

## Group Aqua Workshops

Featuring CALA Trainer: Katherine McKeown

January 2020



### **2020 Katherine McKeown's CALA Workshop List**

**NOTE: The Agenda listed for each workshop is a suggestion. The length of each workshop is 1.5 – 4 hours. With a shorter workshop, less information will be included.**

#### **CALA Aqua Flow**

**Description:** 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. This 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**

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

#### **Suggested Agenda – 4 hours**

Active Theory – 2 hrs

Pool Application - 1.5 hrs

Q&A - Wrap Up - .5 hrs

**Water Depth Required:** Chest Deep

**Water Temperature Required:** Therapy Pool 89 - 94° F / 31-34° C

**Equipment Needed:** None

#### **CALA Power Motivation - Fully Engaging Participants**

**Description:** What is it that draws participants back to classes time and time again? What specifically are the visible and invisible elements that harness the power of on deck delivery? Using CALA's Philosophy of Holism, this workshop unpacks key strategies that elevate instructor skills from competent to compelling, inspiring each participant to deepen their repertoire of knowledge, physical presence and intuition. Motivate yourself and your participants with the power of your passion for movement in water!

The fluid integration of Mind Thinking, Body Moving and Spirit Soaring is magnetic creating an atmosphere of mindful attention and a readiness to receive the gift of personal growth.

#### **Objectives**

- Identify what uniquely fuels you as a leader and honour our own signature style.
- Enrich your verbal cueing vocabulary by infusing it with words to ignite the spirit.
- Explore visual cueing techniques that educate and entertain simultaneously.
- Learn strategies to cultivate inclusiveness in every class you teach.
- Become familiar with motivational phrases that inspire reflection in your participants.
- Consider the impact of verbal and visual feedback creating an invigorating loop of positive energy.

**Suggested Agenda - 4 hours (NOTE: This workshop can also be presented entirely dry- all Active Theory)**

Active Theory - 2 hrs

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Pool Application - 1.5 hrs

Q&A - Wrap Up - .5 hrs

**Water Depth Required:** Chest Deep and Deep (Deep as enhancement but not necessary)

**Water Temperature Required:** 82 - 86° F

**Equipment Needed:** Noodles and Floatation Belts (Floatation Belts for Deep only)

### CALA Aqua in Motion (A.I.M.)

**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. Participants will 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. Come enrich your repertoire of warm water exercises and greet your next class with inspiring new movement combinations.

#### **Objectives**

- Learn specific movement sequences designed to improve range of motion, core strength, postural alignment, muscular endurance, static and dynamic balance
- Experience the impact of buoyancy, resistance and turbulence as each supports and challenges the body while travelling and moving on the spot.
- Analyze joint actions involved in the gait cycle.
- Identify the key differences between waking on land and walking in the water

#### **Suggested Agenda - 4 hours**

Active Theory - 2 hrs

Pool Application - 2 hrs (NOTE: These blocks can be easily reversed depending on pool availability)

**Water Depth Required:** Chest Deep

**Water Temperature Required:** Therapy Pool 89 - 94° F / 31-34° C

**Equipment Needed** - None

### CALA Movement Matters

**Description:** Aqua Fitness is hugely popular with older adults who regularly attend community classes for physical and social benefits. This workshop focuses exclusively on holistic sequences reflecting key movement patterns of everyday life. Performed in chest deep water, participants will learn to execute movements intentionally and adapt workload to match their personal fitness capabilities using their own bodies as pure resistance training tools. Movement Matters mentally, physically and emotionally when the mind thinks, the body moves and the spirit soars. Educated participants are empowered participants whose devotion to motion is invaluable.

#### **Objectives**

- Understand and experience the importance of maintaining strong anatomical alignment and core engagement.
- Improve range of motion and balance while moving and holding still.

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- Investigate techniques to alter workload when performing exercises to strengthen the shoulders, back, hips, knees and ankles.
- Practice movement sequences that incorporate functional movement patterns of everyday life.

### **Suggested Agenda - 4 hours**

Active Theory - 2 hrs

Pool Application - 2 hrs (NOTE: These blocks can be easily reversed depending on pool availability)

**Water Depth Required:** Chest Deep

**Water Temperature Required:** 82 - 86° F

**Equipment Needed – None**

## CALA Off the Wall - Wake Your Workout

**Description:** This workshop celebrates the pool wall as a valuable aquatic training tool beyond its purpose of enclosing a body of water. This immovable piece of equipment allows each participant to manipulate their bodies in multiple ways to develop greater balance, core stability and muscular endurance, as they encounter the challenges of turbulence, resistance and buoyancy. The wall both stabilizes and destabilizes a moving body depending on the movement being performed and at what depth. It never needs to be stored, set up, assembled, or put back. It is always there ready for use. Where there's a wall, there is always a way!

### **Objectives**

- Learn how to create and maintain your own personalized pocket of turbulence while moving at the wall.
- Explore positioning your body a variety of ways as you move fluidly through a prescribed movement sequence.
- Gain a deeper awareness of 3 dimensional core activation as you learn to regulate the intensity of the turbulence you are generating.
- Consider how to incorporate portions of this workout within your existing aqua Fitness Classes.

### **Suggested Agenda - 4 hours**

Active Theory - 2 hrs

Pool Application - 2 hrs (NOTE: These blocks can be easily reversed depending on pool availability)

**Water Depth Required:** Chest Deep

**Water Temperature Required:** 82 - 86° F

**Equipment Needed – None**

## CALA Thank the Plank!

**Description:** This workshop explores performing planks a variety of ways to add variety to your Aqua Fitness Program. Participants will experience the subtle shifts in kinesthetic awareness as they progress from more stability to less both at the wall and away from the wall, with and without equipment.

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### **Objectives**

- Investigate a variety of front, side and reverse planks at the wall with and without equipment.
- Perform a variety of front, side and reverse planks away from the wall with and without equipment.
- Celebrate a strong and stable core as a vital component of active daily living.
- Experience a variety of options to accommodate and empower all participants in your Aqua Fitness classes.
- Consider how to incorporate portions of this workout within your existing aqua Fitness Classes.

### **Suggested Agenda - 4 hours**

Active Theory - 2 hrs

Pool Application - 2 hrs

**Water Depth Required:** Chest Deep

**Water Temperature Required:** 85 - 89° F (higher range of recreational pool temp)

**Equipment Needed** - Noodles and Flutter Boards

**NOTE:** *Depending on the needs of your Aqua Fitness team, The following CALA Oh Buoy! Workshop Series can be implemented as a half day 4 hr workshop (either workshop) or as a full 8 hr day with a morning and an afternoon session.*

### **CALA Oh Buoy!** (An Exploration of Buoyancy Options)

**Description:** Designed for chest deep and deep water, this workshop explores the tremendous versatility buoyancy options have on performing any single CALA Base Movement a variety of ways. Empower your participants with the challenge of change by experiencing familiar exercises differently. Enhance your class choreography by manipulating the uplifting force of buoyancy through bouncing, anchoring and propelling both in contact and suspension. Oh Buoy! The possibilities are limitless!

#### **Objectives:**

- Experience six buoyancy options performed contact and in suspension by practicing selected CBMs.
- Notice how the cardiorespiratory and musculoskeletal systems are impacted by buoyancy.
- Identify the components of fitness that can be improved by altering the buoyancy option.
- Use buoyancy options to accommodate a variety of participant needs.

#### **Suggested Agenda – 4 hours**

Active Theory - 1.5 hrs

Pool Application -2 hrs

Q&A Wrap Up - .5 hrs

**Water Depth Required:** Chest Deep and Deep (order is flexible- can begin with either one)

**Water Temperature Required:** 82 - 86° F

**Equipment Needed** – Floatation Belts for Deep Water

### **CALA Oh Buoy What a Workout!** (Creating a Masterpiece)

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**Description:** Using the Chest Deep and Deep Water workouts provided, invite your participants to challenge themselves through the highly effective use of Buoyancy Options. Sharpen your non-verbal and verbal cueing skills as you transition safely between Light bounce, Anchored and Propulsive work both in contact and suspension. Notice how the musculoskeletal and physiological systems are impacted as you work with and against buoyancy, moving mindfully as you internalize these pre-choreographed workouts. Embrace this very valuable technique to challenge your participants and diversify your skill set.

### **Objectives**

- Practice cuing buoyancy options using clear concise verbal cues.
- Practice cuing buoyancy options using effective visual cues.
- Learn to adjust your movement execution safely on deck to reflect the buoyancy option being presented.
- Use the choreography provided to inspire your own movement sequences.

### **Suggested Agenda - 4 hrs**

Active Theory - 1.5 hrs

Pool Application - 2 hrs

Q&A Wrap Up - .5 hrs

**Water Depth Required:** Chest Deep and Deep (order is flexible- can begin with either one)

**Water Temperature Required:** 82 - 86° F

**Equipment Needed** - Floatation Belts for Deep Water

## CALA Integrating Aqua Yoga Poses and Stretches into Your Aqua Fitness Classes

**Description:** This workshop explores the integration of Aqua Infused Yoga postures within an aqua fitness class to enhance full range of motion, deepen body awareness, increase core stability, improve posture and strengthen balance both in deep and chest deep water.

### **Objectives:**

- Deepen body awareness by listening to your inward sensations to increase mindful movement.
- Create greater openness in areas that are tight due to habitual movement patterns.
- Explore the maintenance of power posture in a variety of body orientations which include vertical, kneeling, seated and semi-prone.
- Practice Aqua Infused Yoga movements to develop greater dynamic and static balance.

### **Suggested Agenda - 4 hrs**

Active Theory - 2 hrs

Pool Application - 2 hrs

**Water Depth Required:** Deep followed by Chest Deep (preferably but can switch the order)

**Water Temperature Required:** 85- 89° F (higher range of recreation pool temp)

**Equipment Needed** - Floatation Belts and Noodles

## CALA Ageless Aqua

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**Description:** Movement in water truly is the fountain of youth. Water supports and challenges the body to achieve full range of motion while enhancing stability and strengthening the musculoskeletal system. Water facilitates the design of progressive cardiovascular exercise with core activation to meet the unique needs of every participant. The combination of resistance and buoyancy provide the perfect balance of work and pleasure, conditioning and confidence. Freedom of movement in water allows successful integration of falls prevention strategies. The healing properties of water inhibit the pain cycle encouraging the body to move, the mind to discover and the spirit to soar.

The aquatic environment enables instantaneous manipulation of intensity and impact to welcome all participants. Guaranteed to lighten the load physically and psychologically, water exercise has the potential to dramatically improve function on land.

### **Objectives:**

- Learn how the properties of Buoyancy, Resistance, Turbulence, Hydrostatic Pressure and Thermal Conductivity impact the body providing outstanding physical and psychological benefits for people of all ages and health conditions
- Experience and practice a series of movement sequences in chest deep water designed to develop core strength
- Experience and practice a series of movement sequences in chest deep water designed to improve dynamic and static balance
- Experience and practice a series of movement sequences in chest deep water designed to enhance flexibility, cardiovascular conditioning, muscle strength, coordination and confidence
- Expand therapeutic recreational programming possibilities by exploring the benefits of water

### **Suggested Agenda - 4 hrs**

Active Theory - 2 hrs

Pool Application - 2 hrs (NOTE: These blocks can be easily reversed depending on pool availability)

**Water Depth Required:** Chest Deep

**Water Temperature Required:** 82- 87° F

**Equipment Needed** - None

## CALA Kids - The Future is Fit

**Description:** This highly innovative workshop is designed for anyone who works with, or has an interest in working with, children ages 6-12. Experience the creative fusion of athletic skills and storytelling we call Storyography™. Come jump, hop, kick, leap, twist, push, pull, sweep and reach Your way through rhyme filled stories guaranteed to inspire imagination, enhance concentration and build confidence. With fitness, fun and physical literacy as the focus, participants will experience the magic of CALA Storyography™ both on land and in the water.

### **Objectives**

- Actively participate in age- appropriate rhymes designed to warm-up the body in preparation for more vigorous work.
- Identify key similarities and differences between facilitating this program on land and in the water.
- Learn rhymes designed to elevate heart rate and challenge coordination.
- Celebrate the fluidity of slower movement designed to settle the mind and relax the body.

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- Embrace the possibilities of how this unique movement program can be adapted to suit a wide variety of programming needs.

### **Suggested Agenda - 4 hrs**

Active theory - 1.5 hrs

Pool Application - 1.5 hrs

Q&A Wrap Up - .5 hrs

**Water Depth Required:** Waist - Chest Deep

**Water Temperature Required:** 84- 88° F

**Equipment Needed** - Noodles

**NOTE:** A full day 8 hr CALA Kids clinic is presently in development.