

***AQ for You: How we interact with water and how water interacts with us***

In AQ for You, we will explore the various benefits of aquatics activities. This is not just a skill session for swim instructors and lifeguards. It is an opportunity for everyone within recreation to understand how interacting with the water can be beneficial to one's overall health. From injury rehabilitation to mental and emotional benefits, we will explore the various ways to get yourself past the barriers to participation and begin recognizing how swimming and in-water activity could support various recreational endeavors.

- Lead Presenter: Wally Kasprzycki, Seattle University
- Room: Terrace