canfitpro, OFC, YMCA-YWCA & CALA accredited

at Holland Bloorview Kid's Rehab Hospital, Toronto, ON

CALA Workshop Theme: Flow & Flexibility – Sat April 6, 2019

Aqua Flow (morning workshop from 8:30am – 12:30pm): 4 CECs

Performed in chest deep water, this five-part sequence, develops core strength, balance, proprioception and coordination through the holistic integration of mind, body and spirit. The Aqua Flow program easily adapts to a variety of pool temperatures by modifying intensity to suit individual needs. Celebrate the joining of effort and ease as you release with relaxation, move with intention and follow your flow.

Objectives

1) Deepen self-awareness by noticing subtle shifts used to maintain postural alignment and mental focus from heels to head throughout the sequence.
2) Consider incorporating single or multiple parts of this program to enhance existing aqua fitness routines.
3) Improve coordination by orchestrating upper and lower body movements in opposing directions.

Agenda

8:30 am -10:00 am – Active Theory
10:00 am -10:15 am – Change for Pool
10:15 am -11:45 am – Pool Application
11:45 am -12:00 pm – Change for Classroom
12:00 pm – 12:30 pm – Wrap Up - Q&A + Evaluations

Stretch and Stability (afternoon workshop from 1:00pm – 5:00pm): 4 CECs

Examine the musculoskeletal anatomy associated with stretch and stabilization of the body. Experience holistically inspired movement sequences designed to develop greater Range of Motion while maintaining strong postural alignment. Buoyancy significantly reduces joint compression allowing the body to move more freely while resistance and turbulence challenge stability. Explore a variety of dynamic movement patterns and static postures both in bottom contact and suspension, fostering flexibility and enhanced postural strength.

Objectives

1) Learn to accommodate people with movement restrictions by providing progressive options.
2) Explore the benefits and challenges of anchored and suspended stretches in contact and suspension.
3) Recognize how flexibility training enhances activities of daily living, promoting independence and longevity.

Agenda

1:00 pm -1:45 pm - Active theory
1:45 pm - 2:00 pm - Change for Pool
2:00 pm – 3:30 pm - Pool Application
3:30 pm – 5:00 pm - Q&A + Wrap Up - Evaluation

REGISTRATION FORM – NON-Members are welcome & will earn CALA CECs. Add $25 + tax

CALA Member Fee: ONE WORKSHOP: $95 + tax **TWO WORKSHOPS:** $170 + tax

Name: _____

Address: _____

City: _____ **Tel. (h):** _____

Province: _____

Postal: _____ **Tel. (w):** _____

Email: _____ **Cell:** _____

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

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Signature _____

REGISTER BY PHONE 1-888-751-9823 **OR SCAN AND EMAIL REGISTRATION FORM TO CALA** cala_aqua@mac.com