

CALA Workshop – Independent Study

Golden Gait : Water Walking Workshop

FACEBOOK RECORDING  - Independent Learning delivered through private Facebook 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 forms](#)

Description: The freedom to walk independently is a privilege and a gift. For many, the joy of walking is interrupted by illness, injury, surgery and/or a chronic condition. Examine how water walking in chest deep warm water will improve strength, flexibility, balance and coordination. These physical attributes are key ingredients for the maintenance of a long, strong and healthy life. Multi directional gait sequences will be modelled and practiced for easy integration into your Aqua Fitness classes.

Objectives

- 1) Practice the biomechanics of walking forwards, backwards, diagonally and sideways.
- 2) Understand the key characteristics of resistance and how to use one's own body to manipulate workload.
- 3) Explore the key characteristics of buoyancy and how to effectively stabilize and anchor the body while walking.
- 4) Become familiar with the key characteristics of turbulence and how to design safe and effective movement patterns.
- 5) Rehearse pre choreographed gait sequences designed to develop whole body strength, flexibility, balance and coordination.

WHERE: FACEBOOK Platform  (Private Facebook Group) – online.
More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – **Katherine McKeown**

WHEN: At your leisure – 3 month access

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

PAY: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT for **CALA Golden Gait: Water Walking Workshop**

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

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