

Rewards of Teaching Water Exercise

About 18 years ago, my doctor sent me to a water fitness class. He thought it would be good for my arthritis, and he pointed out the fact that it was inexpensive and had no negative side effects. What he forgot to add is that it is **fun!**

I am a social exerciser – my wife and I have nice exercise equipment in our basement and a good TV to watch while we work out, but I like to work out with a group. Water exercise classes offer a way to work out with a congenial group, and the very nature of water exercise permits a great deal of individual variation within the same class. Class members do not need to be at the same level of fitness.



I hugely enjoyed my water exercise classes, and after 15 years as a participant I became certified as a teacher myself. The rewards of teaching are immense. I remember my first teacher, Denise, and one of my elderly classmates, Bob. When a teacher is successful, many of the students think of that teacher as a combination best friend and hero. I didn't know that Bob had a terminal illness. Like most of us, he loved Denise and I remember one day at class when he went up to her and kissed her on the forehead after class. We didn't see Bob for the next few

weeks, and then we heard that he had passed away. That kiss was his tribute to our great teacher.

My first career was in teaching, and this year marks the forty-second year that I have been active as a teacher. During those 42 years, I have worked with elementary, middle school, high school, and college students. At Michigan State University I worked with students ranging from freshmen through doctoral level graduate students. Now that I am teaching water exercise, I have worked with students from about age 10 to age 95. It has been a pleasure, and no form or level of teaching has given me any more pleasure than teaching my water exercise classes.

I will never forget Denise, my great teacher, and Bob, my appreciative classmate. When my students smile up at me from the pool or one of them says "You gave us a great workout today" after class, that reward is as great as anything money could buy.

Albert LeBlanc PhD is a Certified Instructor for Group Exercise & Seniors. He is currently completing the WaterART Personal Training Specialist Level. He works as a music professor at Michigan State University. Albert is featured in this photo.

Master Trainer Intern Program June 15th-18th, 2007 Toronto, ON

This intensive training session is geared towards fast tracking your career into leading practical and enjoyable educational sessions for other water fitness professionals or practitioners. During this session, you will review some agendas and systems to deliver motivational and educational sessions to become part of the WaterART Master Trainer Team.

This is part of our annual conference. Sessions include: Managing a Healthy Weight, How to Launch a Sports Conditioning Clinic, Aquatic Rehabilitation, Arthritis Certification, lots of CEC workshops.

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