

canfitpro, OFC, YMCA-YWCA & CALA accredited
 YMCA of Owen Sound Grey Bruce, Owen Sound, ON
 Sunday, January 20, 2019. 9:00 a.m. – 12:00 p.m.



CALA Aqua in Motion Workshop: 9:00 a.m. – 12:00 p.m. (3 CECS)

Description: Walking is seemingly effortless, until mobility is compromised due to aging, illness or injury. This workshop investigates progressive movement sequences performed in chest deep warm water to gradually restore form and improve daily functioning. Come enrich your repertoire of water exercises and greet your next class with inspiring new movement combinations! Experience the healing properties of water, improving range of motion, core stability, postural alignment, muscular strength, dynamic and static balance. Movement sequences will be introduced moving across the pool, on the spot and at the wall.

Objectives

1. Understand and experience the mechanics of walking by carefully addressing the joint actions involved.
2. Learn specific movement sequences designed to improve range of motion, core strength, postural alignment, muscular endurance and balance.
3. Experience the impact of buoyancy, resistance and turbulence as it supports and challenges the body while moving and on the spot.

Agenda: 9:00 a.m. – 10:30 a.m. Therapy Pool
 10:30 a.m. – 10:45 a.m. Change for Classroom
 10:45 a.m. – 12:00 p.m. Active Theory

Host: YMCA of Owen Sound Grey Bruce, 700 10th Street East Owen Sound, ON, N4K 0C6, T: 519-376-0484 x 226; E: randi.sickel@osgb.ymca.ca

Presenter: Katherine McKeown

REGISTRATION FORM

Sun, Jan 20, 2019 ; CALA Member: \$80 + 13% tax; **Non-Member:** \$95 + 13% tax ADD \$25 + tax for registration after January 15th, 2019

Name: _____

Address: _____

City: _____ Tel. (h): _____

Province: _____

Postal: _____ Tel. (w): _____

Email: _____ Cell: _____

VISA MasterCard E-Transfer Amount Pd: \$ _____ (See above for correct fee option)

Card # _____ Expiry _____

Signature _____

REGISTER BY PH: 1-888-751-9823 OR SCAN & EMAIL REGISTRATION FORM: cala_aqua@mac.com

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____