

Falls Prevention Warm Water

Sunday, Sept 24, 2022 2:30 – 7pm EST

Valley Park Community Centre, Hamilton, ON.

with Katherine McKeown, CALA Master Trainer



Earn 4 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES. Petition for credits through AFLCA.

Description: Designed with Falls Prevention in mind, this workshop seamlessly integrates CALA Base Moves, Aqua Inspired Yoga poses and Gait Training Strategies to condition the muscles of the core, hips, thighs and lower legs. Moving in warm water is ideal for exploring the multi directional activities of everyday life. Using the properties of Resistance, Buoyancy and Turbulence, participants will gain a deeper understanding of how movement in water restores muscular imbalances and increases movement confidence. A true celebration of Falls Prevention with intention

Learning Objectives:

- 1) Learn gait training and falls prevention strategies to improve active daily living.
- 2) Practice maintaining postural alignment while experiencing the challenges of turbulence, resistance and buoyancy at the wall and away from the wall.
- 3) Explore full range of motion with every movement.
- 4) Integrate muscular endurance, balance, coordination and flexibility training to improve postural stability.

COST: CALA Member: \$95 + tax / Non-Member: \$110 + tax (ON tax is 13%).
Add \$25 after September 10, 2023

PAYMENT: CALA accepts EFT and e-transfer to cala_aqua@mac.com Amount Paid: \$ _____

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

City of Hamilton Staff register through City of Hamilton

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	_____

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 completed 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