

# CALA Workshop on Sunday January 24, 2021

## Aqua Articulation: Promoting Joint Friendly Movement

Hosted on ZOOM  zoom



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

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)

### Description:

Clients attend aquafitness classes for a variety of reasons. As professional instructors, it is our responsibility to provide opportunities for each participant to experience a safe and effective movement experience. We will examine strategies to promote joint friendly movement of the hips, knees and spine using the pool wall as one of the tools to support the enhancement of range of motion while elevating movement confidence. Learn a variety of joint focussed movement sequences designed for chest deep water and adaptable to recreational and warm water pool temperatures. Use these sequences as you see fit – an entire class or integrated into your aquafitness class structure.

### Objectives:

- 1) Examine how the spine, hip and knee are structured to withstand the load of everyday activities.
- 2) Practice the joint actions possible at the spine, hip and knee.
- 3) Understand the importance of maintaining healthy joint movement for longevity, independence and strength.
- 4) Learn how to integrate the pool wall as a tool to self-monitor improvements in range of motion of three major joints.
- 5) Understand the benefits of Resistance, Buoyancy, Turbulence, Hydrostatic Pressure and Thermal Conductivity in promoting and sustaining joint health.

**WHERE:** ZOOM Platform – online. For more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – **Katherine McKeown**

**WHEN:** Sunday January 24, 2021 from 1pm – 4pm pm EST – Eastern Standard Time on ZOOM)

**COST:** Early Bird: on or before January 17, CALA Member: \$75 / Non-Member: \$95 (plus tax)

Regular Fees – Register after January 17, 2021 Add \$15 (plus tax).

### Please type or print

Name	_____		
Address	_____	Join Now: <input type="checkbox"/>	(\$59 plus tax)
City	_____	Tel. h	_____
Prov	_____	Cell	_____
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**PAYMENT:** CALA only accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) or direct deposit

Paid: \$\_\_\_\_\_ (see price information above)

**EXPRESS registration 416-751-9823 OR Complete, scan & email 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