

# Independent Study: CALA Super Sunday Workshop Series:

## Aqua Anatomy: Session One Muscles of the Shoulder Girdle



Recording of ZOOM session - Independent Study through a Private  Facebook Group page  
with Katherine McKeown, CALA Master Trainer

### Earn 3 CALA CECs

Also accredited by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.  
If you are AFLCA Certified, petition for credits through AFLCA.

**Description:** Human Anatomy is complex and deeply interconnected. The muscles featured for session one are the main muscles of the Shoulder Girdle. 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 Shoulder Girdle muscles names, locations and joint actions in their role as prime movers.
- 2) Select specific CALA Base Moves that activate the Shoulder Girdle muscles.
- 3) Practice stretching to elongate the Shoulder Girdle muscles in both chest-deep (contact) and deep water (suspension).
- 4) Adapt exercises and stretches to accommodate participants with common conditions.

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

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Address	_____		Join CALA Now <input type="checkbox"/> \$59 + tax
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**PAY:** E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) Amount Paid \$ \_\_\_\_\_

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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.

Email form to [cala\\_aqua@mac.com](mailto: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