

OUR DVD RESOURCE LIBRARY

NOTE: Everything is coded and DVD numbers are on the spine for easy reference. We offer laminated pool reference cards for most DVD's as well as All DVD's have quizzes for 2.0 hours of continuing education credits.

- DVD001 - The "ART" of Exercise Science (Ed)
DVD002 - Aquatic Fitness Muscles (WO)
DVD003 - Beginner Muscles with Noodles (WO)
DVD004 - Intermediate Muscles with Noodles (WO)
DVD005 - Advanced Muscles (WO)
DVD006 - Shallow H₂O Workout (WO)
DVD007 - Deep H₂O Workout (WO)
DVD008 - Advanced Deep H₂O Workout (WO)
DVD009 - Seniors "Fun"ctional Fitness (Ed)
DVD010 - CMD Shallow Water (Ed)
DVD011 - Arthritis ShallowH₂OExercise (Ed)
DVD012 - Arthritis Chair Exercise Workout (L)
DVD013 - Arthritis Light Low Impact & Sculpt (L)
DVD014 - Mindful Tai Chi Program(Ed)
DVD015 - Water Walking Program (Ed)
DVD016 - Yoga Program (WO)
DVD017 - Personal Training H₂O Assessments (Ed)
DVD018 - Foam Weights Shallow & Deep H₂O (WO)
DVD019 - Posture Analysis, Exercise Inventory (Ed)
DVD020 - Personal Trainer Equipment Analysis + Inventory (Ed)
DVD021 - FINNING –The Ultimate Butt Burner & Program for Swimmers (Ed)
DVD022 - Pre-Post Natal Instructor (Ed)
DVD023 - TAEKWONAQUA (Ed)
DVD024 - Kidz! Instructor (Ed)
DVD025 - Use Your Noodle
DVD026 - CMD Land Chair Exercise Program (L- WO)
DVD027 - CMD Posture & Balance Program (L- WO)
DVD028 - CMD Flexibility Program (L- WO)
DVD029 - What Is WaterART? (WP)
DVD030 - Sports Conditioning Workout (WO)
DVD031 - Beginner Workout (WO)
DVD032 - Having A Ball (L)
DVD033 – Promotional DVD (WP)
DVD034 - Shallow Water Noodles (Ed)
DVD035 - Deep Water Noodles (Ed)
DVD036 - Arthritis- The Noodle Workout (Ed)
DVD037 - Step Splash (Ed)
DVD038 - Cardio Combos (Ed)
DVD039 - Awesome Abdominals (Ed)
DVD040 - Resistive Paddle Program (Ed)
DVD041 - FIT BAND Workout (Ed)
DVD042 - Advanced Buoyancy Cuffs (Ed)
DVD043 - Aquatic Rehabilitation for Lower Extremities *
DVD044 - Aquatic Rehabilitation for theSpine *
DVD045 - Aquatic Rehabilitation for Upper Extremities *
DVD046 - Aquatic Rehabilitation Theory of Spine, Upper & Lower Extremities 3 DVDs (Ed)
DVD047 - WaterART Pilates & Dance (Ed)
DVD048 - Fit Stretch & Back Care (L-WO)
DVD049 - Fit Band Program (L- WO)
DVD050 - TaeKwonRobics (L- WO)
DVD051 - Moving on Up (L- WO)
DVD052 - Weight Management Consultant (L-Ed)
DVD053 - Elementary Rescues and Water Safety (Ed)
DVD054 - Boxer and Kicker Workout (WO)
DVD055- Aquatic Cycling Workout (WO)
DVD056 - Aquatic Running Workout (WO)
DVD057 - Parent & Tot Program (WO)
DVD058 - Salsa the Aquatic Way (WO)
DVD059 - Fun with Function (WO)
DVD060- Adv. Dumbbells &Shoulder Impingement (WO)
DVD061- Programming for Common Hip Problems (WO)
DVD062- Programming for Common Knee Problems (WO)
DVD063 - Programming for Common Back Problems (WO)
DVD064 - Teaching a Combo Shallow & Deep (WO)
DVD065 - Mind Body Shallow H₂O (WO)
DVD066 - TriAquaFun (Jog, Cycle, Fin (WP)
DVD067- Boot Camp with Tubing (WO)
DVD068- Teamwork, Partners & Games (WO)
DVD069 - Gentle Land Fitness (L- WO)
DVD070- Light Low Impact (L- WO)
DVD071 - Shape Up and Water Train 2 DVDs (Ed)
DVD072 - Shallow H₂O Splash Workout 2 DVDs (Ed)
DVD073 - Urban Yoga (L-ED) 2 DVD's
DVD074 - Senior Land Fitness (L-ED) 2 DVDs
DVD075 - Parent & Toddler (WO)
DVD076 - Barbara's Story (WP)
DVD077 - Advanced Noodle Challenge (WP)
DVD078 - Entry Level Program for Non Swimmer 2 DVDs (Ed)
DVD079 - Move Your Way to Health – Walk 2 DVDs (Ed)
DVD080 - Instructor Review 4 DVDs (Ed)
DVD081 - Senior Mind Body (WO)
DVD082 - Senior Cycling (WO)
DVD083 - Aquatic Running Shallow (WO)
DVD084- Happy Face Hand Weights (WO)
DVD085 - Aquatic Fitness Stepping (WO)
DVD086 - Aquatic Personal Training Program (2 DVDs)
DVD087- Program Personal Training Assessments
DVD088 - Aquatic Personal Training Tutorials (2 DVDs)
DVD089 - Aquatic Arthritis Tutorial 2 DVDs (ED)
DVD090 - Arthritis Mobility Training 2 DVDs (ED/WO)
DVD091 - Rehabilitation for General Populations - Tutorials & Case Studies (6 DVDs)
DVD092- Julie's Favorite Exercises (WP)
DVD093 - Buoyancy Pants - Keeps You Afloat (WP)
DVD094 - Aquatic Stretching for Runner's
DVD095 - Noodle Boot Camp Workout (2 DVDs)
DVD096 - Know Your Muscles (ED)
DVD097 - Favorite Fit Tips (WP)
DVD098- Know Your Aquatic Muscles (ED)
DVD099 -Favorite Fit Tips #2
DVD100 The WaterART Acronym of Program Design (L) = land program (Ed) Educational Program (WO) - Workout Programs
Only Membership DVD's may be utilized for promotion and public display. All other DVD's are copyrighted.
- * DVD043, DVD044, DVD045, DVD091, may only available with full Rehabilitation Specialist Certification Program
- HOW TO ORDER:** Online: www.waterart.org ,By Fax: 416-621-0951, Toll Free 1-866-543-8938
BUY 4 DVDs and GET 1 DVD FREE!

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Please remember, before beginning this or any exercise program, consult your doctor. The instruction given and the advice given in this video are not intended as a substitute for medical consultation. The creators, producers, participants, and distributors of this program, disclaim any liabilities or loss in connection with the exercise advice herein.

Only Certified WaterART Master Trainers are able to utilize our programs for public viewing or for Instructor Training purposes because of liability and copyright issues.

If you would like to show any of the videos for public viewing you will need to get written permission directly through myself. Please note that we have developed a PROMOTIONAL DVD 029/ 033 entitled "What is WaterART?" for public relations campaigns and your public promotion of our programs. This is the only program that may be viewed publicly with our sanction. If you would like to pass our products to a friend or help us promote our products, we would prefer that they become a WP member & every package comes with one free DVD complimentary – just let us know!

Please let me know if you have any questions or concerns. Thanking you again for the purchase of your product and we look forwards to creating a professional image for fitness professionals and the fitness industry.

Sincerely,

Julie Twynham
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