, leaders often begin to fatigue. Soon after, movement execution begins to suffer. The arms become soft and weak, the legs are not lifted high enough, the shoulders become rounded - overall 'on deck' presence becomes significantly less than ideal. The participants will follow your lead, becoming 'lazy' in the way they perform the moves. In order to keep up your strength and avoid getting fatigued, limit the number of demos of each move. Make each demo as 'near to perfect' as possible. Remember quality of movement rather than quantity of demonstrations is the key. Use a chair or the ladder to demonstrate difficult suspended moves. Always use an approved aqua mat to decrease the impact you experience.

Another way to improve your 'on deck' teaching skills is to try to teach an entire class without saying a word.

Rely on your movement execution and visual technique tips to teach every aspect of a class.

Contact CALA by email or phone for a conference brochure or to register.

Happy deck teaching!

# WELCOME TO THE MARCH ON WATER A Silver Splash Extravaganza! Part Three:

by Marg Stewart, CALA & CanFitPro certified

**A brief review of Part One and Two:** Marg has choreographed an entire class using the 'Marching with the Masters' cassette tape. The movements and music have motivated her group of dedicated, energetic, social older adults.

## **Class overview:**

The warm up (7.5 minutes) includes the CALA base moves to prepare the participants for the workout. The workout phase includes cardio and muscle strength and endurance. The cardio (28 minutes) includes a variety of movements to create muscle balance. Participants are encouraged to modify their own workout. The muscular strength and endurance (5 minute) focuses on core strength. The stretch and relaxation (5 minutes) is designed to give the participants time to recover from the workout phase.

The warm up, complete with moves and cues was included in Part One of this ongoing article (Wavelink: Double Issue: #30 and #31). For details of Work Phase Block One, see Wavelink #32.

## **How to use the choreography:**

- (pp, uj, tbh, b) \* Integrate these basic cues throughout the work phase.
- The preferred 'LAPS' option is indicated. The ultimate choice is up to the participant, personal modifications are encouraged.
- Cues remain the same for all moves throughout the block, unless otherwise indicated.
- For all upper body movements, demonstrate the fist, flat and fold hand positions. Show 'CH' and the participant can choose the hand position that best suits their needs (many prefer to slice).
- For all lower body movements, demonstrate the dorsi and plantar flexion foot positions. Show 'CF' to encourage participants to choose the foot position that best suits their needs.
- Remind participants to keep hands facing the same direction during the movement, rather than "fishy swim" or "flopping hands".
- Encourage full range of motion unless otherwise indicated.
- Ask for perceived exertion ("how ya doin'") frequently; with a reminder to work at a level that feels 'moderately hard' to 'hard'. This enables participants to work at a steady state in the aerobic training zone for the entire class.

CALA would like to use email more often and try to decrease our use of paper!!!

Let us know your email address.

We also need to know if you have a new email address!

Include your name when you send us your email address: cala@interlog.com

Thanks

## **Key to Common Cues**

### **Alignment:**

- \* pp: Power posture : long neck, brains over body, chin retracted, long spine, activated abdominals, level pelvis, open chest, shoulders down, shoulder blades attached to spine, ZIP IT ALL UP!

### **Joint:**

- \* uj: Unlocked joints
- \* tbh: Toe-ball-heel landing

### **General:**

- \* b: Breathe

### **Resistance:**

- \* S: slice (easy)
- \* FF: fist or fold (intermediate)
- \* F: flat (advanced)
- \* CH: choose a hand position that best suits your fitness level and needs
- \* pf: plantar flexion: gently point foot
- \* df: dorsi flexion: gently pull front of foot towards shin
- \* CF: choose an appropriate foot position
- \* sl: straight lever, long lever
- \* bl: bent lever, short lever
- \* CL: choose an appropriate lever length
- \* T: Turbulence: create 'white water'

### **Impact: (LAPS)**

- \* L: light bounce (high or low intensity)
- \* A: anchored (high or low intensity)
- \* P: propulsion (high intensity higher impact - if performed with impact)
- \* CI: choose an appropriate impact level, modify the intensity and level of impact

Note: Give permission to modify range of motion, hand position, impact and lever length. Cue the movement, demonstrate the preference, then show options. Participants will protect themselves from injury, work out harder, or relax during the class.

- \* The preceding common cues are reviewed at least once for each new movement. Extra cues are integrated according to the needs of the participants and the specific characteristics of the movement combination. Cues are both visual and verbal to meet the needs of a diverse group of exercisers.

## **Workout Phase - Block II**

*The Music - "Movin With the Masters"*

- Semper Fidelis (124 bpm) in part
- 76 Trombones (124 bpm) in part

Total Time: approx. 7 minutes

*The Workout Phase Choreography including legs, arms, tempo, repetitions (reps), general and specific cues:*

| <b>LEGS</b>  | <b>ARMS</b>      | <b>TEMPO</b> | <b>REPS</b>                     |
|--|------------------|--------------|---------------------------------|
| 1. w ham j'om  | uni hi tzn       | 1/4 T        | begin with left ham curl x 4    |
| Cues (A, L, F, CH, CI,CF) Shoulders back and down, keep elbows out to sides at chest height, focus on bicep action pulling into chest and hamstrings squeezing towards gluteals. Prepare participants for the change to *leap out.   |                  |              |                                 |
| 2. leap out  | uni hi tzn       | 1/4 T        | begin step rt., lt ham curl x 4 |
| Cues (P, L, A, F, CH, CI, CF) Leap out is a propulsive power move that can be modified to 1/4 tempo hamstring curl. To execute powerfully, turn slightly in direction of step out landing foot and leap into it. Complete the move by stepping back to centre position (both feet together). Next, leap out to the opposite direction and repeat right to left for the number of repetitions indicated (each leap out is one repetition). The finishing step becomes a neutral move which can lead into either a Right or Left foot lead. Inhale when you step or leap out, and exhale when you return to centre position. The action itself involves hip abduction using the gluteus medius and medius and tensor fascia lata; knee extension working the quadriceps, and hip extension using the hamstrings during the powerful push outwards and landing. |                  |              |                                 |
| 3. rocking horse   | uni bi/tri curls | 1/2 T        | step to right x 4               |
| Cues (P, L, FF, CH, CI, CF) Start with a left ham curl and follow with a right knee lift. Squeeze heel to gluts and pull knee up front focusing on abdominal activation on the knee lift. At the same time imagine that the foot that is lifting is wearing a heavy cement shoe. Keep elbows at waist and flex and extend at elbow joint, focusing on the biceps as hand lifts and the triceps as hand pushes down and back. Keep palms supinated.   |                  |              |                                 |
| 4. stiff horse   | uni x ski arms   | 1/2 T        | step to right x 4               |
| Cues (P, L, FF, CH, sl, CL, CI, CF) Start with gluteal squeeze as leg lifts to the back (hip extension). Follow with a hip kick front. Bend the knee (of the moving leg) slightly and/or flex foot slightly to decrease intensity; straighten the moving leg lever and/or plantar flex the foot to increase intensity. Choose a comfortable range of motion while reaching both hands forward and backward. Keep hands below the water line. Focus on strong deltoids during the shoulder joint action. Keep elbow and knee joints unlocked.   |                  |              |                                 |
| 5. leap out  | uni hi tzn       | 1/4 T        | step to right first x 8         |
| 6. rocking horse   | uni bi/tri curls | 1/2 T        | step to left x 4                |
| 7. stiff h   | uni x ski arms   | 1/2 T        | step to left x 4                |
| 8. leap out  | uni hi tzn       | 1/4 T        | step to left first x 4          |
| 9. rocking horse   | uni bi/tri curls | 1/2 T        | step to right x 2               |
| 10. stiff h  | uni x ski arms   | 1/2 T        | step to right x 2               |
| 11. leap out   | uni hi tzn       | 1/4 T        | step to right first x 4         |
| 12. rocking horse  | uni bi/tri curls | 1/2 T        | step to left x 2                |
| 13. stiff h  | uni x ski arms   | 1/2 T        | step to left x 2                |
| 14. leap out   | uni hi tzn       | 1/4 T        | step to left first x 4          |
| 15. rocking horse  | uni bi/tri curls | 1/2 T        | step to right x 2               |
| 16. stiff horse  | uni x ski arms   | 1/2 T        | step to right x 2               |
| 17. w ham j'om   | uni br strk      | 1/2 T        | x 8                             |
| Cues (P, A, L, F, CH, CF, CL, CI) Alternate wide hamstring curls focusing on heel to gluts and propelling 'out' of the water powerfully. "Show me your belly button." As an alternative; anchor the body. Keep one foot on pool bottom all the time. "Imagine heavy cement feet curling back." "Arms make an upside down heart shape - the bigger the heart the harder the move." Pulling hands out, downwards and slightly towards hips. Keep wrist stiff, and hand strong.   |                  |              |                                 |
| 18. n ham tk   | uni hh           | 1/2 T        | x 4                             |
| Cues (P, L, FF, CH, CL, CI, CF) Keep feet and knees together and exhale and squeeze heels to gluts as if crushing a watermelon. Keep elbows fixed at waist and focus on using triceps to push the water down, as heels reach towards gluts (knee flexion). Pull hands to armpits, activating biceps to return to a vertical, standing position.  |                  |              |                                 |

| <i>LEGS</i>       | <i>ARMS</i>        | <i>TEMPO</i> | <i>REPS</i>                     |
|-------------------|--------------------|--------------|---------------------------------|
| 19. leap out      | uni hi tzn         | 1/4 T        | step to left first x 4          |
| 20. rocking horse | uni bi/tri curls   | 1/2 T        | step to left x 2                |
| 21. stiff h       | uni x ski arms     | 1/2 T        | step to left x 2                |
| 22. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 23. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 24. leap out      | uni hi tzn         | 1/4 T        | step to right first x 4         |
| 25. rocking horse | uni bi/tri curls   | 1/2 T        | step to right x 2               |
| 26. stiff h       | uni x ski arms     | 1/2 T        | step to right x 2               |
| 27. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 28. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 29. leap out      | uni hi tzn         | 1/4 T        | step to left first x 4          |
| 30. rocking horse | uni bi/tri curls   | 1/2 T        | step to left x 2                |
| 31. stiff h       | uni x ski arms     | 1/2 T        | step to left x 2                |
| 32. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 33. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 34. leap out      | uni hi tzn         | 1/4 T        | step to right first x 4         |
| 35. rocking horse | uni bi/tri curls   | 1/2 T        | step to right, travel right x 2 |
| 36. stiff h       | uni x ski arms     | 1/2 T        | step to right x 2               |
| 37. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 38. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 39. leap out      | uni hi tzn         | 1/4 T        | step to left first x 4          |
| 40. rocking horse | uni bi/tri curls   | 1/2 T        | step to lt travel left x 2      |
| 41. stiff h       | uni x ski arms     | 1/2 T        | step to left x 2                |
| 42. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 43. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 44. leap out      | uni hi tzn         | 1/4 T        | step to right first x 4         |
| 45. rocking horse | uni bi/tri curls   | 1/2 T        | step to rt travel right x 2     |
| 46. stiff h       | uni x ski arms     | 1/2 T        | step to right x 2               |
| 47. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 48. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 49. leap out      | uni hi tzn         | 1/4 T        | step to left first x 4          |
| 50. rocking horse | uni bi/tri curls   | 1/2 T        | step to lt travel left x 2      |
| 51. stiff h       | uni x ski arms     | 1/2 T        | step to left x 2                |
| 52. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 53. n ham tk      | uni hh             | 1/2 T        | x 4                             |
| 54. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 55. n ham tk      | uni hh             | T            | x 8                             |
| 56. w ham j'om    | uni br strk        | 1/2 T        | x 8                             |
| 57. n ham tk      | uni hh             | T            | x 8                             |
| 58. n j'om        | alt n fwd elb flxt | T            | ...                             |



Cues (L, CH ) Continue in a n j'om, take a drink. Get ready for the next work phase block III.

Stay tuned for Work phase block III in the next issue of Wavelink. Block III will focus on the "Marching" theme of the class and will use direction changes to challenge the mind, body and spirit.

# TOWER OF STRENGTH AND FLAT OUT AND FLOATING

by Pia Francis, United Kingdom

New for this season is KISS ME, designed to make you, your classes and your participants even more attractive, confident and successful. This method of increasing your pleasure and everyone else's envy will most surely bring about untold riches and personal wealth\*\*. KISS ME will be introduced during the Exclusively Water! CALA 2002 Convention, through two aspects of strength and flexibility in the following conference sessions: Tower of Strength and Flat Out and Floating.

## Exclusively Water! CALA 2002 Conference, April 26 – 28

Friday April 26, from 12:00pm - 2:00pm

### Flat Out & Floating

2 CALA, 2 FIS, 2 NSFLLA, 2 P AFLCA, 2 SPRA, MFC, 2 CTPN, 2 OFC

*A whole new dimension in aquafitness brought to you from the United Kingdom. Learn how to add interesting horizontal exercises to your chest deep water aquafitness classes. Designed for participants with enough water confidence to float or at least give it a try.*

Sunday April 28, from 11:45am - 1:45pm

### Tower of Strength

2 CALA, 1 FIS, 1 PTS, 2 NSFLLA, 2 P AFLCA, 2 SPRA, MFC, 2 CPTN, 2 OFC

*This session is suitable for rehab to super fit clients. Learn to develop stability, mind & whole body alignment by sitting still, breathing & walking. Make 'falling over' an art form. Integrate the 'tower of strength principles into your chest deep water aquafitness classes.*

### Tower of Strength.

Tower of Strength is the name which usually refers to the spinal strengthening element of a wider United Kingdom programme called Centre of Power. This class is designed to add an extra dimension to the studio/pool/gym programme. Centre of Power focuses not only on the core muscles (hereafter referred to as the core-set or corset) that provide a stable floor from which the body can exert physical power, but also on the mind as a centre of emotional and spiritual power; the body systems which provide the "energy-power" to run the amazing being that is you and most importantly, the brain as a centre of mental power and learning. The element missing from most participants' exercise life is the brain involvement. Bodies move, the mind is engaged and spirits soar but that most precious possession, our home our physical manifestation is woefully unknown; used and abused in true ignorance.

Centre of Power aims to provide information and education to help participants become more aware of how their body works, what bit does what, why this bit needs that bit, how what they do affects health and general well being, how to take account of little problems and chronic conditions and work to the best of their ability, how to get the best out of daily life, a class or visit to the gym or the pool, how to set targets and know when they're improving and, and, and...

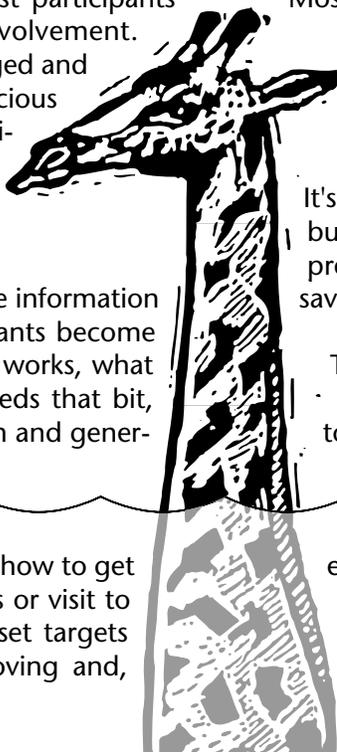
There are opportunities to ask questions, to mull over snippets of information, to try things out, to have handouts to read, pictures to look at, to think about their life and their body in ways that maybe they haven't thought of before.

Physically as well as mentally, the class may be different from what people usually do or expect from a health and fitness facility. There is no high impact work, not much high energy work (what there is in the studio is sitting down and bouncing); there is concentration on lying down, sitting, standing, walking, some rolling and crawling and carrying various body parts. There is a lot of experiential work and imaging.

Most of what is done in class can be done in everyday life whether at home, at work, at play. All parts of the body are attended to - even the ones that don't usually get exercised in a fitness club!

It's different, it doesn't appeal to everyone but for those interested in optimising the present and investing in the future, this life saving scheme pays a good dividends.

Tower of Strength will help you to walk, sit and stand with elegance and efficiency, to avoid looking like a duck or a banana. It will develop the core-set and exercise the pelvic floor (for all of you male and female) without engaging the other bits. You find out why it is not a good idea to admire your toes and how to lose a few kilos of apparently less than useful weight. You will learn to fall over with grace and dignity and



make vertical recovery an art form. This is a dry hair session unless you choose it to be otherwise. It is practical, thought provoking, and has made me the woman I am today.

### **Flat Out and Floating.**

Flat Out and Floating is based around horizontal exercise and can be used only as a separate class or optional 'add on' to a class. It is definitely a wet hair thing and if you come to this session, and I hope you will, your hair will be wet, any make-up that you were naughty enough to wear in the pool will slide off forming its own little oil slick and your 'way cool' demeanour will be lost and wrecked. In return you can learn to use your abdominal muscles to cough abominably, breathe like a volcano, attempt to drill holes in the pool floor using only convenient body parts, kiss your knees, admire the ceiling, turn a cross country ski into a polar bear, be a jelly fish and a wet blanket, float body messages and more and more. If you can float or at least are willing to give it a try, are happy to get wet - and if you're not, why exactly are you teaching aquatic exercise? - give it a go. All you have to lose is your dignity all you have to gain is all you need to learn how to play with some new ideas for a wider range of exercise formats. Many participants find they will happily try things that have been at the top of the fear list for years, the atmosphere is designed to be comfortable, encouraging and supportive.

### **Session Information and Pre-Task**

Both sessions are primarily experiential with some skills development and discussion time. Because of the nature of the class, handouts will not be available in advance and will be distributed during the sessions. If however you would

like a pre conference task on which to focus some of your excess energy, maybe you would like to determine your meaning from those inherent in the name of the teaching methodology known as KISS ME. For the conference session, we will explore some of the ways that the KISS ME principle can be used to enhance the daily and exercise life of those souls who trust us to perform miracles in 60 minutes or less. KISS ME is an acronym for aiding teachers, presenters, organisers, parents etc. etc., to focus on effective information delivery styles and methods K=keep, I=it, S=? S=? Use any "duo" combination of the words from the following list to produce an effective couple with which to complete the mantra "Keep It...". Please feel free to add further S words for others to conjure with and enjoy. Keep It S....S...

- simple
- snappy
- stupid
- stable
- slow
- silly
- short
- smart
- straight
- stylish
- strong
- stretched

M=? E=? a free form exercise to exercise you

Enjoy a session or two with Pia Francis, direct from the United Kingdom, a new presenter at the Exclusively Water! CALA 2002 conference.

## GOOD TO KNOW!

- Single members will enjoy the same membership rate of \$49.00 plus GST. There will be no increase in fees in 2002.
- Corporate members - there will be an increase in membership rates. We've decided to send every person who is included on a corporate membership their own newsletter. This will increase our costs, but improve access to information for those on a corporate membership.
- Effective January 1, 2002, the following rates apply. Remember each member listed on the corporate membership will receive their own newsletter, discounts on products, workshops and the CALA conference (April 26-28, 2002).
- Silver Corporate Membership: up to 4 members - \$100.00 base fee plus \$10.00 per person + GST.
- Gold Corporate Membership: from 5 to 8 members - \$150.00 base fee plus \$10.00 per person. + GST
- Platinum Corporate Membership: 9 or more members - \$200.00 base fee plus \$10.00 per person + GST.
- NOTE: THIS IS THE FIRST INCREASE IN THE FEE FOR CORPORATE MEMBERSHIPS IN 10 YEARS OF BUSINESS!
- Thanks for supporting CALA by renewing your membership with us on an annual basis.
- Remember, in order to be considered CALA certified, your membership, whether it is single or corporate must be current on an annual basis.
- The recertification period is every three years, but membership is annual!

## ASK THE SEAHORSE



The following questions were submitted by CALA members. Keep those questions coming.

### **The Pregnant Aquafitness Participant:**

I have a pregnant woman in one of my water running classes and her doctor was saying to her that her maximum heart rate would be lower because

she is pregnant. Do you know how to calculate maximum heart rate for a pregnant participant? Could you give me some idea of how hard she should be working?

### **Answer - Compliments of Connie Jasinkas, M. Sc., CALA Master Trainer:**

Access the wisdom of Dr. James F. Clapp, *Exercising Through Your Pregnancy*, HK Publishers, 1998, p 27: "To assume you can use a standard target heart rate formula... as a satisfactory guide for assessing the safety, health effects, and training effects of any exercise regimen during pregnancy seems unwise. During pregnancy, the exercise heart rate has value only when it is continuously monitored, interpreted in the context of pregnancy, and compared with serial measures that reflect exercise intensity and physiological effect (how hard it feels, oxygen consumption, fetal heart rate response, fatigue, and so on)... In summary, no matter what her age or what stage she's at in pregnancy, how a pregnant woman feels before, during, and after a workout appears to be a better index of her health, safety, and quality of the workout than her heart rate response."

From my experience, monitoring Heart Rate in the water is next to impossible unless the subject is wearing a waterproof heart rate monitor. Perceived exertion at a "somewhat hard" level is where she wants to be. As long as

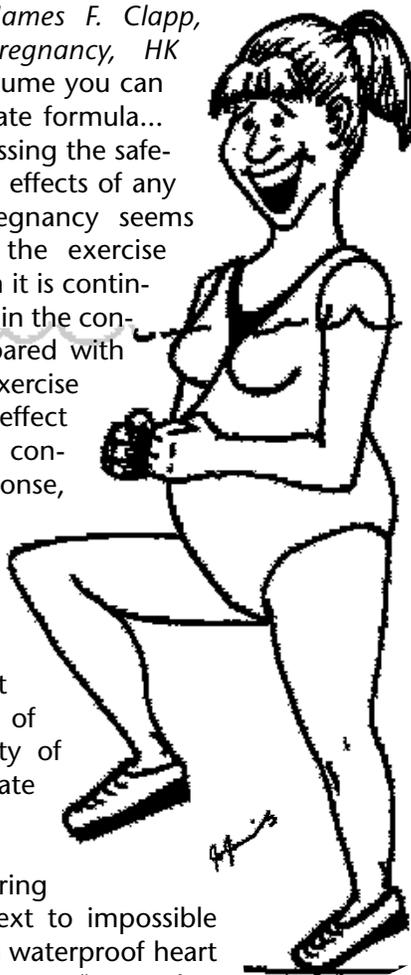
she has a healthy, uncomplicated pregnancy and is cool and comfortable, she can safely go up to 'hard' intervals, according to Dr. Clapp.

### **Exercise Design for Breast Cancer:**

I have several participants who are recovering from Breast Cancer treatment that involved varying degrees of tissue removal. The mobility in the upper body is affected, especially in the shoulder, upper back, arm and chest regions. What exercises would you recommend?

### **Answer - Compliments of Connie Jasinkas:**

Any and all CALA arm movements are great, since they provide a variety of joint angles and forces for the arms and shoulder girdle. Emphasize a 'scapular-set' for all upper body exercise: roll the shoulders up then back, then down, and fix the scapulae (shoulder blades) low and centred toward the mid back. This is the strongest, most functional position for upper body work.



The thing that needs to be emphasized for Breast Cancer clients is FULL range of motion of the shoulder joint, so the stretch section at the end of class could be increased if water temperature allows. Do a number of slow stretches overhead, interspersed with shoulder girdle adduction and abduction (round the shoulders & rotate the humerus inward, then pull the shoulder blades together, open the chest, and rotate the humerus outward by pointing the thumbs back). They could also be given some extra stretches to be done in the shower. An excellent one is to stand with your hip next to a wall (your feet parallel to the wall), and with a straight arm, trace a circle on the wall from your hip at the front ... all the way overhead...to your hip at the back. Standing close to the wall is more advanced, standing farther from the wall is a gentler stretch.



**Work in a Therapy Pool - (Submitted by the aerobic/aqua coordinator at the Wellness Institute in Winnipeg, Manitoba which has a therapy pool that is between 88-92 degrees F):** Is it safe to do a cardiovascular class in this kind of warm pool? If yes, how much and if no... why?

**Answer - Compliments of Connie Jasinskas:**  
See guidelines below. Muscular work (cardio/MSE) generates heat. If the pool temperature is too close to body temperature, there is not enough of a heat gradient for excess heat to leave the body. Heat build up can create heat stress/heat stroke.

I include a moderate amount of cardio work with my FMS (Fibromyalgia Syndrome) class in 90 degrees F. water. The work is at a much slower pace than 'regular' aqua classes in cooler pools (usually half tempo or quarter tempo using a 122 bpm music tape). We usually do about 15 - 20 minutes of 'cardio' at this slower pace, and will intersperse some anchored MSE work if people are feeling too warm. I maintain constant dialogue about how people are feeling with respect to temperature and comfort. I am also IN the water for my rehab classes, so I have a sense of whether we are overheating or not. Fluid replacement is crucial at the warmer temperatures. Class participants have cool water pool side, to drink and take sips throughout class as necessary.

The danger of cardio work which is too long or too vigorous for the water temperature is that clients will overheat. This can elevate heart rate and increase dehydration through (ineffective) sweating. Check your first aid manual for all the symptoms and consequences of heat stress and heat stroke. These conditions can be the result of overexertion in a hot pool.

**Do you have any information on cardiac patients with warm water?**

**Answer - Compliments of Connie Jasinskas:**  
Cardiac patients have to be concerned about the heat stress mentioned above (elevated heart rate) as well as the effects of hydrostatic pressure on their circulatory system. Their referring physician should be fully aware of the physiology of immersion as it relates to the particular patient's cardiac problem and should recommend pool temperature, level of exertion, and pool depth (deep water creates greater hydrostatic effects than chest deep water). I would not work with a cardiac patient who did not have an informed physician's recommendations as outlined above.

An excellent text is: Aquatic Exercise Therapy by Andrea Bates and Norm Hanson, Saunders Publishing, ISBN: 0-7216-5681-1. From their work and numerous other resources, I have created the following guidelines:

**Class Design for Different Pool Temperatures**

**Therapeutic Pools:** 90 - 96° F or 30 - 33° C (ideal for lower functioning participants)  
**Class Format:**  
Approximate Class Time: 45 - 60 min  
Warm-up: 5 - 8 min  
Flexibility (ROM): 15 - 20 min  
Cardiovascular: 5 - 15 min (very gentle intervals interspersed with MSE / stretch)  
Muscular Strength/Endurance (MSE): 15 - 20 min  
Relaxation & Flexibility: 10 - 15 min

**Recreational (Multi-purpose) Pools:** (better with higher functioning participants)  
84 - 89° F or 27 - 29° C  
**Class Format:**  
Approximate Class Time: 30 - 45 min  
Warm-up: 8 - 15 min  
Flexibility (ROM): 5 min (active ROM - omit if water is too cold)  
Cardio: 15 - 20 min (intervals, combine with MSE)  
Muscular Strength/Endurance (MSE): 5 - 10 min  
Relaxation & Flexibility: 10 - 15 min (keep active, shorten in cold water)

**C.A.L.A. AQUABELT'S**

|  |                            |   |              |             |              |  |
|--|----------------------------|---|--------------|-------------|--------------|--|
| <b>MEMBERS AQUABELT PRICES:</b>            |                            | <b>AQUABELT SIZES:</b>                            |              |             |              | *** All belts come with straps included.<br>*** Belts are not approved for use as lifesaving personal flotation devices. |
| • Medium                                   | \$30.00 + S&H + Tx         | <b>Size</b>                                       | <b>Width</b> | <b>Lgth</b> | <b>Waist</b> |  |
| • Large                                    | \$32.00 + S&H + Tx         | • Medium  | 4 5/8"       | 32"         | 26"-35"      | For more information about our Aquabelts and to place an order please contact the CALA office at 1-888-751-9823.         |
| • X-Large                                  | \$34.00 + S&H + Tx         | • Large   | 4 5/8"       | 33"         | 36"-42"      |  |
| <b>NON-MEMBERS AQUABELT PRICES:</b>        |                            | • X-Large   | 4 1/4"       | 35"         | 38"-45"      |  |
| • All Sizes                                | \$38.00 + S&H + Tx         | <b>REPLACEMENT STRAPS:</b>                        |              |             |              |  |
| • Shipping and Handling                    | \$15.00 + \$2.00 per belt. | • All Sizes \$5.00 + \$1.50 per strap (S&H) + Tx. |              |             |              |  |
| • We only take orders for 12 or more belts |                            |   |              |             |              |  |



## INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

**CONGRATULATIONS TO THE FOLLOWING  
LEADERS WHO HAVE RECENTLY  
ACHIEVED CALA CERTIFICATION.**

**CALA CERTIFIED MEANS  
CLEARLY QUALIFIED**

Ali Al-Eidan  
Lisa Bixel  
Susan Garlock  
Sarah Healey  
Sarah Kent  
Marg Kosloski  
Dawn Landault  
Lisa McQuaig  
Lana Miller  
Cathi Moreau  
Sabrina Philp  
Nancy Sawler  
Kim Thompson

**CALA RECERTIFIED!  
WOW, THREE YEARS LATER & STILL  
GOING STRONG. WELL DONE & HUGE  
CONGRATULATIONS TO THE FOLLOWING**

**LEADERS WHO RECENTLY  
RECERTIFIED WITH CALA**  
Andrew Barker  
Mary Frances Goddard  
Pat Gosse  
Cynthia Grahame  
Tara Jones  
Dianne Levy  
Catherine Morisset  
Patsy Parker  
Margot Quinn  
Vicky Straw  
Ingrid Van Waterschoot  
Paige Williamson  
Martine Yzerman

**CERTIFIED IN CALA AQUA ARTHRITIS AND  
AQUATIC REHABILITATION**

Barnard, Barnize  
Bertels, Laurie  
Crowther, Marile  
Groenweld, Pauline  
Horsthemke, Margit  
Holden, Judy-Lynne  
Knoetze, Esme  
Knoop, Leanne  
Odendaal, Anne-Marie

Please contact the CALA office if you notice your name is missing from the lists above. We do apologize if we missed you this time. Please inform CALA if your name has been spelled incorrectly.

**CALA**  
**ATTENTION:  
CALA MEMBERS!**

Our exciting 2002 conference is fast approaching!  
Would you or someone you know be interested in submitting:

- \* Prize Donations
- \* Private / Corporate Sponsors
- \* Trade Show Attendees

Call Lisa Bixel 416-892-9330  
or  
Nancy Sawler 416-485-9593

### A WONDERFUL CONSULTANT OPPORTUNITY

CALA is looking for an individual to manage the office of our growing company. Some of the qualifications we are looking for:

- knowledge & experience in fitness - an asset
- knowledge about the Canadian provincial & national fitness scene - an asset
- high level of administrative experience
- excellent computer skills using Macintosh
- courteous phone manner
- perfect English with French as an asset
- ability to manage and administrate all aspects of a small business (accounting - Quick Books; database compilation - Filemaker Pro, membership renewals, program planning for courses, workshops & conventions, web page update, newsletter layout, email communication)

Interested? Send a detailed resume and three references immediately to CALA.

# INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

## CALA COURSE GRADUATES FROM CALA FAST TRACK AND TOTAL TRACK AND SPECIALTY COURSES FROM JANUARY, 2002

### *SMITHERS, BC TOTAL TRACK, JANUARY 2002*

Evy Beaton  
Rebecca Lewis  
Tasha Ophus  
Trainer: CHARLENE KOPANSKY

### *SMITHERS, BC TOTAL TRACK, JANUARY 2002*

Nathalie Fredrikson  
Jody Hollenberg  
Trainer: CHARLENE KOPANSKY

### *TORONTO, ON TOTAL TRACK, JANUARY 2002*

Ayda Bahrami  
Simin Bassir  
Elizabeth Bourne  
Megan Boyes  
Sylvie Couture  
Rossana De Angelis  
Jacqueline John  
Louise Saunders  
Stephanie Whiteman  
Trainer: TARA JONES

### *TORONTO, ON FAST TRACK, JANUARY 2002*

Jessica Scott  
Trainer: TARA JONES

### *HAMILTON, ON TOTAL TRACK, FEBRUARY 2002*

Linda Bond  
Lisa Brush  
Sonia Cichosz  
Joanne Goodwin  
Tara King  
Victoria Kunter  
Bronwen McCann  
Tim Page  
Lisa Reyner  
Shanti Van Dijk  
Trainer: TARA JONES

### *HAMILTON, ON FAST TRACK, FEBRUARY 2002*

Kathy Callaghan  
Jennette Czuba  
Julie Hiemstra  
Erin McDonough  
Trainer: TARA JONES

### *GUELPH, ON TOTAL TRACK, MARCH 2002*

Margaret Colquhoun  
Thera Colquhoun  
Colleen Holmes  
Pam Kelly-Brown  
Sara Whyte  
Trainer: PAT RICHARDS

### *OTTAWA, ON FAST TRACK, NOVEMBER 2001*

name correction  
Julie Riddoch

### *UNIVERSITY OF STELLENBOSCH, SOUTH AFRICA CALA BASICS ABOUT AQUAFITNESS LEADERSHIP COURSE, FEBRUARY AND MARCH 2002.*

Bales-Smith, Taryn  
Basson, Faan  
Beyers, Theo  
Booyesen, Gerrit  
Conradie, Anja  
De Villiers, Adi  
De Wet, Grant  
Du Preez, Rozanne  
Elof, Anton  
Gardner, Mignon  
Green, Alistair  
Greene, Ashleigh  
Griffiths, Line  
Hawell, Ryan  
Home, Bruce  
Horsthemke, Margit  
Le Grange, Eddie  
Lennon, Kathryn  
Lewis, Kathryn  
Lombard, Charlotte  
Maritz, Katherine  
Mpaly, Cheronne  
Nel, Nicola  
Noel, Colin  
Olivier, Jonathan  
Olivier, Marietjie  
Oosthuyse, J (Rudi)  
Paterson, Kerry  
Poggenpoel, Maretha  
Rapson, Jeanne  
Schmidt, Francois  
Tait, Richardt  
Van Blerk, Jacques  
Van der Merwe, Corné  
Van Niekerk, Ilse  
Victor, Talita  
Wang, Taryn

Trainer: CHARLENE KOPANSKY

### *UNIVERSITY OF STELLENBOSCH, STELLENBOSCH, SOUTH AFRICA - CALA AQUA ARTHRITIS AND AQUATIC REHABILITATION COURSE*

Eileen Africa  
Bettina Balie  
Barnize Barnard  
Laurie Bertels  
Yolande Botha  
Nicollette Brits  
Corne Buys  
Marile Crowther  
Janine Daniels  
Pauline Groenewald  
Margit Horsthemke  
Natasha Jack  
Mathilda Janse van Rensburg  
Justine Johnston  
Judy-Lynne Holden  
Esme Knoetze  
Leanne Knoop  
Suretha Kotze  
Kathryn Lewis  
Marina Lourens  
Trevor Marle  
Ryan McFadyen  
Nicola Nel  
Anne-Marie Odendaal  
Estelle Owen  
Jesca Pretorius  
Robert Rayner  
Carl Reader  
Helga-Lee Rhanam  
P.W. Serdyn  
Allison Turner  
Heinrich Ungerer  
Burger Van D. Merwe  
Trainer: E. DU BUISSON

### *CAPE TOWN, SOUTH AFRICA TOTAL TRACK JANUARY AND FEBRUARY 2002*

Leslie Abrahams  
Barbara Hansel  
Juliana Hermes  
Adele Mouton  
Natasha Thackway  
Selma Van Rooyen  
Trainers: E. DU BUISSON,  
A. GOEDHALS, C. WARD

Please contact the CALA office if you notice your name is missing from the lists above. We do apologize if we missed you this time. Please inform CALA if your name has been spelled incorrectly.

# WORKSHOP AND SPECIALTY COURSE OPPORTUNITIES NFLAC APPROVED. CREDITS WITH ALL ORGANIZATIONS

\*\*\* The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hrs in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

**CALGARY, AB - \* FULL DAY**  
Water Running SPECIALTY COURSE  
Date: Sunday, May 5, 2002 (from 8:30 to 5:00)  
Where: University of Calgary  
For directions & registration contact 403 220 7749  
Trainer: Michelle McLaren  
Credits: 8 CALA, AFLCA, YWCA, YMCA, NFLAC, FIS (CanFitPro)

**STEPHENVILLE, NF - FULL DAY OF WORKSHOPS**  
(1) Aqua Arthritis (2) Aqua Kick Box  
Date: Monday, May 6, 2002 (from 9am - 12pm) and (1pm - 4pm)  
Where: R.A.C.A., Stephenville, Nfld  
For directions & registration contact Francine Murphy at 709-643-8536 or 709-643-6689 Fax: 709-643-2770  
Trainer: Connie Jasinskas  
Credits: 6 CALA, OFC CEC's, YMCA, YWCA, NFLAC, NFLD, FIS (CanFitPro)

**OXTED SURREY, ENGLAND - FULL DAY OF WORKSHOPS**  
"GOSO goes Aqua Africana" -  
Training Day for Aqua Aerobic Teachers  
(1) Aqua Abdominals (2) Aqua Spinning  
(3) Older Adults: Functional Training 4) Aqua Africana  
Date: Monday, May 6th, 2002 Where: Tandridge Leisure Pool  
For booking information, contact CALA

**WEISKIRCHEN, GERMANY - FULL DAY OF WORKSHOPS**  
(1) Aqua Abdominals (2) Aqua Spinning  
Date: Saturday, May 11, 2002 Where: Private Clinic  
Trainer: Charlene Kopansky  
To register: Andrea Pielen at email: andreapielen@aol.com  
Credits: 6 CALA, KNEIPP

**WHITEHORSE, YK - WORKSHOPS**  
Two workshop topics to be confirmed  
Date: May 21 and May 22, 2002 (confirmed)  
Where: Whitehorse Lions Pool, Yukon  
Trainer: Charlene Kopansky  
\*\*\* Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options. For directions & registration contact Sharon Denton at phone: 1-867-668-7778 or email: sharon.denton@city.whitehorse.yk.ca  
Credits: 6 CALA, AFLCA, BCRPA, YWCA, YMCA, NFLAC, FIS (CanFitPro)

**DARTMOUTH, NS \*FULL DAY**  
WATER RUNNING SPECIALTY COURSE  
Date: Saturday, July 6, 2002  
Where: Dartmouth Sportsplex, 110 Wyse Rd., Dartmouth, NS B3A 1M2  
Credits: 7 CALA, 7 NSFLAA, & FIS (CanFitPro), YWCA, YMCA

**DARTMOUTH, NS \*CERTIFICATION**  
for WATER RUNNING (optional)  
Date: Sunday, July 7, 2002,  
scheduled theory exam and practical assessments  
Where: Dartmouth Sportsplex, 110 Wyse Road, Dartmouth, Nova Scotia, B3A 1M2  
Registration: Dartmouth Sportsplex, Debbie Murphy Ph: 902-464-2600 ext. 311 Fax: 902-464-2902  
Theory exams (one hour) are open book and written in a group setting. Practical assessments require a 45 minute time slot per person and must be booked through Debbie Murphy at the Sportsplex.

**CHARLOTTETOWN, PEI \*WORKSHOPS**  
(1) Aqua Kick Box  
(2) Applied Physiology and Applied Anatomy  
Date: July 8 - 14, 2002 Where: Charlottetown Recreation Centre  
Registration: Charlottetown CRC, (Tom Baker), Ph: 902-892-6555, Fax: 902-892-2510  
Credits: 6 CALA, 6 NSFLAA, & FIS (CanFitPro), YWCA, YMCA

## AQUAFITNESS LEADERSHIP TRAINING COURSES - THE BASICS ABOUT AQUAFITNESS

**STEPHENVILLE, NF**  
CALA Aquafit. Leadership Training Course Fast Track (22 hrs)  
Date: May 3 (1 - 7pm), 4 (9 - 5), 5 (9 - 5), 2002 Where: R.A.C.A., Stephenville, Nfld  
For directions & registration contact Francine Murphy at 709-643-8536 or 709-643-6689 Fax: 709-643-2770  
Trainer: Connie Jasinskas  
Recognized by CALA, NFLAC, NFLD, FIS (CanFitPro), YWCA, YMCA

**WHITEHORSE, YK**  
CALA Aquafit. Leadership Training Course "Fast Track" (22 hrs)  
Date: May 16, 17, 18, 2002 Where: Dawson City Pool  
Trainer: Charlene Kopansky and Krista Prevost  
For directions & registration contact Sharon Denton at phone: 1-867-668-7778 or email: sharon.denton@city.whitehorse.yk.ca  
\*\*\* Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options Recognized by NFLAC, BCRPA, FIS (CanFitPro), AFLCA (as credits for recertification)

**THUNDER BAY, ON**  
CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)  
Date: June 14, 15, 16 and June 21, 22, 23, 2002

**THUNDER BAY, ON**  
CALA Aquafitness Leadership Training Course (only) (22 hrs)  
Date: June 21, 22, 23, 2002  
Where: Frank Murphy Community Centre, 63 Carrie St., Thunder Bay, ON  
For directions & registration contact the Centre at phone: 807-768-4420 or 807-768-4438  
Trainer: Charlene Kopansky and Wendy Andraski  
Recognized by NFLAC, OFC, CanFitPro (FIS), YWCA

**BURNABY, BC \* BCRPA COURSE**  
CALA-BCRPA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)  
Date: August 12 - 16 from 9am - 5pm) 2002 Where: Simon Fraser University  
For directions & registration, University: 604-291-4142  
Trainer: Charlene Kopansky and Stacey Helman  
Recognized by BCRPA, NFLAC, CanFitPro

## CERTIFICATION OPPORTUNITIES

**PRACTICAL ASSESSMENTS AND THEORY EXAM WRITING IS AVAILABLE ALL ACROSS CANADA, CALL CALA TO ORGANIZE A PROCTOR FOR THE THEORY EXAM OR TO BOOK AN ASSESSOR FOR THE PRACTICAL ASSESSMENT OR TO DISCUSS SUBMITTING A VIDEO FOR THE PRACTICAL ASSESSMENT. CALA FOR DETAILS. \*\*\*\* COST FOR CERTIFICATION AT A CALA SITE: \$74.90 FOR THEORY EXAM AND PRACTICAL ASSESSMENT**

## NATIONAL CERTIFICATION DAYS

**TORONTO, ON - available at any time**  
\*Certification Opportunities (all CALA Grads welcome)  
Write Theory Exam at CALA office, 125 Lillian Dr., Toronto.  
\*Open book Theory Exam: 2.5 hour time limit  
Do Practical at Willowdale Club: 2235 Sheppard Ave. East (for directions call 416-491-5830)  
\* Practical Assessment: Must be booked well ahead of time

**LONDON, ON (all CALA Grads welcome)**  
CALA Certification Date  
Date: date to be confirmed  
Where: The Athletic Club - South Location on Wonderland Road  
Contact CALA to register for the practical assessment and theory exam

**HAMILTON, ON**  
(all CALA Grads welcome - membership must be current)  
CALA Exam Day  
Date: April 3, starts 1:15pm Where: YWCA of Hamilton  
Contact Tara Jones to book a place: ph: 905-522-9922 ext 118  
Contact CALA to pay the certification fees.

**GUELPH, ON (all CALA Grads welcome)**  
CALA Certification Date  
Date: To be confirmed with Pat Richards: phone: 519-824-4120 ext. 2742  
Where: University of Guelph

**SACKVILLE, NS**  
CALA Certification Day  
Date: Wednesday, May 1, 2002 Where: Sackville Sports Stadium

**CHARLOTTETOWN, PEI \*CERTIFICATION**  
for AQUAFITNESS LEADERSHIP (for CALA course graduates only)  
Date: July 8 - 14, 2002 (exact dates to be confirmed)  
Where: Charlottetown Recreation Centre  
Registration: Charlottetown CRC, (Tom Baker) Ph: 902-892-6555, Fax: 902-892-2510  
Theory exams (2.5 hours) are open book and written in a group setting. Practical assessments require a 45 minute time slot per person and must be booked through Tom Baker at the CRC.

**DARTMOUTH, NS \*CERTIFICATION**  
for WATER RUNNING (optional)  
Date: Sunday, July 7/02, scheduled theory exam and practical assessments  
Where: Dartmouth Sportsplex, 110 Wyse Road, Dartmouth, NS B3A 1M2  
Registration: Dartmouth Sportsplex, Debbie Murphy Ph: 902-464-2600 ext. 311 Fax: 902-464-2902  
Theory exams (one hour) are open book and written in a group setting. Practical assessments require a 45 minute time slot per person and must be booked through Debbie Murphy at the Sportsplex.

**EDUCATIONAL OPPORTUNITIES IN AQUAFITNESS LEADERSHIP COURSE FEES - UNLESS OTHERWISE STATED:**  
**FOR FAST TRACK AQUAFITNESS SPECIALTY COURSE (22 hrs): ONE WEEKEND:**  
Cost for members: \$245.03 \* includes cost of manual  
Cost non-members: \$297.46 inc. membership/manual

**FOR TOTAL TRACK COMBINED BASIC FITNESS THEORY AND AQUAFITNESS SPECIALTY COURSE (44 hrs): TWO WEEKENDS:**  
Cost: \$298.53 CALA members \* inc. cost of manual  
Cost: \$350.96 inc. cost of membership and manual  
All courses and workshops include cost of manuals.

**NEW! Open Book Theory Exams & Video Practical Assessments for:**  
Aqua Natal Specialty - Take home exam  
Aqua for Older Adults Specialty - Take home exam  
Aqua jogging & Water Running Specialty - Take home exam  
Aqua Kick Box Specialty - Take home assignment  
Aquafitness Leadership Certification: Exam writing: 2.5 hours  
\* You must have taken the course to do the exams!

**INFORMATION ABOUT THE THEORY EXAM:**  
**Membership:** Must be current, **Resources:** Any written resources you deem appropriate, **Pass Mark:** Now 80% for open book exam, **Results:** Within 6 weeks, **Rewrite:** Same exam, same fee, same rules, **Recommendations:** Use the current CALA Combined Basic Fitness Theory Manual, written January/99 (\$55.00 for CALA members)

**REGISTRATION - UNLESS OTHERWISE STATED:**  
To register contact CALA

**CALA • 125 Lillian Dr.,  
Toronto, ON, Canada M1R 3W6  
Tel: (416) 751-9823 • 1-888-751-9823  
Fax: (416) 755-1832  
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