

CALA HydroRider Training (HR) Course Details

- Pre-requisite: CALA Vertical Water Training and Certification

Description

Experience the outstanding benefits of aquatic exercise training by cycling in water on a stainless steel bike. This high quality bike is easy to manoeuvre into and out of the water and adds a brand new dimension to cross training and programming in the pool. Designed for athletes, recreational cyclists, aquatic rehabilitation clients and people new to fitness, this activity has the potential to inspire and meet the needs of a wide array of participants. Offering interval training rides will elevate interest and motivation, add variety to existing programming and provide a safe environment in which to cycle.

Whether or not your facility has these bikes, come and have some fun pumping the pedals and satisfying your curiosity.

Objectives

- Familiarization and Orientation to cycling positions
- Training Session Construction
- Safety including Alignment and Core Activation
- Communication and Motivation Techniques (verbal/visual)
- Cadence and Intensity Manipulations
- Post Rehab Considerations
- Select your target audience and custom design a 20 minute HydroRider Class

Pre-requisite Course: Foundations of Vertical Water Training – The Charlene Kopansky Method

It is highly recommended that course participants complete both Vertical Water Training and Group Aqua Fitness of the Foundation Course: Combined Basic Fitness Theory and Aquafitness Leadership Training and Certification Course.

If you elect to take Vertical Water Training only, you must be a highly experienced and/or certified fitness leader with an excellent working knowledge of applied anatomy, applied physiology, components of fitness, principles of training, use of music as well as exercise and class design. You can also elect to bypass the VWT Course. Email or call CALA for details.

Who attends the HR

Fitness leaders and fitness participants, kinesiologist, teacher, lifeguard/swim instructor, rehabilitation specialist, health care provider (physiotherapist, occupational therapist, PTA, OTA,

chiropractor, nurse) group fitness instructor, Personal trainer, water-lover; enjoys working with people, job seeker; part time job or career change, retiree who has the time and commitment to get fit and possibly lead others

What to Expect

- A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions.
- Expect to be transformed as a leader... and inspired to spread the joy of movement in water!

Key Benefits of HydroRiding

- The buoyancy of the water makes aqua cycling joint friendly and provides unique core stabilization opportunities while riding.
- Workload intensity is completely effort dependent and is determined by the fitness capabilities of every rider. The faster you cycle the more resistance you encounter, therefore, a different sensation of work is experienced in water compared to a weighted fly wheel in indoor cycling.
- The addition of arm work in the water increases workout intensity and variety of movements which challenges coordination and maintains mental focus while cycling.
- Turbulence challenges posture and balance providing outstanding core training.
- The hydrostatic pressure experienced in water assists venous return to the heart and helps reduce any swelling of injured joints.
- The thermal conductivity of water wicks heat away from the body providing a refreshing yet vigorous cycling experience.
- Clients (with the assistance of the instructor, if necessary) work in pairs for the safe entry and exit of all bikes which are then stored on deck along a pool wall.
- A typical HydroRider session begins with longer aerobic intervals for adequate physical and mental warm up, then proceeds to shorter more intense intervals to maximize performance during anaerobic intervals.
- With consistent HydroRiding, the body will adapt to training demands and performance will increase over time. Adaptations are usually noticeable within eight sessions.
- People looking for an easy ride to get back into fitness, will find HydroRiding to be a wonderful entry level activity.

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Summary: Key Benefits of HydroRiding

- Outstanding core stabilization opportunity due to buoyancy and turbulence
- Cycling speed determines intensity and is impacted exponentially by resistance
- Reduced injury due to hydrostatic pressure, buoyancy and turbulence
- Overheating eliminated by thermal conductivity of the water
- Water offers differentiation for all fitness levels allowing for a multi levelled class
- An excellent method of cross training.

Certification Process

Certification usually occurs several weeks after the course although course participants have the option of completing certification immediately following the course. Certification must be completed within one year of taking the course. Certification includes three components:

- Complete the open book theory exam
- Submit a 20 minute class plan
- Demo a 20 minute mini-class

Re-write or Re-assessment or Re-submission

Full fee must be paid for Practical re-assessment or Theory exam re-write.

Deadline For Completion Of Certification

One year from the course date to complete the theoretical and practical aspects of certification.

Continuing Education Credits (CECs)

- If you repeat the HR course (as a refresher), you earn 12 CALA CECs.
- If you have complete more than one CALA Specialty Course, you will earn 12 CALA CECs.
- You can also earn CECs with other fitness organizations by completing the CALA course

Re-Certification

Attending CALA Specialty Courses, workshops and conferences will entitle you to earn Continuing Education Credits (CECs). One hour of education (theory and/or practical) earns one CALA CEC. For example: Attend a three hour Aqua Choreography workshop, earn three CALA CECs. Also earn credits with other fitness organizations.

To maintain certification status as a CALA certified leader you must meet the following criteria:

- Current CALA member, in good standing
- Gather a minimum of eight CALA CEC's before re-certification date

Maintaining Certification Status: It's Easy!

At CALA, we make it easy to maintain certification status as a certified leader. Leaders can "bank" or accumulate CALA CECs before attending the HR CALA Specialty Course, or completing certification. If more than eight CECs are collected, CALA will bank the extra credits to be used in future recertification periods.

Special: If you complete more than one CALA Specialty Training and Certification Course:

- You will earn 12 CECs for each additional specialty course that you complete.
- You only need 8 CECs per year, to recertify, no matter how many CALA specialty certifications you hold.
- For example, if you are certified in Group Aqua Fitness, Healing Waters, Aqua Yoga, Aqua Kick Box, Water Running... you still only need 8 CECs in total to recertify.

Petitioning for Credits

Note: In the event that the necessary number of credits are not collected before the certification expiry date, the candidate can petition for credits. This means, CALA will review documentation submitted by the candidate that proves attendance at educational events that enhance fitness knowledge and leadership skills. Petition fee is applicable.

What To Bring – How to prepare

- Pre-read the HR manual before the course. You do not need to understand what you read. You just need to be familiar with the content.
- Try to attend at least 5 HydroRider sessions with a CALA Certified Leader. Contact CALA for a list of instructors.
- Proper Aquafitness shoes - "RYKA" - available through CALA or quality running shoes
- Shorts and couple of swimsuits, towels, water bottle, comfortable clothing suitable for dry land movement, writing materials, lock, food for break times. Details about any medical information that may be required in case of a medical emergency

Manual Resource

- The HR Manual used in this course is available for purchase without attending the course. If you purchase the manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee.
- Other CALA Manuals are also available for purchase.

More Questions – email or call us

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