

# What is WaterART Fitness?

**WaterART** is an acronym for understanding that “The Application of Science is an ART”. Our certification programs take you through a system that helps you to understand the differences between

- 1) land fitness and WaterART Fitness,
- 2) swimming and WaterART Fitness,
- 3) traditional aquatic exercise and WaterART Fitness.

**WaterART** is the integration of exercise science with the properties of water in a user-friendly way. It is a proven formula for success, helping the professional effectively coach clients to achieve optimal results with individualized programs featuring exercise progressions. Each program focuses on “why” we do the exercise and “how” to make the exercise safe, effective and enjoyable, creating “Exercise with Purpose”.

We are rapidly developing our resources for the aquatic fitness professionals through research and ongoing education. It is a time of great opportunity and challenge. More participants are coming to the water and demanding specialized and individualized programming. Certification is becoming standardized around the world and ground floor opportunities are available for the water fitness professional.

## The **WaterART** Certifications:

- WaterART Instructor
- WaterART Senior's & Specialized Populations Instructor
- WaterART Personal Training Specialist
- WaterART Rehabilitation Specialist
- WaterART Weight Management Consultant
- WaterART Kidz Instructor
- WaterART Arthritis Instructor
- WaterART Common Movement Disorders Instructor
- WaterART PreNatal Instructor
- WaterART Mind-Body Instructor
- WaterART TaeKwonAQUA Instructor
- WaterART Master Trainer Intern
- WaterART Master Trainer
- WaterART Grand Master Trainer



## **LAND INSTRUCTOR** Certifications:

- Arthritis Land Instructor
- Common Movement Disorders Land Instructor
- Land Instructor
- Mind Body Instructor
- WaterART Master Trainer

**JOIN THE “MASTERS GOLD CERTIFICATION CLUB”** when you get 5 levels of certification – you get listed as a **Gold Master** on our Website.

In order to maintain your Certification, every 2 years an individual must complete 16 hours of continuing education credits (CEC) every two years either via **ONSITE TRAINING** or **HOME STUDY CORRESPONDENCE TRAINING**. Eight hours (correspondence or onsite) must be specific to WaterART Fitness.

**When you achieve another LEVEL OF CERTIFICATION, you will receive all completed levels of Certification without having to pay renewal fees. The date will be dated all the same OR at the completed date of newest certification.**

**Each candidate will be responsible** for collecting certificates of course completion or a letter from the trainer/instructor to verify hours of continuing education.

To Book a workshop/training, please contact us at

[info@waterart.org](mailto:info@waterart.org)

1 866 5 GET WET (438-938)