



CALA

Celebrate Movement that Matters Where Land Meets Water

**Join CALA & FMG at Elevation Place, 700 Railway Ave #100
Canmore, AB T1W 1P4**

**Registration Open NOW: October 4, 5, or 6, 2019 & prepare
for a wonderful weekend in beautiful Canmore, AB**

www.calainc.org | cala_aqua@mac.com | 416-751-9823

Choose all three days or select the sessions that work with your busy life!

1. Bring your own lunch, snacks & water bottle.
2. Be equipped to move on land & in water. Bring warm clothing.
3. Bring writing utensils & extra paper.
4. Parking is free, no childcare on site.
5. Photographs will be taken & you might be featured in CALA promotional materials.
6. Choose to stay dry on deck & take notes or jump in & get wet to experience all the moves.

Meet our Professional Presenters including Charlene Kopansky, Dylan Harries, Kristin Murphy & Jane Jones and network with like-minded people for a fabulous fun filled weekend.

Sensational Schedule and Sessions

Choose from the following options according to what works for you!

Registration Friday October 4 t Elevation Place Atrium – Look for CALA signage

4:00pm – 5:15pm: Registration for Session A & B. Sign in!

5:15pm – 5:45pm: Registration continues for Session B: Sign in!

CHOOSE SESSION A OR B

SESSION A: From 5:30pm – 9:30pm

INTRO: CALA JUMP ON THE FLUID FLOOR: AQUA MAT

*You must have completed a CALA Aqua Mat Intro Clinic in order to participate in Part Two: Advanced Techniques on the Fluid Floor: Aqua Mat

Presenter: Dylan Harries

Accreditation: 4 CALA CECs, AFLCA, BCRPA, CFES, SPRA, canfitpro

Description: Get vertical & work your core like never before. Take your fitness class to the Aqua Mat! Learn to recruit your body stabilizers to maintain powerful posture while balancing on a floating mat. Experience a body weight training program. Start on land then move to the fluid floor (pool). Focus on breath, improve coordination, enhance balance & condition your body in a completely new way.

Objectives:

- Learn how to stabilize on the floating mat.
- Practice on land & in water demo techniques with communication strategies to encourage participants to execute movements safely & effectively.

OR

SESSION B: From 6:00pm – 9:00pm

AQUA STRENGTH

*Starts at 6pm sharp in main pool, register before 5:45pm

Presenter: Kristin Murphy

Accreditation: 3 CALA CECs, AFLCA, BCRPA, CFES, SPRA, canfitpro

Description: Combine the resistance of water with reps from the weight room followed by an anaerobic interval & you have a fabulous format to make the water boil – Muscle Power in chest deep water! The structured intervals of this workshop will ‘shake-up’ the S.A.I.D. Principle (Specific Adaptation to Imposed Demands). The muscle conditioning intervals will apply surface area, range of motion, buoyancy variations, tempo changes & accentuation of effort to fatigue muscle groups. All of this is followed by a high intensity cardiovascular interval to tax anaerobic capacity & maximize training effect.

Objectives:

- Apply aerobic & anaerobic work to enhance muscle conditioning moves.
- Manipulate exercises to increase or decrease muscular effort.

SATURDAY OCTOBER 5, 2019 - MORNING SCHEDULE

CHOOSE SESSION C (ONLY)

Registration Saturday October 5

7:00am – 7:45am: Session C. Sign in!

SESSION C: FROM 7:45AM – 12:15PM

CALA AQUA IN FOUR DIMENSIONS

Presenters: Dylan Harries, Jane Jones, Kristin Murphy & Charlene Kopansky

Accreditation: 4 CALA, BCRPA, AFLCA, CFES, SPRA CECs

Join Jane - Let's Cross Train: Infuse Running Track Drills with a Twist (Deep – Main Pool)

Description: Experience commonly used track drills with an aqua twist. Water running is excellent cross training for recreational & competitive participants. Challenge your class with modifications to the common jogging movement.

Objectives:

- Learn water running cues to promote efficient movement.
- Learn to incorporate mindful movements that will challenge your participants.
- Learn to incorporate common track drills into a class infused with running & jogging.

Join Kristin – Experience Choreography in Action (Chest Deep – Main Pool)

Description: Add structure to your class, flow with the music and learn how to find your way into music and wrap it up with rhythm. Review various ways to choreograph your class & add in your favorite music to create a recipe for success!

Objectives:

- Understand & apply various styles of choreography.
- Identify & practice the moves & modifications to fit the choreography & the music.
- Add effective cueing to motivate & inspire participants.

Join Dylan – Ai Chi (Chest Deep Warm Pool)*

Description: Ai Chi is a water exercise & relaxation program created by Jun Konno. This class combines Tai Chi, Qigong & Shiatsu techniques using breath with slow broad movements of the arms, legs & torso. Designed for instructors, PT's, therapeutic practitioners, anyone who stays true to Jun's program can use the Ai Chi name.

*Available as an 8-hour CALA Ai Chi Specialty Certification, to be offered in 2020.

Objectives:

- Increase oxygen & calorie consumption through correct exercise execution.
- Encourage relaxation in overstressed clients.
- Mobilize the body to improve range of motion.

Join Charlene – Aqua Africana (Chest Deep Warm Pool)*

Description: On the way to her 11th South African tour, experience an exotic chest deep water experience. Move your body & the water in a compelling & complementary manner. Feel the energy of the African wilderness while the music soothes & uplifts you.

Objectives:

- Free the body with unconventional moves based on animal movements & African rhythms.
- Let the mind relax, open the heart & feel the soothing sensation of warm water.

SATURDAY OCTOBER 5, 2019 - AFTERNOON SCHEDULE

Registration Saturday October 5

12:15pm – 1:00pm: Lunch time for Morning Delegates & Registration for Session D or E. Sign in!

SESSION D: FROM 1:00PM – 6:00PM

CALA PART TWO: ADVANCED TECHNIQUES ON THE FLUID FLOOR: AQUA MAT

Presenter: Dylan Harries

Accreditation: 5 CALA CECs, AFLCA, BCRPA, CFES, SPRA, canfitpro

Description: Get ready for Pilates, yoga & cardio-strength with profound balance movements on the floating mat. Learn to develop a sequence of intermediate to advanced movements into choreographed patterns with blocks of purposeful movements geared to challenge participants.

Objectives:

- Learn specific vertical, sitting, prone & supine movements on the mat.
- Practice the movements & choreographed sequences on land, then transition to the flotation mat.

OR

SESSION E: FROM 1:00PM – 6:00PM

CALA KEEP IT SLOW

Presenter: Kristin Murphy

Accreditation: 5 CALA, BCRPA, AFLCA, CFES, SPRA CECs, canfitpro

Description: Explore the possibilities of working at a slower tempo while still achieving cardio & muscle benefits. Using a wide range of movements from the CALA compendium, learn to work effectively at ¼ tempo, ½ tempo & on tempo. Get ready to put these tempo variations into practice for all levels of fitness & all ages.

Objectives:

- Use the CALA compendium to discover the benefits of working at slower tempos, while adjusting surface area to maximize exercise intensity.
- Leave this session with complete choreography blocks in chest deep & deep water for all ages & abilities.

SUNDAY OCTOBER 6, 2019

Registration Sunday October 6

7:30am – 8:15am: Registration for Session F.

7:00am – 7:15am: Registration for Session G.

SESSION F: FROM 8:00AM – 12:30PM

AQUA HIIT

Presenter: Kristin Murphy

Accreditation: 4 CALA, AFLCA, BCRPA, CFES, 2 FIS & 2 PTS canfitpro, 4 MFC, 4 SPRA

Description: Aqua High Intensity Interval Training (HIIT) is a class like no other! Experience repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. Push your participants out of their cardio-strength 'comfort zone' to achieve enhanced fitness. Take home blocks of HIIT training to use in your next class.

Objectives:

- Learn the history & current science of HIIT.
- Use the CALA compendium to create HIIT blocks.
- Identify measures of exertion to evaluate effort during each interval.
- Experience a HIIT format class & explore new ideas.
- Finish with Instructor Tips to ensure the class is a "HIT" when you launch it.

OR

SESSION G: FROM 7:30AM – 4:30PM

CALA & FMG COLLABORATION: BARRE ABOVE™ - LIQUID BARRE - WHERE LAND MEETS WATER™

Presenter: Dylan Harries

Accreditation: 8 CALA, AFLCA, BCRPA, CFES, 4 FIS & 4 PTS canfitpro, 5 MFC, 6 SPRA

Description & Objectives: Barre Above™ blends the latest exercise science with the principles of the Lotte Burke method delivering a fusion of Ballet, Pilates, Yoga & Strength Training in each workout.

- This fun, effective program is designed for all fitness levels and is multilevel to accommodate every-BODY.
- Absolutely no dance experience is required – a love of movement will do!
- Barre Above™ Where Land Meets Water™! Explore the Barre Above™ Signature Technique Sequencing. Select any exercise, apply the sequencing technique and design a land and water class featuring your unique leadership style.
- While in water (or viewing on deck*) witness how buoyancy, with or without a variety of portable tools utilizes ballet-inspired moves to strengthen the arms, legs and core. *Instructors may choose to remain in the studio to practice on land.
- Experience a full body cardio-strength workout using all planes in a variety of positions. Explore long lever aqua-infused movements to improve range of motion and open the body.
- Immediately integrate innovative programming into your classes.
- Receive an Instructor Web Account with initial choreography and educational videos, private access to instructor forums and exclusive discounts on equipment.
- No monthly or annual on-going fees

**Meet our Professional Presenters including
Charlene Kopansky, Dylan Harries, Kristin Murphy & Jane Jones**



DYLAN HARRIES: B. Recreation Management; B.Sc. (HK); Certified Athletic Therapist and Strength & Conditioning Coach] a former 4x Canadian artistic roller-skating champion. With 26 years of professional experience, Dylan is a health & fitness program consultant & the CALA Creative Director. An international presenter, renowned athletic trainer and performance coach to world level figure and roller skaters, Dylan continues to motivate athletes. Certified: CFP:PTS/FIS, CALA:Group Aqua, Aqua Kickbox, Aqua Running, HydroRider, Healing Waters, YMCA:Group Fitness, Water Fitness, Personal Training, Group Cycle, Older Adults, Pilates, Spinning:Star 2, SPI:Level 2, Tabata BC & Group X:Master Trainer, Bender Ball:Master Trainer, Barre Above:Master Trainer, AEA:Aqua Yoga, HydroRevolution, TRX Instructor, Bosu Instructor, NCCP:Level 2.



JANE JONES has been involved in aquatics since the mid 90's and teaching aqua fitness since 1999. Jane became associated with CALA in 2008 and has been an Approved CALA Trainer in the CALA Foundations of Vertical Water Training and the CALA Group Aquafitness Specialty Training and Certification Course since 2011. Jane is also CALA Certified the following Specialties: Healing Waters - Aqua Arthritis and Joint Disorders, Aqua Yoga and Water Running. Jane enjoys travelling to communities to share her energy and passion for aqua fitness through a variety of CALA workshops. Jane spent her younger years as a synchronized swimmer and then joined the competitive triathlon world representing Canada at the BG 2008 World Championships and completing Ironman Canada in 2009. Now Jane trains for 'life' and races for the fun of it! Jane works full time for the City of Kelowna and teaches a variety of aqua fitness, healing waters, aqua yoga and water running classes year-round.



CHARLENE KOPANSKY: Hons. BSc. Human Kinetics, B. Ed. Founder & President of CALA Inc. Charlene's philosophy encourages the mind to discover, the body to move & the spirit to soar. Awards: 'Top Presenter' & Presenter of the Year - Germany, Volunteer Recognition Award, OFC, Leadership Award, OFC; Who's Who of Canadian Women in Fitness, Chatelaine Magazine; Fitness Leader of the Year, The Fitness Institute; Body Attack, Germany, Specialty Presenter; Water Specialty Presenter Award, canfitpro; Specialty Presenter of the Year - canfitpro, Canadian Lifetime Achievement in Health and Wellness Award, 2013, canfitpro, Speaker at Woman Who Influence, 2016. Photo taken after 7 days of hiking, beautiful New Zealand - I continue to embrace the healing, restorative power of movement in nature.



KRISTIN MURPHY has been passionately involved in the fitness industry for more than two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Bachelor degree in Translation. She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Fitness Instructor Specialist (CFP) and is now a Master Trainer for Lebert Training Systems, Tabata Bootcamp and Barre Above as well as a Trainer and Assessor for CALA. She continuously finds ways to help her participants and students challenge and better themselves.

REGISTRATION FORM

First Name: _____ Last Name: _____

ADDRESS

Address: _____ City: _____

Province: _____ Postal Code: _____

CONTACT

Home/Cell Number: _____ Work Number: _____

Email Address: _____

Indicate the session(s) you have chosen & add up the fees.

Bonus: Current CALA members who attend Friday, Saturday & Sunday will deduct \$35 from the total fees below.

Registration: Fri Oct 4

Choose Session A or B:

Session A: 5:30pm - 9:30pm: Intro: Fluid Floor: Aqua Mat

OR

Session B: 6:00pm - 9:00pm: Aqua Strength

Early bird price is \$75 plus 5% GST valid up to Sept 29

Regular price is \$95 plus 5% GST valid between Sept 30 - Oct 4

Registration: Sat Oct 5, Session C (ONLY)

Session C: 7:45am - 12:15pm: CALA Aqua in Four Dimensions

Early bird price is \$75 plus 5% GST valid up to Sept 29

Regular price is \$95 plus 5% GST valid between Sept 30 - Oct 4

Registration: Sat Oct 5

Choose Session D or E:

Session D: 1:00pm - 6:00pm: Advanced Techniques: Aqua Mat

OR

Session E: 1:00pm - 6:00pm: Keep It Slow

Early bird price is \$75 plus 5% GST valid up to Sept 29

Regular price is \$95 plus 5% GST valid between Sept 30 - Oct 4

Registration: Sun Oct 6, Session F (ONLY)

Session F: 8:00am - 12:30pm: Aqua HIIT

Early bird price is \$75 plus 5% GST valid up to Sept 29

Regular price is \$95 plus 5% GST valid between Sept 30 - Oct 4

Registration: Sun Oct 6, Session G (ONLY): 7:30am - 4:30pm

Session G: Barre Above™ - Liquid Barre - Where Land Meets Water™

Early bird price is \$299 plus 5% GST valid up to Sept 29

Regular price is \$349 plus 5% GST valid between Sept 30 - Oct 4

Bonus: Attend Friday, Saturday & Sunday and deduct \$35 from your total fees below.

Total: ___ + 5% tax (without bonus)

Total: ___ (minus \$35) + 5% tax (with bonus for attending all three days)

PAYMENT

Submit completed form to cala_aqua@mac.com

Visa Mastercard

E-transfer (Use password ELEVATE)

Card Number _____

Expiry Date _____

Signature _____

