

CALA Super Sunday Anatomy Series - Independent Learning

Aqua Anatomy: Session 8: Gluteus Maximus & Hamstrings

Independent Learning (recording of virtual workshop - platform: private Facebook group)

with Katherine, McKeown CALA Master Trainer



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

Description: We know what the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #8 are the main muscles of the Gluteus Maximus & Hamstrings. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition these muscles most effectively in an aquatic environment.

Learning Objectives:

- 1) Become familiar with the muscles associated with the Posterior Hip and Posterior Thigh: names, location and joint actions in their role as prime movers.
- 2) Learn specific CALA Base Movement sequences that activate the main muscles of the Posterior Hip and Posterior Thigh.
- 3) Practice stretching to elongate the Hamstrings and Gluteus Maximus muscles in both chest-deep and deep water.
- 4) Adapt exercises and stretches to accommodate participants with common conditions.

Independent Learning Opportunities: *The following three-hour Aqua Anatomy workshops are now available for registration: Shoulder Girdle; Shoulder Joint; Transverse Abdominus, Pelvic Floor & Multifidus; The Four Global Abdominals; Erector Spinae & Quadratus Lumborum; Hip Abductors; and Hip Adductors.*

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax (ON tax is 13%)

Please print **in black ink** or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
City	Tel. h	_____	
Prov	Cell	_____	
Postal	Tel. w	_____	
Email 1	Email 2	_____	

CALA accepts E-transfer to cala_aqua@mac.com Amount Paid: \$ _____

No refund for withdrawal from workshop. Fees can be applied to future CALA events.

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.

Email form to cala_aqua@mac.com

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

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