

HOW TO HOST A WORKSHOP

HOST AN INSTRUCTOR TRAINING EVENT

The benefits of hosting a program

- 1) Convenient for your instructors
- 2) Your members/staff get a WP member rate (discounted rate)
- 3) Facility may earn complimentary registrations (based on attendance)
- 4) Complimentary WaterART WP Membership for Workshop Host
- 5) WaterART takes care of all Registrations (phone, fax, mail, online)

ALL WE NEED TO GET STARTED

- 1) Some possible dates
- 2) Available Pool Times
- 3) Approximately how many of your instructors are interested at your facility
- 4) How many centers in your area so we may promote and bring some other instructors into the training to help meet our minimum numbers.
- 5) Facility Host to make sure the event goes smoothly.

SOME TOPICS YOU MAY CHOOSE FROM:

GROUP EXERCISE TOPICS

ANATOMY AND BIOMECHANICS
AQUATIC STRETCH
AWESOME ABDOMINAL TRAINING
CARDIO COMBOS
DEEP H2O TRAINING
DEEP H2O MUSCLES
DEEP WATER NOODLE
KEEPING WARM IN A COOL POOL
MUSICAL WAVES
MEN DO WATER FITNESS
MAKE THE MOST OF YOUR MOVES
NOODLES
NOODLES & MUSCLES
SHALLOW WATER TRAINING
STRENGTH TRAINING GETS WET
SAFE DECK WORK
SHAPE UP & WATER TRAIN
SHALLOW WATER NOODLES:
TARGET TRAINING MUSCLES
WATER WALKING

EQUIPMENT

ABDOMINAL TRAINING
BANDS, BALLS AND BELLS
BUOYANCY CUFFS ARE TUFF
CUFFS ARE TOUGH
DEEP CYCLING PROGRAM
EQUIPMENT OVERLOAD
FINNING – THE ULTIMATE BUTT BURNER
FIT BANDS WORKOUT
FOAM WEIGHTS WORKOUT
FOAM WEIGHTS WORKOUT
INTERVAL & CIRCUIT TRAINING
RESISTIVE PADDLE PROGRAM
SPEEDO SWYM GYM
SPORTS CONDITIONING
STEP SPLASH
WORKING WITH DUMBELLS
WATERART FIT BAND WORKOUT
WELCOME TO THE WATERGYM

SENIOR'S

ARTHRITIS PROGRAM
ARTHRITIS NOODLE WORKOUT
ASSESSMENTS
COMMON HIP CONDITIONS
COMMON BACK PROBLEMS
COMMON KNEE PROBLEMS
COMMON MEDICAL CONDITIONS
COMMON SHOULDER PROBLEMS
FUNCTIONAL FITNESS
FIBROMYALGIA
MANAGING A HEALTHY WEIGHT
MINDFUL TAI CHI
MOVEMENT DISORDERS
MULTIPLE SCLEROSIS
PARKINSON'S DISEASE
SENIORS "FUN"CTIONAL FITNESS
THE AGING PROCESS
WATER WALKING

SPECIALTY TRAINING

ADAPTIVE AQUATICS FITNESS
ASSESSMENTS
BALANCE AND ABDOMINAL
BELLY DANCING FUN
CORE TRAINING
INTRO TO REHABILITATION
PARENT AND TOT WORKOUT
FUTURE FITNESS TRENDS
KIDZ! – WATERGYM FUN !!!
MIND AND BODY AWARENESS
MIND & BODY PROGRAMS
PERSONAL TRAINING RUNNING
POSTURE ANALYSIS
PRE/POST NATAL FITNESS
SALSA FIT
SYNCHRO FIT
TAEKWONAQUA
THE AQUATIC WAY
WATER PILATES
YOGA
YO-TAI-PILATES

We are happy to mix and match to suit your training needs.

CEC Workshops include pool/classroom time, handouts, certificate of course completion.

WaterART Fitness ONSITE CERTIFICATION PROGRAMS

Each delegate for Certification receives a comprehensive manual, training (theory & practical), laminated pool program card(s), Certificate of Course completion, and certifications exams included in the fees. All Theory Certification exams are take home. Practical exams may be assessed onsite (separate to training) or delegates may choose to submit a home video/DVD of their programs. All exams are must be completed within 6 months (or sooner) without a penalty fee. All Certifications may be fast-tracked or shortened by adding DVD's for home study supplementation. Some courses may have DVD's included.

Core WaterART Certification Programs

- 1) WaterART Instructor Certification
- 2) WaterART Senior's & Specialized Populations Instructor Certification
- 3) WaterART Personal Training Specialist Certification
- 4) WaterART Weight Management Consultant Certification
- 5) WaterART Rehabilitation Specialist Certification

Specialty Certifications – 1 day programs

- 1) WaterART Arthritis Instructor Certification
- 2) WaterART Common Movement Disorders Instructor Certification
- 3) WaterART Kidz Instructor Certification
- 4) WaterART Pre-Natal Instructor Certification
- 5) WaterART Mind-Body Instructor Certification

Current WaterART Certified Instructors only have to complete the take home theory exam.

New WaterART Instructors will need to complete both Theory and Practical exams for specialty programs.

Land Instructor Certifications

- 1) Arthritis Land Instructor Certification
- 2) Common Movement Disorders Land Instructor Certification
- 3) Mindful Land Instructor Certification

Note: All candidates receive a Certification Diploma, and a Certification Profile online when they have successfully completed the certification process. All practical exams may be completed via an onsite evaluation OR submission of home video/DVD.

HOW TO CONTACT US:

Email: info@waterart.org

Website: www.waterart.org

Phone (Toll Free) 1-866-5-GET-WET (1-866-543-8938)

MAILING ADDRESS IN USA: PO Box 842, Lewiston, NY 14092

MAILING ADDRESS IN CANADA: 83 Galaxy Blvd., Unit 19, Toronto, Ontario M6W 5X6

