

1620 – Ai Chi

Beginner / Pool Only

Sanibel, FL / Friday, June 26, 2020 – 7:00-8:00 am – 1.0 credit hour

(Pool: 7:00-8:00 am)

Faculty: Jun Konno, ATRIC

COURSE DESCRIPTION:

Ai Chi, the popular aquatic technique, is ideal for improving range of motion and mobility. It creates relaxation in a flowing, yet powerful, progression. Ai Chi, created in Japan, is performed standing in shoulder depth water using deep breathing and slow, broad movements.

COURSE OBJECTIVES:

- Follow the simple Ai Chi progression
- Explore the concepts of moving with nature, benefits, and general information
- Experience the trunk stability movements with guidelines on proper pelvic mechanics
- Follow a sample workout progression for an average, apparently healthy adult, which can be modified for special situations

FACULTY: Jun Konno, ATRIC, is a highly successful entrepreneur in the aquatic industry, a decorated swimming coach, author and international speaker on aquatics. He is an advisor to AEA and one of AEA's International Training Specialists. Jun is the founder and president of the Aqua Dynamics Institute, a consulting firm for fitness clubs and swimming schools in Japan.