

# CALA Super Sunday Independent Learning Workshop Series: (Delivered through Facebook platform)

## Aqua Anatomy: Session Six: Hip Abductors Independent Learning – original ZOOM session recording

with Katherine, McKeown CALA Master Trainer

Earn 3 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.



**Description:** As evidenced in Session #1 Shoulder Girdle, #2 Shoulder Joint, #3 Transverse Abdominus, Pelvic Floor, Multifidus, # 4 Global Abdominals & #5 Erector Spinae & Quadratus Lumborum (all workshops are now available for independent learning via private Facebook Links), we know what the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #6 are the main muscles of the Hip Abductors. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition these muscles most effectively in an aquatic environment.

### Learning Objectives:

- 1) Become familiar with the muscles associated with the Hip Abductors: names, location and joint actions in their role as prime movers.
- 2) Learn specific CALA Base Movement sequences that activate the main muscles of the Hip Abductors.
- 3) Practice stretching to elongate the Hip Abductors muscles in both chest-deep and deep water.
- 4) Adapt exercises and stretches to accommodate participants with common conditions.

**COST:** CALA Member: \$75 + tax / Non-Member: \$95 + tax (ON tax is 13%)

Please print **in black ink** or type

Name	_____		
Address	_____	Join CALA Now <input type="checkbox"/>	\$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

CALA accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_

**No refund for withdrawal from workshop. Fees can be applied to future CALA events.**

**WAIVER AGREEMENT: Please check  that you agree to the following WAIVER.**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

**Email completed form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form**

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*