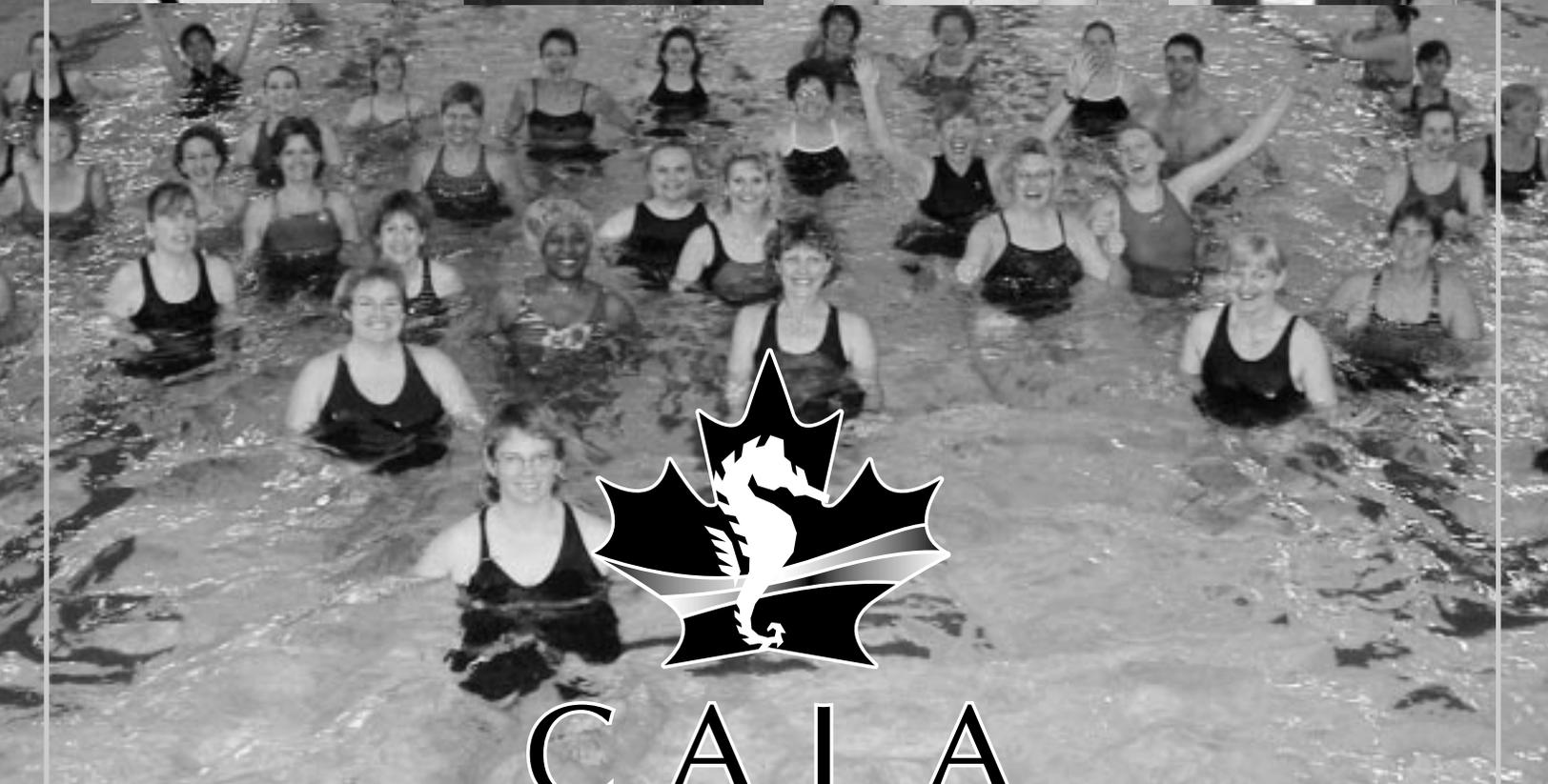


# wave

L  I  N  K



# CALA

**The Canadian Aquafitness Leaders Alliance Inc.**

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# CALA EXCLUSIVELY WATER 2003 CONFERENCE

Wow - three super days of learning new ideas, laughing with other leaders and loving the water!

These are some of the words I would use to describe the incredible time had by all May 30, 31, and June 1, 2003 at the CALA Exclusively Water 2003 Conference in Toronto! Testimonials continue to arrive at CALA 'Central' via email, cards, faxes and phone calls. Thank you to all those who have expressed their 'sheer happiness' with the event.

The three days were filled with non stop learning through movement, observation, recording and listening. A hallmark of our conference is the camaraderie among the delegates, presenters and volunteers. It feels good to attend this event - people meeting people, sharing, celebrating and making new friends in a non-judgmental environment that embraces all ages, sizes, shapes and fitness levels.

The excitement in the air was evident as delegates made their way to the land and water sessions and visited the Trade Show booths. The diversity of session topics and presenters created an intriguing aqua adventure. I heard delegates exclaim, "Wow, that was incredible, I 'gotta' run to my next workshop, I don't want to miss a single thing! I am certain that the world record was set on this weekend for the number of females, in one facility, that could get from the 'dry' to the 'wet' phase of the sessions, and vice versa, in the shortest amount of time!

When the final session of the conference ended on Sunday, it felt like we all had experienced a fulfilling and happy aqua dream. It was difficult to believe it was over so fast after all the planning. There was plenty of smiling and hugging, picture taking and 'see you next year', as we departed to different parts of the world, eager to share all the

new information with unsuspecting participants. During the conference, we truly experienced the holistic principals that form the foundation of CALA education: "the mind discovered, the body moved and the spirit soared".



The CALA conference is the Aquafitness event of the year. Something you want to experience.

We are currently in the process of planning our 2004 Exclusively Water conference. If you would like to present at the conference, contact CALA for a copy of the presenter application. The deadline for applications is November 1, 2003.



[www.calainc.org](http://www.calainc.org)

CALA is proud to announce that our web page is being redesigned to better serve the public and CALA members. The expected date of release for the public section of the web is Autumn 2003. The member section will follow in the new year. We welcome your feedback on the website, it has been a long time coming.

## *Summer Days*

As the last days of summer approach, reflect on the wonderful days you spent enjoying the warmth of the summer sun. I do hope you had a chance to frolic in a fresh water lake or the salty ocean. See pages 8-11 for a comprehensive participant handout geared to water enthusiasts who want to continue to stay fit while on holidays. Feel free to copy and distribute this handout to your participants or post in your facility.

*Charlene*



# ASK THE SEAHORSE

**Q** - What can be done, when participants concentrate more on conversation than they do on working out?

**A** - "I have found one solution to participants talking during class: I have told them to find a place where they have a lot of room to manoeuvre. Once they know the movements, I tell them to close their eyes and concentrate on that movement and on their stability. I have found that this makes participants work harder because they are more aware of when they start to get lazy. Every so often, they can open their eyes to make sure they are not getting too close to each other and/or the edges of the pool.

*This technique really does make a difference. I have tried it and it works!*

*Not everyone is closing their eyes when I ask them to. I think that with time they may get to like the challenge it offers. It may be fear of the unknown that is holding some of my participants back. My reason for using this technique for myself was to experience the session the way a blind person would. I could not believe how much harder I worked and how aware I was of every movement. Doing this exercise allows the mind to rest and as a result, tension seems to leave the body.*

*Why not try it yourself, then try it with your participants - the mouth stops, the mind focuses and the physical results are amazing."*

*Regards, Donnamarie Kerbashian, CALA course grad*



*Charlene and niece Katie enjoy a quiet moment during conference cleanup.*



## **Letter from a member:**

*Dear Connie,  
I recently took the Cala Aqua Natal Course, which was very interesting, and have two questions to ask you with regards to pregnant participants. Your feedback would be greatly appreciated; I thank you in advance for your help.*

*Kindest regards, Nadia Karawani*

**Q** - Is the supine (floating) position permissible in the third trimester of pregnancy, or should it be avoided? I know that on land, it should be avoided; in water is there any risk involved?

**A** - *In the water, you don't have gravity acting on the abdomen, compressing the inferior vena cava (this is the problem on land). Therefore supine is not a concern in the water, with respect to circulation. Doing a lot of supine work, however, can cause neck strain: I do little of it—other than the occasional stretch, or "snow angels" for range of motion at the hip and shoulder.*

**Q** - In deep water, if a pregnant participant cannot tolerate the aquatic belt, what other options can I offer her? I know that one option would be to ride a noodle; could a participant also use foam dumbbells under each arm—limiting the time to 10 minutes in order to prevent strain of the shoulder girdle joint? Is this a viable option, or would it be better to use the pool wall?

**A** - *My preference would be to 'ride the noodle' if the belt is too uncomfortable. I know some women who wear the belt above the belly, and some who wear it below. The participants can 'play' with those options and make the best choice for themselves.*

*Sometimes, if a client has enough body fat, she may pass the float test (float in a vertical "T" position, arms out to the sides and still, legs straight down and still). If the participant does not sink to below her chin and neck, she will not need a belt to work in the deep end.*

*The use of dumbbells under the arms is not recommended: it impedes circulation to the hands, and can put pressure on the delicate plexus of nerves in the arm pit. If none of the above options work, and a belt is too uncomfortable, I would suggest exercising in shoulder to chest depth water until after the pregnancy is over.*

*Hope that helps,  
Connie Jasinskis, CALA Master Trainer*

# AI CHI

by Sharon Burns, CALA Trainer

Ai Chi was brought to North America by Ruth Sova of the Aquatic Therapy and Rehab Institute. Ai Chi was created by Jun Konno. Through his involvement as a coach in competitive swimming, Mr. Konno received numerous awards; Mr. Konno currently works as an Aquatic Therapist and practices Watsu and Ai Chi. Konno's inspiration for Ai Chi came from the traditional preference of Japanese participants for 'lower intensity, gentler movements' over 'dynamic, forceful exercise'. Konno also noticed that clients were somewhat uncomfortable with the close physical contact encountered in 'Watsu' - a passive form of therapy in which the practitioner supports the client in his or her arms while gently guiding the client's body through a series of movements.

Originally devised as a way to relax the client and gradually bring them in contact with the practitioner, 'Ai Chi' is now gaining popularity as a form of exercise. Studies at the University of Tsukuba and the University of Tokai have found that oxygen consumption rose by 4 to 7 percent during 'Ai Chi'. The breathing techniques increase oxygen flow to the brain and to other parts of the body; this may help with a host of diseases. Many clients, told by their doctors and physiotherapists to breathe better and deeper, have found 'Ai Chi' to be their ticket to achieving that goal.

Our autonomic nervous system controls all the functions that happen automatically in the human body, such as the blood circulating, the heart beating, and breathing. Within the nervous system are two other systems that need to be balanced: the parasympathetic system and sympathetic system. The parasympathetic system prepares us for rest, while the sympathetic system prepares us for activity; in most people these systems are not balanced, resulting in disease. Eastern medicine tells us that we can balance these systems with the use of breath: breathing is one part of the autonomic system that is both voluntary and involuntary.

There are three kinds of breathing: thoracic (what we normally do), clavicular (what we do when we are working out) and diaphragmatic (what we do when we are born.)

**Step one:** Start with diaphragmatic breathing (activates the sympathetic nervous system.) **Step two** is the complete yogic breath. The inhalation is two counts to fill the belly (diaphragmatic), two counts to widen the rib cage (thoracic) and two counts to lift the rib cage (clavicular). The ex-halation is the reverse: two counts to lower the rib cage, two counts to squeeze the rib cage and two counts to pull the belly in and up. Do this in small increments until you get accustomed to the yogic breath.

'Ai Chi' is performed in shoulder-deep water to lessen edema in the joints and decrease joint compression. The water environment enables some clients to encounter a 'freedom of movement' not found on land. It is important to caution these people to avoid overexerting themselves during the first few sessions. Participants are taught to relax and trust the water. As long as participants are moving and breathing, they are working towards better health and wellness. *Keep in mind that the simple act of breathing while submerged to the shoulders, is comparable to moderate forms of aerobic exercise.*

## BREATHING POSTURES

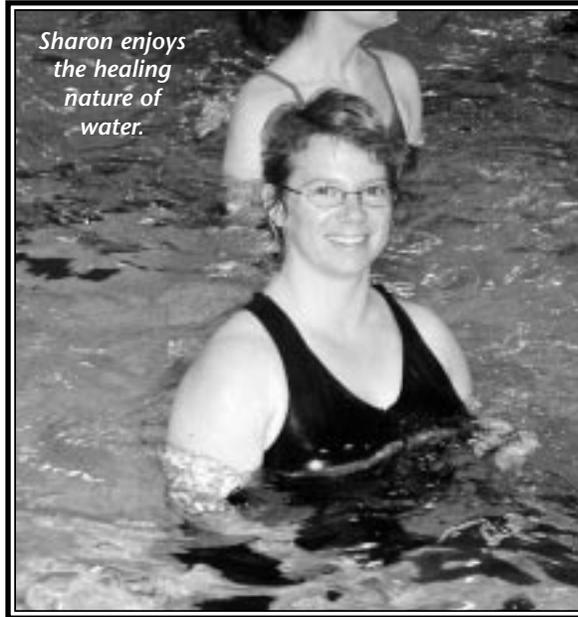
Following are the basic breathing postures; all are done in a wide stance, with feet and knees turned slightly out by externally rotating at the hip. Shoulders are submerged. Let your breath change your buoyancy as you trust the water to hold and support you.

### **Movement #1: Contemplating**

Stand with feet in a wide stance. Feet and knees are turned out slightly by externally rotating at the hip. Keep back straight. Arms are gently floating in the water at a 90 degree angle from the shoulders (shoulder flexion.) With inhale breath, gently supinate hands (palms up); with exhalation breath gently pronate hands (palms down). Feel the buoyancy of the body change with each inhale and exhale. Do this 5 to 10 times.

### **Movement #2: Floating**

In the same stance, perform shoulder extension with exhalation and shoulder flexion with inhalation. Again, palms turn up (supination) with the inhale and down (pronation) with the exhale. Repeat 5 to 10 times.



Sharon enjoys the healing nature of water.

**Movement #3: Uplifting**

Shoulder joint abduction with inhalation and shoulder joint adduction with exhalation. On exhalation, turn palms down and bring arms down by sides of body. On inhalation, turn palms up and raise arms to the surface out to sides. Repeat 5 to 10 times.

**Movement #4: Enclosing**

Horizontal shoulder adduction with exhalation, horizontal shoulder abduction with inhalation. Palms supinate with inhale and pronate with exhale. Repeat 5 to 10 times.

**Movement #5: Folding**

Adduction crossing the midline and abduction with elbows tucked in at the waist. Exhale easily and let hands turn palm down and gently cross in front of body at waist level. Inhale and keep elbows at waist, turn up palms and sweep hands to the side. Get a little taller in the water and open



the ribcage.

*"Spring passes and one remembers one's innocence  
Summer passes and one remembers one's exuberance  
Autumn passes and one remembers one's reverence  
Winter passes and one remembers one's perseverance."*

*Yoko Ono*

# Elaine Larkin (Henbrey)

On April 26, 2003, Elaine Larkin passed away peacefully, at her home in Lower Sackville, Nova Scotia.



She led Aquafitness and Aqua-Arthritis classes at the Sackville Sports Stadium, and taught Yoga classes not only at the Sports Stadium but at church and also from her own home.

Elaine had been an active member of the Peace Lutheran Church; she was a loving daughter, sister, mother, and a great friend to many. She worked as a legal secretary in Halifax, and was a dedicated fitness instructor.

Elaine's passions took her from Pilates to weight-training to cardio and kick boxing. She loved to skate, and enjoyed weight-training.

At Tantallon, she brought special needs populations out of their chairs and through toning exercises got them to stand up for cardio. At a Nova Scotia nursing home she had motivated even more physically challenged participants to squeeze a ball, and clap their hands.

Elaine was thorough and dedicated in her pursuit of self-improvement and fitness. She earned a green belt in Tae Kwon Do, and the love and respect of all those who knew her.

CALA is proud to have had Elaine Larkin as a member, and as a clearly qualified leader. She will be missed.

# MEMORIAL

IN MEMORY

# INSTRUCTOR: SAVE THYSELF!

by Connie Jasinskas, CALA Master Trainer



*"I might be biased, but I strongly believe that CALA certified aquafitness professionals offer the best in leadership. Participants love being the focus of our attention: they respond with enthusiasm and delight when they are educated about what they are doing,*

*why they are doing it, and how to best achieve results. We as leaders have to meet the highest standard in the industry in order to call ourselves 'CALA Certified.'"*

"Yes, yes," you are saying, "so what's your point?"

I am writing this because I want you to be a great aquafitness leader, well into your dotage. I want to see aged, happy, healthy aquafitness leaders motivating participants for years to come. At the present time, I feel that acute injuries, repetitive strain, and burnout are taking their toll. Many leaders express concern over working long, hard hours in a hot, chlorine-filled, humid environment. These are real issues that need to be addressed.

Our participants enjoy all the benefits the water has to offer while we, the leaders on deck, work in a potentially hazardous environment. The members of our classes have their joints cushioned by buoyancy, their muscle balance ensured by aquatic resistance and their bodies cooled by temperate pool waters. We constantly remind our participants to focus on their own well-being.

## **Practice what you preach!**

### **HYDRATION & BLOOD POOLING:**

Make your own safety a priority with every class you teach. Drink water while you teach, and be sure you are well-hydrated before you come to class. While we do not have hydrostatic pressure pushing our kidneys into overdrive, we also do not have that gentle force increasing venous return to our core. We tend to work vigorously for a while, then stand, cue and motivate with the upper body. During this time, blood from the leg muscles is not

being assisted back to the heart by leg movement and will 'pool' in the legs and feet. Gentle movement of your legs will assist your venous return. When you are 'marking' the movements rather than moving vigorously, be sure to do some leg movement to assist blood flow back to your upper body. Blood is shunted to our skin in a fruitless attempt to assist cooling. This compromises blood flow to our working muscles, our heart, and our brains (which may explain why the best-planned routines sometimes can't be remembered on deck)! Hydration and the gentle movement mentioned above will help maintain blood volume and will assist venous return.

### **IMPACT:**

Impact on deck **MUST** be cushioned by a deck mat. Even with this useful tool, our joints receive a great deal of pounding if we repetitively model jumping jacks, skis, or other movements that require both feet to leave the floor. Mark ('fake') airborne movements whenever possible. You can also use your arms to mimic leg moves. Any vigorous movement demonstrations **MUST** be done on the mat. Pool ladders and solid deck chairs can assist the instructor to do impact-free demonstrations.



**Poor Knee Alignment:** notice the plumb line from the knee cap, demonstrating a poor knee alignment while landing a jumping jack or preparing for wide hamstring jog/hamstring curls. Gravitational forces on the knee follow this line, placing unhealthy strain on the medial knee joint. Jumping or squat actions place 3 to 8 times your body weight on your joints.

### **ALIGNMENT:**

When demonstrating bobs, jumping jacks, wide hamstring jog/march, wide tucks or squats, instructors often have the knee joint at an angle that

places unhealthy forces on the medial knee ligaments. (A plumb-line dropped from the middle of the patella falls inside the feet, rather than in line with the middle of the foot). Ensure that your alignment is 'joint friendly'. Be sure that the knees are in line with the middle toe when bending or absorbing impact. This may require external rotation of the hip joint and/or narrower foot placement.

### **BALANCE:**

Muscle balance happens naturally in the water, where every action is resisted. On land, we work only against gravity. Our hip flexors work BOTH directions with every 'jog/march' we do! Add a number of tucks, cross over jog/march and sartorius jog/march and the strain on the hip flexors and low back becomes enormous. Low back pain

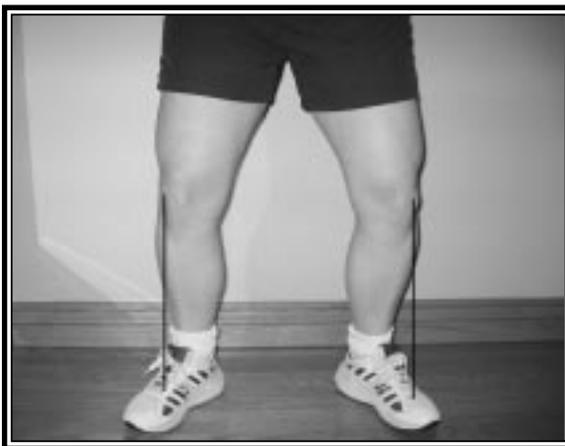
is a common complaint among instructors. Overuse of hip flexors is the most likely culprit. Do your own water workouts to achieve the same muscle balance benefits as your class and to remember how it feels to move in water.

#### **CROSS TRAIN:**

Cross train in a variety of activities to build well-rounded fitness and resilience to injury. Stretch your hip flexors and strengthen the EXTENSORS of your hips and low back, to balance the overuse of aquafit leadership. Because deep water hamstring moves (hamstring chair, swivel, and pac man,) are more difficult to demonstrate, some leaders focus more on the 'hip flexor alternatives'. In doing so, they rob their clients of excellent core stabilization and hamstring/gluteal training opportunities, and further over-emphasize the use of their own hip flexors as stabilizers. Kneel on your mat, use the pool railings or mimic your legs with your arms. Your class probably needs emphasis on hip extensors and core stabilizers as much as you do.

#### **SHOES**

Instructors who jump in and out of the water, or who teach on decks where their feet get soaked, may not wear the proper footwear for the work they are doing. Remember: you are working on cement. Look for a supportive deck shoe that can tolerate water. CALA distributes the RYKA Aqua Shoe at a very reasonable instructor price. Call 1-888-751-9823 or 416-751-9823 or email: [cala@interlog.com](mailto:cala@interlog.com) to order or ask questions about the shoes.



**Correct Knee Alignment:** follow the plumb line from mid-patella; it falls in line with the middle of the foot. The forces of landing or squat actions are now transmitted evenly through the knee, ankle and foot. This position requires external rotation of the hip.

You are teaching many, many classes per week because:

- a) your class LOVES you and wants you and only you to teach them, several times per week
- b) you need the money
- c) there are not enough CALA-trained and certified leaders for the demand
- d) you are a masochist.

Remember BALANCE and moderation in all things! Encourage other leaders to get trained so you don't have to bear the entire teaching load. If cash flow is a problem, aqua personal training can be far more lucrative than leading group aqua classes, AND it is easier on your body!

You have worked hard to achieve the CALA standard of excellence in aquafitness leadership. It is not fair to you or to your participants if you are out of commission due to accident, repetitive strain, traumatic injury, or psychological burnout. If you fail to take care of yourself, you won't have anything left to give to others.

**Take care of YOUR mind, body and spirit.**

#### **HONOUR YOUR MIND**

Recharge your batteries and stimulate your mind by attending the CALA conferences, workshops or specialty courses, reading research and interacting with other leaders. *Reminder: I am presenting a CALA workshop on October 4 at the Waterloo Swimplex on Aqua Natal - call CALA to register.*

#### **HONOUR YOUR BODY**

Honour your body by practicing leadership safely while teaching on deck. Cross-train your body by getting in the pool for your own workouts, and doing a variety of other healthy, balanced activity. If you happen to teach at

outdoor pools, remember that sunscreen does NOT prevent skin cancer. Cover up with a sun hat; stay in the shade; wear sun-filtering, lightweight clothing while you teach.

#### **HONOUR YOUR SPIRIT**

Avoid teaching too many classes, and take a break for a while if you find yourself feeling burned out. Lift your spirits by doing the special things that bring you joy. This way the time, money, and hard work you have invested in becoming a CALA certified leader will benefit you and others for years to come.

*"The crucial thing that distinguishes Earth from other planets is water. The Earth, was created from it and is sustained through it. Water is everywhere: about 70 per cent of our planet is covered by water. We were born from it, and all life depends on it. We are all made of around 75 per cent water, and rely on water for life. We are watery creatures living on a watery planet. Water is the essence of life."*

*Introduction - The healing, energies of water by Charlie Ryrie*

# COTTAGE FROLICS - PARTICIPANT HANDOUT

by Charlene Kopansky, CALA Founder and President

*This summer, take your Aquafitness Routine to Cottage Country, the Ocean, your neighborhood pool or local swimming 'hole'.*

### Why do it?

- enjoy a non impact (if you exercise in deep water with a flotation belt) or low impact (if you exercise in chest deep water, touching the bottom) workout environment: the water is buoyant and 'takes the load off your joints'
- remain refreshed and cool even while you are exercising: the water conducts heat away from your body and is usually cooler than the air temperature during summer
- get an excellent cardio and muscle conditioning workout tailored to your fitness level: the water provides resistance to movement in all direction
- if you 'drive' your body through the water rather than merely 'drifting' you will feel the intensity
- add 'zest' and variety to your workout program: aquafitness is a great alternative or addition to swimming, kayaking, canoeing, wind surfing or other such 'summery' water based activities
- feel the 'multi-directional resistance': no matter which way you move, you encounter resistance and you can modify your speed of movement and hand position to make the exercise easier or harder
- experience a balanced workout which will keep you injury free and strengthen your body core
- avoid the bugs and the summer heat while immersed in water - wear a hat, so the bugs cannot get in your hair!



### Who can do it?

- anyone can do this workout with a buddy (enjoy the companionship) or in a safe place on your own (enjoy the solitude) - when others see how much fun you are having, they will want to join in!

### Where can you do it?

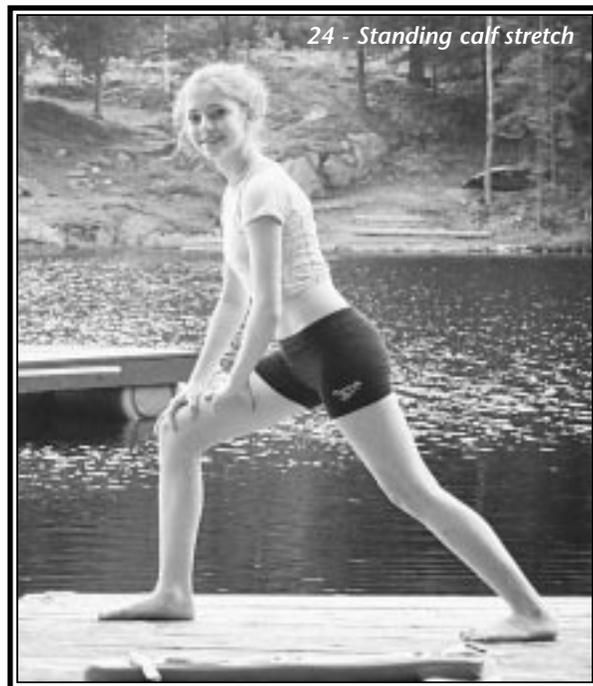
- go to the lake, ocean, river, neighborhood pool or nearest swimming 'hole' - select a safe area, free of motorized water craft and other hazards
- ask a friend to accompany you - in a canoe, row boat or on a floating mattress, to assist and motivate you

### What do you need to do it?

- wear a flotation belt (available through CALA) to keep your mouth above water, so that you can breathe and to keep your hands free so you can exercise your body effectively
- wear an old pair of running shoes with holes drilled in the bottom if you decide to do the water workout in armpit depth water (or purchase an excellent pair of RYKA Aqua shoes, designed for water exercise, through CALA)
- use music to motivate and pass the time (specific aquafitness music is available through CALA): a battery operated music player is recommended if the equipment is anywhere near water

### How long do I do it?

- use discretion, if you have not been exercising for quite some time, start with 10 minutes and gradually build to a longer routine
- get permission from your doctor to start an exercise routine
- listen carefully to your body before, during and after the exercise and make a decision from a safety point of view about how hard you are going to exercise



24 - Standing calf stretch

### What exercises can I do?

Following is a Sample Aquafitness Routine based on 30 - 60 minutes of exercising in either: armpit depth, or deep water.

- \* modify the exercises, intensity and length to suit your specific needs - KEEP IT SAFE & ENJOYABLE - then you will go back for more!
- the routine consists of a warm up, a workout and a cool down: stretch and relaxation phase

**A. WARM UP PHASE** - based on 30 - 60 routine Warm up phase: to prepare the body, mind and spirit for the workout to come. Length of the warm up: depending on one's fitness level and how cold the water is: 7 - 15 minutes (longer if the water is colder and/or your fitness or energy level is low)

**Things to consider:**

- be able to talk in short sentences while doing the warmup
- increase heart rate and respiratory rate gradually
- lubricate the joints with full range of motion moves
- warm up your muscles to increase elasticity
- get mentally focused on the workout ahead

**Suggested movements:**

Do one to two minutes or 60 - 120 counts of each of the following exercises at a comfortable pace.

At the beginning of the warm up phase:

- Do jogging or marching style legs with jogging style arm action - Try three variations:
  - a) narrow jogormarch (n j'om)<sup>1</sup>
  - b) wide jogormarch (w j'om)<sup>2</sup>
  - c) wide hamstring jogormarch (w ham j'om)<sup>3</sup>

As you begin to feel 'warmer' continue with:

- Jumping jack legs with jumping jack arm action (jj)<sup>4</sup>
- Cross country ski legs with cross country ski arm action (x ski)<sup>5</sup>

Near the end of the warm up phase:

- Do 30 - 60 seconds of swiveling - two variations:
  - a) narrow swivel (n sw)<sup>6</sup>
  - b) wide swivel (w sw)<sup>7</sup>

**B. CARDIOVASCULAR TRAINING and MUSCLE CONDITIONING**

Workout Phase: Due to the resistance of water, cardiovascular training and muscle conditioning happen simultaneously because you are literally pumping water. The purpose is to burn calories and condition the body while remaining comfortable.

Length of the workout phase: 10 - 30 minutes (depending on fitness level and personal goals)

**Things to consider:**

- be able to talk in short sentences while doing the workout
- be aware that heart rate is elevated and your rate and depth of breathing have increased - but you are feeling comfortable
- keep joints unlocked
- breathe evenly

**Suggested movements for the workout phase:**

Do one to two minutes or 60 - 120 counts of each of the following exercises at a pace more intense than the warm up:

**Cardiovascular Training Focus: Specific leg moves with complementary arms:**

- Crossover jogormarch (x j'om) with kayak arms (front kayak arms)<sup>8</sup>
- Mogul tuck (mgl tk) adding arms which reach away from the legs just below the water, when the legs are straightening and reach towards the feet, when the legs are tucking towards the chest<sup>9</sup>
- Sartorius jogormarch (srt j'om) with one hand reaching across body towards the inside of the opposite calf while the other arm reaches to the side of the body, just below the water (srt arms)<sup>10</sup>
- Wide tuck (w tk) with both hands reaching straight down to the bottom of the 'bottom of the 'lake'' between the thighs (mod uni hh)<sup>11</sup>
- Narrow hamstring jogormarch (n ham j'om) with alternate hand reaching to the opposite heel (alt hh)<sup>12</sup>

**Tips for Arm actions:**

- keep legs moving while doing arm actions
- always work in your zone of comfort, listening to your body signals and modifying the exercises
- make a fist or a paddle with the hand, keep the wrist firm and execute full range of motion
- if the exercise is too vigorous, return to a slice hand position, or slow down the movement

**Muscle Conditioning Focus: Specific arm moves:**

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of the muscles.

- Bicep curls (alt hi tzn) — focus on the front of the upper arm (the 'popeye' muscle)<sup>13</sup>
- Triceps kickback (alt tri kbk) — focus on the back of the upper arm<sup>14</sup>
- Unison breast stroke (uni br str) — focus on squeezing the upper and middle back as arms pull back<sup>15</sup>
- Rotator cuff exercises "flasher"(alt rc/fl arms) — focus on the shoulder muscles, the front and the back (the name says it all!)<sup>16</sup>

**Tips for Leg actions:**

- keep arms moving while performing leg actions
- always work in your zone of comfort, listening to your body signals and modifying the exercises accordingly
- keep knees slightly bent when straightening them and execute full range of motion



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*(Leaders please copy for your participants with CALA logo and address intact)*

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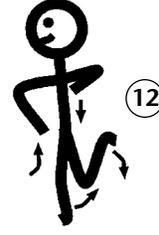
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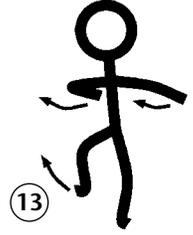
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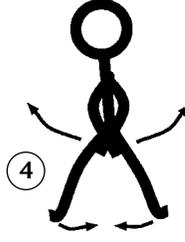
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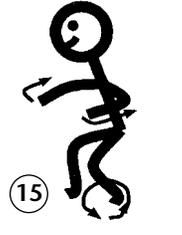
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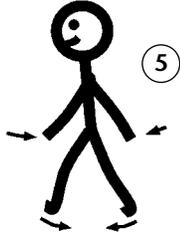
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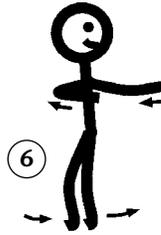
sit n eye

alt x ski arms



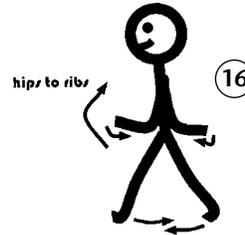
x ski

alt br str



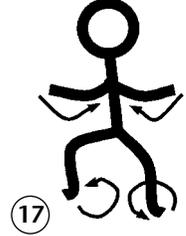
n sw

alt rc/fl arms



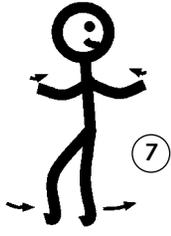
abdo ski

uni rev br str



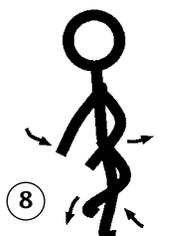
sit w eye

uni br str



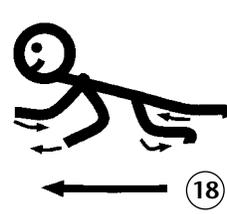
w sw

front kayak



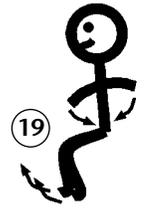
x j'om

n dog paddle arms



n dog

uni x bk jj

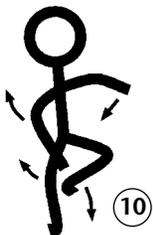


uni n qd k

1



srt arms

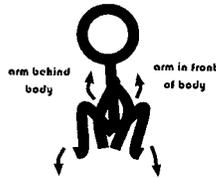


srt j'om

2



mod uni hh



w tk

front kayak



x j'om

uni jj arms



n tk

**Muscle Conditioning Focus: Specific leg moves:**

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of the muscles.

- Wide sitting cycle (w sit cyc): focus on making a circle with the feet, pulling the heels to the gluteals (deep water) or wide jogormarch: focus on lightly bouncing off the bottom, land softly (armpit deep water)<sup>17</sup>
- Narrow doggie in deep water (n dog): focus on jogging in a forward-leaning diagonal or narrow jogormarch: focus on lightly bouncing off the bottom, land softly (armpit deep water)<sup>18/1</sup>
- Narrow quad kick (uni n qd k)— focus on kicking from the knee, push the water with the front of your shin and keep the knee unlocked, try to do a full range of motion in your 'pain free zone'<sup>19</sup>

**Muscle Conditioning Focus: Specific abdominal moves:**

Do each of these exercises from 1 to 4 minutes, or when you feel a gentle fatigue of muscles.

- Kayak arms (front kayak arms): figure 8 pattern with arms under the water while doing a narrow swivel, pretend you are kayaking<sup>20</sup>
- Narrow tuck with the legs: unison hammer hands with the arms, think about bringing your hips to your ribs while activating the abdominal muscles, then straightening the body completely into a vertical standing position. Reach hands towards sides of feet on the tuck phase and hands towards armpits on the standing or vertical phase of the movement (n tk)<sup>21</sup>

**C. COOL DOWN - STRETCH and RELAXATION PHASE**

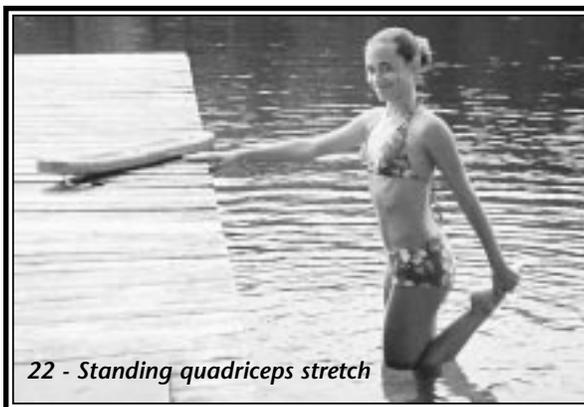
Length of the stretch: 3 - 5 minutes (depending on temperature of water), if water is too cold, find a warm, sunny spot and stretch on land.

**Things to consider:**

- let go of tension and feel the muscles lengthening, stretch in your zone of comfort, an 'ouch pain' means you are stretching too far
- enjoy the stretch and use slow, uplifting and relaxing music that makes you feel good

Suggested movements for the stretch phase: hold each position for at least eight seconds if you are in the water; while stretching the upper body, you may want to jog lightly to keep the entire body warm. Remember the water likes to conduct heat away from the body. Try to avoid getting cold during this phase, the muscles will not stretch effectively if they are cold. Move to chest deep water for the stretches and hold on to the dock for stability:

- standing quadriceps stretch<sup>22</sup>
- standing hamstring stretch<sup>23</sup>
- standing calf stretch<sup>24</sup>
- standing triceps stretch<sup>25</sup>
- standing chest stretch<sup>26</sup>
- standing upper back stretch<sup>27</sup>



22 - Standing quadriceps stretch



23 - Standing hamstring stretch



25 - Standing triceps stretch



26 - Standing chest stretch



27 - Standing upper back stretch

## IT IS NEVER TOO LATE TO TEACH NEW TRICKS

*Spotlight on Peggy Stirling*



Peggy Stirling was 40 years old when she became a fitness instructor. She soon started leading Older Adults classes and when a new facility opened in her area, Peggy got involved in what turned out to be a life-long career in aquafitness. In those early days, b.c. (before CALA,) instructors had to rely heavily on their knowledge of land routines and adapt them to the aquatic environment. In the water, Peggy instructed participants of all ages and fitness levels but on land, her specialty remained working with older adults.

Wanting to better understand the aging process, Peggy enrolled in Gerontology courses. She started instructing 'Elderobics' and eventually became involved with an Aqua Arthritis program. This program grew in popularity, the number of participants increased and consequently, so did the need for qualified instructors. Peggy began training instructors, and soon discovered a need for a set of tools designed to assist individuals working in Aqua Arthritis. She wrote down all the moves that were appropriate for such a program, creating a quick reference for herself and for the other instructors.

Her interest grew, and Peggy attended all the Aquafitness courses and workshops that she could. She eventually became a CALA certified leader. Peggy showed Charlene Kopansky, CALA Founder and President, the training procedures and exercise lists she had developed; and the CALA Catalogue of Aquatic Exercises for Arthritis Programs was born.

This manual was very well received, and Charlene soon asked Peggy to develop an Aqua Arthritis workshop. The years that followed brought several edits to the Aqua Arthritis manual and Catalogue of Exercises, and saw a large number of instructors become CALA certified in Aqua Arthritis.

*Note: Contact CALA for information on the most recent addition - completed May 2003 - of the 'Catalogue of Aqua Arthritis Exercises' - a 'Multiple Sclerosis Supplement' has also been added to this Catalogue, or can be purchased separately. These resources are invaluable for all leaders teaching classes with participants who have Arthritis or M.S.. Encourage your participants with these conditions to buy a copy of the Catalogue for their own use. Education is power and taking responsibility for one's own health and well being improves quality of life!*

Unfortunately Peggy herself started to feel the effects of arthritis, and eventually had to have surgery; a few weeks later, free of pain, she returned to teaching Aqua Arthritis. What a dedicated individual!

When she first took part in an Aquafitness class, many years ago, Peggy did not dream that one day she would start instructing classes of her own — and would keep doing so for years to come. She feels that it is now time to step aside and let younger instructors take over. Her plan is not to walk away from Aquafitness completely: she still acts as a Consultant to assorted facilities, and continues to attend Aquafitness classes as a participant.

Peggy has been instrumental in bringing about changes that will benefit Aquafitness instructors and participants for years to come; it is now time for her to reap the rewards of what she has sown.

We, at CALA, thank Peggy for her incredible hard work and commitment to the health and well being of members of her community and instructors across the world. The manual and catalogue that Peggy wrote are used by CALA trainers in England and South Africa - and of course, across Canada.

*Note: Call CALA to book an Aqua Arthritis Specialty Course, you may be lucky enough to convince Peggy - the expert to train it for you.*



*Line and Dylan, conference presenters, share a smile.*



*Darin is hugged by Sue during his Disco Daze class.*

# MUSIC MEANS BUSINESS

No doubt about it, music sells. Ideas. Services. Products. Music entertains bar and dance club patrons, employees and customers and even people holding on the telephone.

The people who create and publish music do it for a living. They depend on people like you to use their music... and to use it right.

When it comes to music, SOCAN serves two communities.

First, we serve our members (composers, lyricists, songwriters and music publishers) and the members of affiliated international societies. As the Canadian copyright collective for the performance of musical works, we administer the performing rights of our members' works. We do that by selling, to music users, access to the world's repertoire of copyright-protected music for public performance. We then distribute the fees collected as royalties, to our members and international affiliates. More than 80 percent of the revenue received from licence fees is distributed to creators.

The second group we serve is our customers, the music users – venue operators, broadcasters, promoters, etc. – who pay SOCAN licence fees for the right to perform music in their establishments or at their events. Without SOCAN, you, the music user, would have to get permission from every composer, songwriter, lyricist and music publisher for every

piece of music you perform, or authorize for performance, in public. Think how time-consuming and expensive that would be.



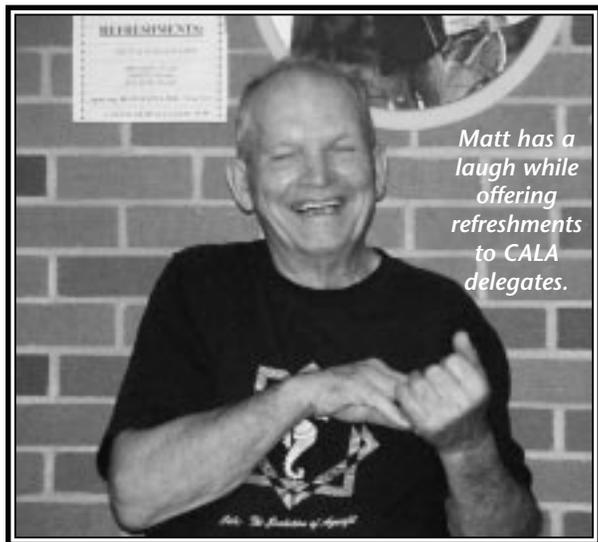
If you use or present public performances of copyright-protected music, you normally need the permission of the copyright owners. It's only fair. And it's easy.

As the owner or manager of the business, you are the one responsible for obtaining a SOCAN licence. For example, you need a licence whether the music is live or played on a tape/CD player, jukebox, video or karaoke machine, in restaurants and movie theatres, at fund raising events, fashion shows, for fitness activities and dance instruction, at skating rinks and sporting events, over the radio, on television, even when you provide music on hold on the telephone. You may need more than one licence depending on how you use music.

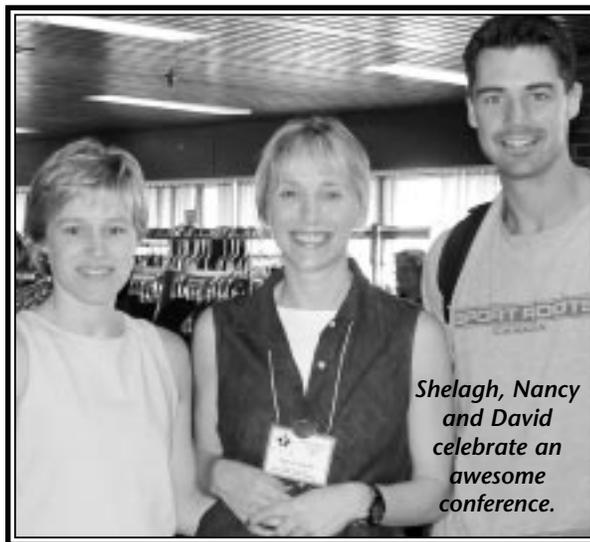


A licence is affordable. The cost of a SOCAN licence depends on a range of factors, from where and how the music is performed, to the seating capacity, and even the kind of event you're hosting. Our job is to work with you to determine what kind of licensing arrangement you need. We will help you understand exactly what you need to do, how to do it, and how to determine what the cost will be.

Get in touch with us 1.800.55.SOCAN, e-mail us at [customers@socan.ca](mailto:customers@socan.ca), or visit us at [www.socan.ca](http://www.socan.ca). We are here to answer your questions.



*Matt has a laugh while offering refreshments to CALA delegates.*



*Shelagh, Nancy and David celebrate an awesome conference.*

# INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

**GRADUATES FROM CALA FOUNDATION AND SPECIALTY COURSES:  
APRIL 17 - JULY 1, 2003**

*Note: We missed some names from January 1 - April 17, 2003 and have added them to this list.*

**South Africa, Stellenbosch, Aquatic Post-Rehab Course July 2002**

Joanna Bland  
Denise Derbyshire  
Johan Esterhuize  
Danel Jordaan  
Gideon Maree  
Mark Rikard  
Wean van der Westhuizen  
Talita Victor  
Trainer: Esther du Buisson

**Ontario, Espanola Regional Recreation Complex, Espanola, Foundation Course (Part 1) April 2003**

Kathlyne Bourgeois  
Bonny Caldwell  
Wendy Coutts  
Laury Cranston  
Jessica Gerrard  
Amanda Kirkpatrick  
Lindsay McNichol  
Judy Pogue  
Alicia Price  
Jamie Ready  
Greg Reilly  
Julie Reilly  
Rosie Suban  
Sherry Wensley  
Trainer: Connie Jasinskas

**Ontario, Splash Wave Pool, Gloucester, Foundation Course (Part 1) May 2003**

Marsha Aldrich  
Diane Eisnor  
Diane Mayer  
(Parts 1 & 2)  
Lesley Guigue  
Julia Jalowiecka  
France-Andree Mayrand  
Natasha Mosenko  
Melanie Rainville

Trainer: Jennie Queen & Chantal Laporte

**Nova Scotia, Sackville Sport Stadium, Lower Sackville, Foundation Course (Parts 1 & 2) May 2003**

Denise Camps-Saulnier  
Sherry Fraser  
Judy Hayes  
Shannon Long  
Shelly McCarron  
Miranda Newhook  
Trainer: Diane Levy

**British Columbia, Earl Mah Aquatic Centre, Prince Rupert, Foundation Course (Part 1) May 2003**

Amber Bellis  
(Parts 1 & 2)  
Karen Bruce  
Shannon Dollman  
Calvin Grav  
Heather Hovland  
Cheryl Pedro

Debbie Vantkruis  
Trainer: Shelagh Noonan & Charlene Kopansky

**Alberta, Calgary, Water Running and Aqua Jogging Specialty Course, May 2003**

Shondel Gummow  
Karen Harmatuk  
Susan Le Grice  
Heather Peacock  
Brenda Sorge  
Trainer: Michelle M<sup>c</sup>Caren

"By the third Water Running class, we had a huge turn-out! In Golden, British Columbia, our participants love it. Congratulations to CALA and to Michelle McLaren, CALA trainer, for offering and training a great course at the University of Calgary this past spring (2003). I am truly inspired and am just about ready to complete the CALA Water Running and Aqua Jogging Certification." - Karen Hamatuk

*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 course graduates - Earl Mah Aquatic Centre, Prince Rupert, B.C.*

**MEMBERS AQUABELT PRICES:**

- Medium \$30.00 + S&H + Tx
- Large \$32.00 + S&H + Tx
- X-Large \$34.00 + S&H + Tx

**NON-MEMBERS AQUABELT PRICES:**

- All Sizes \$38.00 + S&H + Tx
- Shipping and Handling \$15.00 + \$2.00 per belt.
- We only take orders for 12 or more belts

**AQUABELT SIZES:**

Size	Width	Lgth	Waist
• Medium	4 5/8"	32"	26"-35"
• Large	4 5/8"	33"	36"-42"
• X-Large	4 1/4"	35"	38"-45"

**REPLACEMENT STRAPS:**

- All Sizes \$5.00 + \$1.50 per strap (S&H) + Tx.

\*\*\* All belts come with straps included.

\*\*\* Belts are not approved for use as lifesaving personal flotation devices.

For more information about our Aquabelts and to place an order please contact the CALA office at 1-888-751-9823.

# CALA CERTIFIED MEANS CLEARLY QUALIFIED

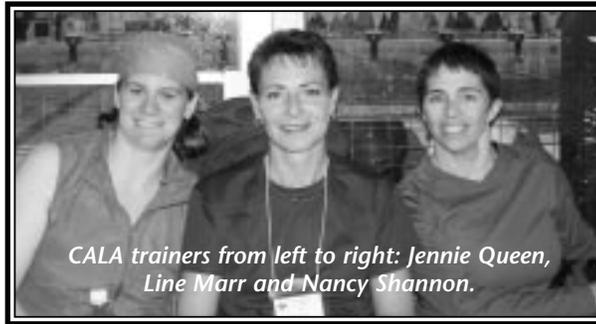
**FROM APRIL 17 - JULY 1, 2003**

*Note: We missed some names from January 1 - April 17, 2003 and have added them to this list.*

Dina Beelen  
Anne-Marie Boisvert  
Margaret Colquhoun  
Thera Colquhoun  
Michelle Condran  
Erin Cox  
Paula Duchesne  
Susan Dyke  
Catherin Ernst-Spindler  
Aimee Filion  
Jennifer Fletcher  
Renee Garceau  
Joanne Goodwin  
Beth Heaney  
Janet Huffman  
Christine Kelly  
Heather Lay  
Kathy Lewis  
Brianna Lyttle  
Katherine MacDonald  
Debbie O'Grady  
Lucille Philippe  
Audrey Pinsonneault-Grenier  
Suzy Rozsavolgyi  
Kari Anne Scaletta  
Alicia Short  
Tasha Ophus  
Kyla Smith  
Janine Spinney  
Linda Stewart-Stone  
Andria Terry  
Melanie Tukendorf  
Lilian Wanke  
Deena Williamson

**CERTIFIED IN AQUA NATAL**

Renee Garceau  
Nadia Karawani  
Hendrica Verheyden



*CALA trainers from left to right: Jennie Queen, Line Marr and Nancy Shannon.*

**CALA RECERTIFIED! CONGRATULATIONS TO THE FOLLOWING LEADERS,  
WHO RECENTLY RECERTIFIED WITH CALA**

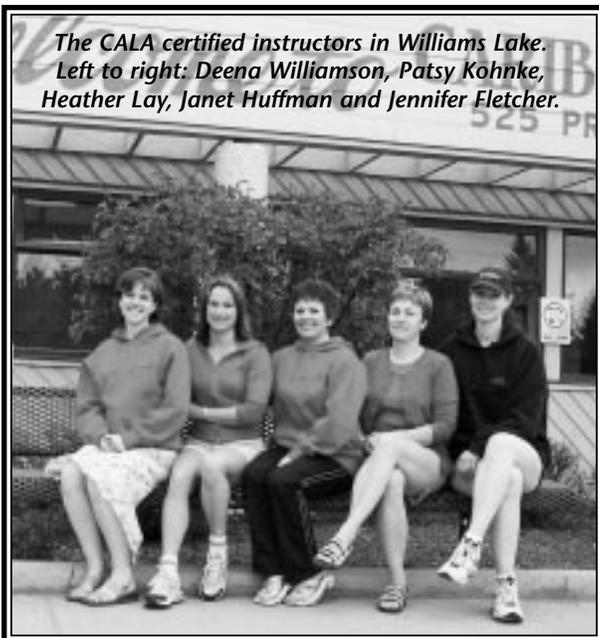
**CALA RECERTIFIED FROM APRIL 17 - JULY 1, 2003**

*Note: We missed some names from January 1 - April 17, 2003 and have added them to this list.*

Susan Anderson  
Sharon Attias  
Melissa Atwood  
Richele Bauer  
Cathy Belanger  
Maryvonne Berthaut  
Rita Beth  
Jocelyn Bornstein  
Bette Ann Clarke  
Sharon Cohen  
Sheila Costford  
Judi Cova  
Tracy Currie  
Susanna de Beer  
Theresa Gonyer  
Patricia Grant  
Magdolna Gyoni  
Dylan Harries  
Jennifer Healey  
Wendy Lee Kennedy  
Beverley Litman  
Lisa Krause  
Marie-Claude Leblanc  
Line Marr  
Shirley Mason  
Nancy Movrin  
Shelagh Noonan  
Anne Parr  
Margot Quinn  
Kim Richardson  
Batia Shalev  
Debbie Stokke  
Darlene Tardivel  
Susan Wells  
Diane Whalen  
Pauline Willenbucher  
Donnalee Woodford-Copetti

**AQUA ARTHRITIS**

Lynette Nienaber



*The CALA certified instructors in Williams Lake. Left to right: Deena Williamson, Patsy Kohnke, Heather Lay, Janet Huffman and Jennifer Fletcher.*

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

C  
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## WORKSHOPS

\* CEC's awarded for all workshops

**OAKVILLE, ONTARIO**  
Aqua Muscle, Aqua Africana, Centre of Power  
Date & Time: Sun. Aug. 24, 8:30am-4:30pm  
Trainer: Charlene Kopansky & David Hatch  
Location: Queen Elizabeth Swimming Pool

**CHARLOTTETOWN, P.E.I.**  
Aqua Muscle, Aqua Trends, Aqua Choreography, Aqua Cycle  
Date: September 19 - 21, 2003  
Trainer: Charlene Kopansky  
Location: Charlottetown Recreation Centre

**WATERLOO, ONTARIO**  
Aqua Natal Workshop  
Date & Time: Sat. Oct. 04, 2003 from 7:00pm - 10:00pm  
Trainer: Connie Jasinskas Location: Waterloo Swimplex

**CALGARY, ALBERTA**  
Essential Elements and Hydro Tri Training  
Date & Time: Sat. Nov. 08, 2003 from 11:30-7:00pm  
Details: Essential Elements: 11:30-3:00pm  
Hydro Tri Training: 3:30-7:00pm  
Trainer: Charlene Kopansky  
Location: Talisman Centre for Sport & Wellness, Calgary

**CALGARY, ALBERTA**  
Beyond Abs - Training the Inner Unit  
Date & Time: Mon. Nov. 10, 2003 from 7:00pm - 10:00pm  
Trainer: Charlene Kopansky  
Location: Westside Recreation Centre, Calgary

**SLAVE LAKE, ALBERTA**  
Aqua Africana, Aqua Muscle: Seniors Strength Training - open to the public!  
Date & Time: Wed. Nov. 12, 2003 from 6:30-9:30pm  
Thurs. Nov. 13 from 9:00am-12:00pm  
Trainer: Charlene Kopansky  
Location: Northern Lights Aquatic Centre

**LANGLEY, BRITISH COLUMBIA**  
Senior Strength Training  
Date & Time: Wed. Nov. 30, 2003 from 1:00-4:00pm  
Trainer: Shelagh Noonan  
Location: Walnut Grove Community Centre

**CANMORE, ALBERTA**  
Aqua Cycling  
Date & Time: Wed. Sep. 17 from 6:00-9:00pm  
Trainer: Michelle McLaren Location: Canmore Recreation Centre

## HIGHLIGHTS IN 2003

**What:** SUN, SAND & SURF - A TROPICAL CALA FITNESS JAM

**When:** Early December 2003

**Where:** An outstanding resort with divine beaches; More details to follow in the Fall Issue of Wavelink

**What:** "G0 50 - Age Concern" - Conference

**When:** September 6 and 7, 2003

**Where:** Loughborough, U.K.

**Who:** Charlene Kopansky

## SPECIALTY TRAINING COURSES

\* CEC's awarded for all courses

**TORONTO, ONTARIO**  
AQUA ARTHRITIS (16-20hrs)  
Date & Time: September/October 2003  
Trainer: Connie Jasinskas  
Location: to be announced

**TORONTO, ONTARIO**  
WATER RUNNING & AQUA JOGGING (8 hrs)  
Date & Time: Fri. Oct. 3 6:00pm-10:00pm, Sun. Oct. 5 8:00am-12:00pm  
TRAINER: Charlene Kopansky  
LOCATION: North Toronto Community Centre

**CANMORE, ALBERTA**  
WATER RUNNING & AQUA JOGGING (8 hrs)  
DATES & TIMES: Sun. Nov. 2 and Sun. Nov. 9 from 8:30am-12:30pm  
TRAINER: Michelle McLaren  
LOCATION: To be determined; details coming early July 2003

**MONTREAL, QUEBEC**  
AQUA ARTHRITIS (16-20hrs)  
Date & Time: January 2004  
Trainer: Marie-Claude Leblanc  
Location: YM-YWHA

**AQUA EXTRAVAGANZA! SEPT. 2003**  
Sackville Sports Stadium, Sackville, NS  
Splash Dance  
Noodle Soup  
Hydro Spinning  
Aqua for 'Everyone'  
Contact Bettie-Ann Clarke for details (al.bet@ns.sympatico.ca)

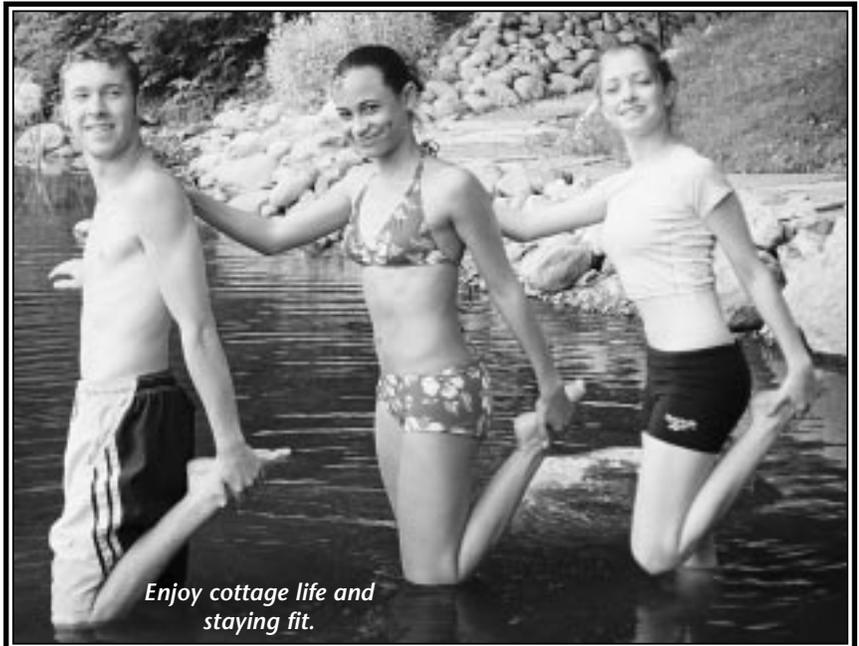
## AQUAFITNESS LEADERSHIP TRAINING:

**CALGARY, ALBERTA**  
CALA COMBINED BASIC FITNESS THEORY and Aquafitness Leadership Training Course: PART I (22hrs)  
DATES: Sep. 26, 27, 28 2003  
TRAINER: Michele McLaren  
LOCATION: YWCA of Calgary: Fitness on 5th

**LANGLEY, BRITISH COLUMBIA**  
\* BCRPA APPROVED - CALA COMBINED BASIC FITNESS THEORY and Aquafitness Leadership Training Course: Part I & II (40 hrs)  
DATES: Sept. 26, 27, 28th 2003 and Oct. 3, 4, 5th 2003  
TRAINER: Shelagh Noonan \* Call Shelagh for more information: 250-791-6788 or foxglove@telus.net  
LOCATION: Walnut Grove Community Centre, Langley, BC

**STRATHMORE, ALBERTA**  
CALA COMBINED BASIC FITNESS THEORY and Aquafitness Leadership Training Course: Part I & II (40 hrs)  
DATES: Oct. 17, 18, 19th 2003 and Oct. 24, 25, 26th 2003  
TRAINER: Michele McLaren  
LOCATION: Strathmore Aquatic Centre, Alberta

**SLAVE LAKE, ALBERTA**  
CALA COMBINED BASIC FITNESS THEORY and Aquafitness Leadership Training Course: Part I & II (40 hrs)  
DATES: October 31, Nov 1, Nov 2, 2003 and Nov 14, 15, 16th 2003  
TRAINER: Charlene Kopansky  
LOCATION: Northern Lights Aquatic Centre



Enjoy cottage life and staying fit.

Visit our website: [www.calainc.org](http://www.calainc.org)

### CONTINUING EDUCATION CREDITS (CECs):

Our high quality training opportunities listed are recognized for CEC's by ALL national and provincial organizations following an application process: BCRPA, AFLCA, SPRA, MFC, OFC, CanFitPro, CPTN, CFES, NSFLAA, NBFA, PEI, NFLD, YMCA & YWCA

### HOW TO REGISTER?

Unless otherwise stated registration for the following conferences, 'foundation' courses, specialty courses, workshops, and certifications will be through CALA: 125 Lillian Dr., Toronto, ON, M1R 3W6 Toll free: 1-888-751-9823 Phone: 416-751-9823 Fax: 416-755-1832 • [cala@interlog.com](mailto:cala@interlog.com)  
CALA is prepared to offer you a payment plan, if necessary. Please contact us for more details.

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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