

Aqua Anatomy: Session Three of Six Core Muscles: Transverse Abdominus, Pelvic Floor Muscles & Multifidus Independent Learning



with Katherine, McKeown CALA Master Trainer

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

Description: As was evidenced in Session 1 & 2 focussing on the Shoulder Girdle & Shoulder Joint (both workshops are now available for independent learning), we know that the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #3 are the main muscles of the Inner Core. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition muscles most effectively in an aquatic environment.

Learning Objectives:

- 1) Become familiar with the muscles associated with the Core: names, location and joint actions in their role as prime movers and/or stabilizers.
- 2) Select specific CALA Base Moves that activate the main muscles of the Core region.
- 3) Practice stretching to elongate the Core muscles in both chest-deep and deep water.
- 4) Adapt exercises and stretches to accommodate participants with common conditions.

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax

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WAIVER AGREEMENT: Please check that you agree to the following **WAIVER**.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding