

CALA HEALING WATERS - AQUATIC POST REHABILITATION PROGRAM

Launch: September 10 - 12, 2004

The Program

The CALA Healing Waters Program is designed to provide high quality, research based training and certification in aquatic post rehabilitation and water exercise for specialized populations. The launch of this program marks the beginning of an ongoing series of specialized courses focusing on aquatic post rehabilitation. The selected courses for this Canadian launch from September 10 - 12, 2004 include the following:

1. CALA Aquatic Post Rehabilitation Prep Course (compulsory - 8 hours)
2. CALA Aqua Arthritis, Joint Replacement and Selected Joint Disorders Specialty Course (12 hours)

The Future

Moving forward, in 2005, the 'Prep' Course will be offered on an ongoing basis to create a standardized approach to the design and delivery of aquatic post rehabilitation programs within facilities. Also, selected specialty courses addressing topics from the following list will be scheduled according to the needs expressed by the CALA membership.

- Cancer
- Post Burn
- Post Cardiac
- Osteoporosis
- Sports Injuries
- Multiple Sclerosis
- Back Care and Whiplash
- Post Stroke and Brain Injuries
- Degenerative Neuromuscular Conditions (M.D., Parkinson's...)

The Pre-requisites

1. Completion of the CALA Foundation Course formerly called The CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course.
2. Successful completion of the theory component of the CALA Foundation course or CALA certified status in Aquafitness Leadership.
3. Current membership

Note: Visit www.calainc.org for a complete listing of when and where the CALA Foundation course is on offer. To receive priority registration for this pre-requisite course, email cala@interlog.com, include Foundation Course Request/Healing Waters in the subject line of the email.

Knowledge in applied anatomy, the physiology of immersion and a strong CALA movement base will enhance the learning experience. Healing Waters Program registrants are encouraged to review these materials to prepare for the Sept. 10 - 12 launch.

The Certification

CALA Certified Professionals are in high demand. Our training programs go beyond the basics in creating specialists who 'know their stuff'. CALA provides the Gold Standard in Certification in Canada and Internationally. Upon completion of the CALA Aquatic Post Rehabilitation Prep Course, you have the option of pursuing certification in the areas of specialty that are of interest to you.

To earn CALA Certification in each of the Aquatic Post Rehabilitation Specialties a theory and practical examination must be completed successfully.

Theory component: open book exam including some or all of the following: multiple choice, short paragraph answers, charts, true & false

Practical component: application of the information through case studies and demonstration

Host Affiliate Opportunity

Interested in hosting a CALA Healing Waters Program at your facility?

CALA is committed to creating and maintaining partnerships with organizations that believe in high quality, comprehensive training and certification. If you are interested in providing educational events at your facility, consider becoming a training centre for CALA .

To learn more about the advantages of becoming a CALA Host Affiliate, email cala@interlog.com or call 1-888-751-9823.



CALA HEALING WATERS: Aquatic Post Rehabilitation Program



West End Community Centre - Guelph, Ontario
September 10 - 12, 2004

Register early, space is limited to 50 participants.



CALA

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

www.calainc.org

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AQUATIC POST REHABILITATION PREP COURSE

The diagnosis of chronic diseases such as Diabetes, Arthritis, Multiple Sclerosis, Parkinson's and Cancer used to be followed by advice to 'take it easy' and rest. Research confirms that exercise can strengthen the immune system and promote healing. Certain conditions and special populations respond best to activity in an aquatic environment. In the classroom and the pool, this comprehensive prep course sets the stage for future learning through exploration of the following:

- Introduction to Aquatic Post Rehabilitation
- Philosophical Approach – integration of mind, body and spirit
- Physiological effects of immersion from a post rehab perspective and the Healing Power of Movement in Water
- Benefits of aquatic physical activity, for certain special populations and the treatment of a number of chronic diseases
- Indications and Contraindications
- Phases of Rehabilitation (I, II, III, IV), Characteristic Symptoms, Corresponding Goals and Advantages of Water: Pain Cycle, Healing Cycle
- Team Approach to Healing, Building Your Business
- Risk Management Strategies, Screening, Insurance, Facility Considerations

Agenda - Fri. Sept. 10th 2004 from 8:30 – 16:30

8:30 – 10:45: Theory in Classroom

10:45 – 11:00: Break

11:00 – 12:00: Participation in a Therapy Pool Session

12:00 – 13:00: Observation of 'real' therapy class

13:00 – 14:00: Lunch provided – nutritional & plentiful

14:00 – 16:30: Theory in Classroom



AQUA ARTHRITIS, JOINT REPLACEMENT & SELECTED JOINT DISORDERS SPECIALTY COURSE

Water has the potential to soothe the discomfort associated with a variety of joint disorders. Discuss selected joint disorders including the common forms of arthritis with respect to movement indications and contraindications performed in a therapeutic pool setting. Determine how movement in 'warm' water can have a positive affect on range of motion, core stability, mild cardiovascular conditioning, flexibility, balance and muscular endurance capabilities. Experience and observe sample classes geared to individuals with common joint disorders. Discuss exercise design and delivery strategies to improve quality of life. Share ideas on how to market this specialty program, to build your business and to network with other professionals to create a team approach to healing.

Agenda - Sat. Sept. 11th 2004 from 8:30 – 16:30

8:30 – 10:45: Theory in Classroom

10:45 – 11:00: Break

11:00 – 13:00: Therapy Pool Session

13:00 – 14:00: Lunch provided

14:00 – 16:30: Theory in Classroom

16:30 - 20:00: Banquet & Keynote Address

Agenda - Sun. Sept. 12th 2004 from 8:30 – 13:00

8:30 – 11:45: Theory in Classroom

11:45 – 12:00: Break

12:00 – 13:00: Therapy Pool Session

13:00 – 14:00: Lunch provided – nutritional & plentiful

Certification - Sun. Sept 12th from 14:00 - 18:00

Theory and Practical Components of certification are offered in this time span. The theory is a one hour open book exam, for the 'Prep' Course and 1.5 hour open book exam for the 'Aqua Arthritis' Course. There is no practical assessment for the 'Prep' Course. The practical assessment for the 'Aqua Arthritis' Course will take approximately one hour to complete.

Note: Course participants have the option of completing the certification on site, in designated time frame or checking www.calainc.org for a list of Certification Dates. Available October 2004.

Continuing Education Credits

Visit www.calainc.org for a list of credits provided by other organizations. Available August 2004.

Mission Statement:

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



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REGISTRATION DETAILS AND LOGISTICS

REGISTRATION: Fri. Sept. 10 from 7:30 – 8:30. Pick up your program package including the course textbook and manuals at the West End Community Ctr.

HOW TO REGISTER:

PHONE: 1-888-751-9823 or 416-751-9823. For express registration, provide credit card details and send form by fax or mail.
FAX: 416-755-1832 - 24 hours a day. Fax registration form with credit card details.

MAIL: Mail registration form with payment (credit card -VISA or MC, cheque or money order) payable to CALA:

CALA HEALING WATERS PROGRAM 2004 Registration,
 125 Lilian Dr., Toronto, ON, Canada, M1R 3W6.

Payment must be included with each method of registration. Registrations without payment will be returned. If paying by cheque, use mail only, do not fax registration in advance.

REGISTRATION FEE INCLUDES:

Standard Fees:

Note: CALA is offering Special Prices at this Canadian Launch from Sept. 10 - 12, 2004

- Aquatic Exercise Therapy by Hanson & Bates:
- Compulsory Course Text Book\$60
- CALA Prep Course Manual\$25
- CALA Aqua Arthritis Course Manual\$45
- CALA Prep Course Training Fee.....\$125
- CALA Aqua Arthritis Specialty Course Training Fee\$175
- CALA Prep Course Certification Theory Exam Fee\$50
- CALA Aqua Arthritis Specialty Course Theory and Practical Certification Fees.....\$100

Bonus at the Canadian Launch

- Friday, Saturday and Sunday Lunches & Networking Plus Saturday Banquet and Keynote (\$55 value included in fees, compliments of CALA)

Note: prices listed above are subject to change for future events of a similar nature.

EARLY BIRD REGISTRATION:
 on or before Fri Aug 20, 2004.

REGULAR REGISTRATION RATE:
 between Fri Aug 20 and Sept 9, 2004

NSF OR RETURNED CHEQUES:
 NSF & returned cheques are subject to a \$42.80 admin fee.

CANCELLATION POLICY:
 No refunds or credits will be given for no shows or partial registrations.

FACILITY:
 West End Community Centre: 21 Imperial Rd., South, Guelph, On., N1K 1X3
 Free parking, fully accessible, day lockers & showers available, no childcare.

INFORMATION:
 Contact Liz Teskey 519-837-5657 ext. 225 or email lteskey@city.guelph.on.ca

HOTEL:
 Holiday Inn Guelph: 519-836-0231 @ \$129/night www.holiday-inn.com/guelphon (Quote CALA Healing Waters)

NOURISHMENT:
 Delicious, nutritional and plentiful meals are included in the registration fees (vegetarian and non-vegetarian choices available).

NETWORKING AND SATURDAY EVENING KEYNOTE:
 Enjoy valuable networking time and get inspired by Irene Van Eenoo while she shares her journey from a near fatal car accident to winning a gold medal at the 1992 Barcelona Paralympics.

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

REGISTRATION FORM

First Name: _____ Last Name: _____

CALA Healing Waters Program,
 Guelph, Ontario - Sept. 10- 12, 2004

Address: _____

This is my:
 ___ home address ___ club address

City: _____ Province/State: _____

___ Check here if this is a new last name.
 Previous name:

Country: _____ Postal Code: _____

___ Check here if you previously phoned in your registration.

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

Fax: () _____ email: _____

Registration Fees / Payment Options (write clearly):

Cheque: Money Order:

Credit Card: Visa Mastercard

_____ exp. _____

Auth. Signature: _____

Name on Card: _____

EARLY BIRD (on or before Aug 20):	\$498
Regular Rate (between Aug 20 & Sept 9):	\$548
CALA MEMBERSHIP RENEWAL: (add \$49)	
TOTAL (add 7% GST)	

