

# CALA Workshop on Sunday July 11, 2021

## Golden Gait : Water Walking Workshop

Hosted on ZOOM  zoom

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:** ZOOM Platform – online. More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Presenter – **Katherine McKeown**

**WHEN:** Sunday, July 11, 2021 from 1:00pm – 4:00 pm DST (Keswick, Ontario based ZOOM)

**COST:** CALA Member: \$75 + tax / Non-Member: \$95 + tax Regular Fees – Register after July 4, Add \$15 + 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:** CALA accepts cheques payable to CALA Inc., 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**EXPRESS registration 416-751-9823 OR Complete, scan & 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