

CALA Workshop Independent Study

Aqua Articulation: Promoting Joint Friendly Movement



Facebook Recording [facebook](#) - Independent Study through a Private Facebook Group page

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

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC petition application](#)

Description:

Clients attend aquafitness classes for a variety of reasons. As professional instructors, it is our responsibility to provide opportunities for each participant to experience a safe and effective movement experience. We will examine strategies to promote joint friendly movement of the hips, knees and spine using the pool wall as one of the tools to support the enhancement of range of motion while elevating movement confidence. Learn a variety of joint focussed movement sequences designed for chest deep water and adaptable to recreational and warm water pool temperatures. Use these sequences as you see fit – an entire class or integrated into your aquafitness class structure.

Objectives:

- 1) Examine how the spine, hip and knee are structured to withstand the load of everyday activities.
- 2) Practice the joint actions possible at the spine, hip and knee.
- 3) Understand the importance of maintaining healthy joint movement for longevity, independence and strength.
- 4) Learn how to integrate the pool wall as a tool to self-monitor improvements in range of motion of three major joints.
- 5) Understand the benefits of Resistance, Buoyancy, Turbulence, Hydrostatic Pressure and Thermal Conductivity in promoting and sustaining joint health.

WHERE: Independent Study – online through Facebook [facebook](#).
More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure - You will receive a link to the [facebook](#) recordings after you register 3 month access

COST: CALA Member: \$75 / Non-Member: \$95 (plus tax)

Please print or type

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

PAYMENT: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for Aqua Articulation

Please check that you agree to the following WAIVER. (Required to register for this training)

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.

EXPRESS registration 416-751-9823 OR Complete, scan & email form to cala_aqua@mac.com

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