

Group Aqua Workshops

Featuring CALA Trainer: Kristin Murphy

January 2020



Description	Depth
<p>Aqua HIIT <u>Description</u> Aqua High Intensity Interval Training (HIIT) is a class like no other! Experience repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. Push your participants out of their cardio-strength ‘comfort zone’ to achieve enhanced fitness. Take home blocks of HIIT training to use in your next class.</p> <p><u>Objectives</u></p> <ul style="list-style-type: none">• Learn the history & current science of HIIT.• Use the CALA compendium to create HIIT blocks.• Identify measures of exertion to evaluate effort during each interval.• Experience a HIIT format class & explore new ideas.• Finish with Instructor Tips to ensure the class is a “HIT” when you launch it.	Chest Deep or Deep water
<p>Aqua Strength <u>Description</u> Combine the intensity of water with repetitions from the weight room followed by an anaerobic interval and you have a fabulous format to make the water boil - Muscle Power in chest deep water! The structured intervals of this workshop will ‘shake-up’ the S.A.I.D. Principle (Specific Adaptation to Imposed Demands). The muscle conditioning intervals will apply surface area, range of motion, buoyancy variations, tempo changes and accentuation of effort to fatigue muscle groups. All of this is followed by a high intensity cardiovascular interval to tax anaerobic capacity and maximize training effect.</p> <p><u>Objectives</u></p> <ul style="list-style-type: none">• TO INTRODUCE A SPECIFIC INTERVAL FORMAT THAT INSTRUCTORS CAN INTEGRATE IMMEDIATELY.• TO REINFORCE THE EFFECTIVE USE OF SURFACE AREA, RANGE OF MOTION, BUOYANCY, TEMPO VARIATIONS & ACCENTUATION OF EFFORT TO CONDITION THE SKELETAL AND CARDIAC MUSCLES.• TO REVIEW THE PRINCIPALS OF ANAEROBIC TRAINING.• TO EXPERIENCE ANAEROBIC TRAINING INTERVALS & LEARN HOW TO EFFECTIVELY INTEGRATE THEM INTO A CLASS.• TO IDENTIFY MEASURES OF EXERTION USED TO EVALUATE¹ EFFORT WITHIN EACH INTERVAL.	Chest Deep or Deep water
Keep it slow	Chest Deep

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<p><u>Description</u> Explore the possibilities of working at a slower tempo while still getting the cardio and muscle benefits. Using a wide range of movements from the CALA compendium, we will work at ¼ tempo, ½ tempo and tempo to show you how you can get your participants moving! Get ready to bring your ideas and put them into practice for all levels and ages.</p> <p><u>Objectives</u></p> <ul style="list-style-type: none">• Use the CALA compendium to discover the benefits of working at slower tempos, while adjusting surface area to maximize exercise intensity.• Leave this session with complete choreography blocks in chest deep & deep water for all ages & abilities.	
<p>Kids Fit</p> <p><u>Description</u> Kids fitness is on the rise. Jump on board and create a new program for your facility or neighborhood. Kids as young as 6 years old will benefit by getting active and water is an ideal place for kids to move. Learn how to develop, plan and execute a kid's aqua fitness class. Add your creative, 'outside of the box' ideas to this workshop and be prepared to have lots of FUN!</p> <p><u>Objectives</u></p> <ul style="list-style-type: none">• Learn about guidelines and suggestions for getting kids more active• Create classes using movements that are natural to kids• Take home great ideas for programming (not just for kids)• Discuss tips on how to promote it within your facility	Best in Chest Deep
<p>Aqua Barre</p> <p><u>Description</u> Bring the barre format to the pool. Use buoyancy or a noodle for stability and learn movements inspired from ballet, yoga and pilates to strengthen the arms, legs and core. Work in all planes to experience a variety of positions for a full-body cardio and strength workout. Explore long lever movements to lengthen and improve your range of motion. Leave with innovative programming to use as part of your next class.</p> <p><u>Objectives:</u></p> <ul style="list-style-type: none">• Review barre technique and how to apply it to the water• Explore the properties of water and how they will help participants while they are learning barre movements• Learn a variety of barre, yoga and Pilates movements adapted for the water	Best in Chest Deep
<p>Aqua Choreography</p> <p><u>Description:</u> Add structure to your class, flow with the music and learn how to find your way</p>	Chest deep or Deep

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<p>into music and wrap it up with rhythm. Review the various ways to choreograph your class and add in your favorite music and you will leave with a recipe for success! You are sure to stimulate the mind, activate the body and move the spirit.</p> <p><u>Objectives:</u></p> <ul style="list-style-type: none">• Review and learn the various styles of choreography and how to pair that with your favorite music• Learn which moves and modifications will fit best into each style of choreography• Review cueing techniques	
<p>Grounded & Rebounded</p> <p><u>Description</u></p> <p>Grounded moves are often underrated in water exercise, and yet they require amazing body control, balance, and strength. By building progressive combinations from grounded to rebounded moves we can provide new challenges and accommodate more abilities in our classes. Integrating the pause principle and constantly shifting the requirement for body control and core strength, this workshop will give you many new ideas to take home.</p> <p><u>Goals</u></p> <ul style="list-style-type: none">• Review Properties of water• Review movements and options• Put together movement sequences using Grounded & Rebounded• Walk away with 'theme' movement blocks with options for Grounded & Rebounded	Best in Chest deep
<p>Aqua Equipment Energizer</p> <p><u>Description</u></p> <p>Find new and creative ways of using your favorite equipment. Integrate strength endurance with cardiovascular combinations and challenge your participants' coordination and agility with twist and turns, flips and jumps. Balance upper and lower limbs with both suspended and contact choreography in this fun and dynamic active session.</p> <p><u>Objectives</u></p> <ul style="list-style-type: none">• Incorporate equipment into your class• Proper alignment and use of equipment• Increase balance, agility and coordination with new and exciting combinations• Review the magical properties of water• Get wet and have a good laugh with your participants	Chest deep or deep