

## ***International Halliwick® Association***

*“Promoting the Halliwick concept of swimming & rehabilitation in the water”*



### **COURSE ANNOUNCEMENT**

New Halliwick advanced course:  
**HALLIWICK WATER ACTIVITIES AND GAMES FOR THE  
ELDERLY**

Country: Poland

Lecturer: prof. dr. Rajko Vute, senior Halliwick lecturer, IHA Rec.

Entry requirement: completed Halliwick foundation / basic course

Date: November, 16 – 19, 2018

Course duration: 25 hours (4 days)

Venue: AWF, Faculty of Physical Education, Akademicka 2  
21-500 Biala Podlaska, Poland

Space for participation: limited

Language: English with translation into Polish

Course fee: 1400 ZL

Course organiser: AWF, Faculty of Physical Education, Biala Podlaska

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## **COURSE DETAILS**

### **COURSE FEE INCLUDES:**

*Theoretical lectures (15 hours)*  
*Practical lectures (10 hours)*  
*Study material (translated into Polish language)*  
*Lunch, coffee & tea, snacks*  
*IHA certificate*  
*Insurance*

### **THEORY PROGRAMME INCLUDES**

Perception of the elderly  
Understanding the ageing process and benefits of water activities  
Motivating elderly population for swimming and water activities  
Therapeutic aspects of recreational water activities and games for the elderly  
Some of health related problems of the elderly: dementia, arthritis, etc.  
Aquatic general safety rules and elderly population  
Developing instruction skills for the elderly in the water  
Information on teaching the elderly non-swimmers how to swim  
Components of water exercise programme for the elderly  
Role of the games in water for the elderly  
Adaptations, simplifications, modification and supportive aids for water activities  
Suitable activities and games in the water for the elderly  
Lesson plan and evaluation procedure for working with the elderly in water

### **PRACTICAL PROGRAMME INCLUDES**

Aspects of moving in the water  
Fitness variations for elderly in the water  
Activating the breathing control in the water  
Balance supportive activities and games in the water  
Strength supportive activities and games in the water  
Cardiovascular and respiratory supportive activities and games in the water  
Care for good posture with water activities and games  
Activities and games suitable for non-swimmers and beginners  
Water volley alike games  
Underwater floor hockey game  
Spectrum of skills, activities and games in the water  
Senior Water Challenge concept