



**The Goal of the WaterART Fitness Training Programs** is to provide the highest standard of theoretical, practical and leadership skills. We believe that fitness programming must be safe, effective, interesting and enjoyable. Whether teaching on land or in the water, a professional must design programs that will help the individual gain results. Industry standards recognize that Certification is required and that minimally every two years a professional must upgrade or meet the standards of care by completing 16.0 CECs or achieving another level of Certification.

**OUR CERTIFICATION PROGRAMS ARE DIVIDED INTO 2 CATEGORIES:**

**Comprehensive Certification Exam Process:** All candidates will be required to complete BOTH a theory and practical examination within six months from purchase date to become fully Certified.

**Specialty Certification Exam Process** (marked by asterisk below \*\*): All candidates NEW to WaterART Fitness OR have expired WaterART certification(s) will be required to complete BOTH a theory and practical exam within six months from purchase date to become re-certified. Candidates who are currently WaterART Certified only need to complete the theory exam.

**Completing another Certification automatically renews all current certification(s) 2 years from your exam passing date.**

**\*\*PRICE DOES NOT INCLUDE APPLICABLE TAXES & SHIPPING FEE\*\***

**All Certification Programs include: Instructor manual, DVD(s) or video streaming, laminated reference cards, exam process, report card with exam results, e-certification diploma and online profile when successful with exam process.**

CERTIFICATION DESCRIPTION	DVDS INCLUDED	PRICE
<b>AQUATIC FITNESS CERTIFICATION PROGRAMS</b>		
<b>CTW001 - Aquatic Instructor Certification with Guided Tutorials:</b> This upgraded program includes everything in the basic Water Instructor Certification PLUS two video tutorials of our comprehensive power point presentations as well as two extra tutorials on how to Master the presentation for the practical exam. If you are new to exercise science, this will guide you extensively through understanding muscles, exercise design with these guided tutorials.	DVD001, DVD003, DVD006, DVD007, DVD031, DVD034, DVD072 (2 DVDs) and DVD080 (4 DVDs/Tutorials via video )	<b>\$359.00</b>
<b>CTW002 – Aquatic Senior Instructor Certification:</b> This program will give you the tools to work in a group setting with seniors that have common medical conditions and functional limitations. The goal is to train functional exercise in shallow water depths to help improve the aging population's performance on land. All instructors would benefit with this program because so many of our clients would like to maintain their independence and ADLs.	DVD009, DVD059, DVD061, DVD062 & DVD063	<b>\$269.00</b>
<b>CTW003 - Aquatic Personal Training Certification with Guided Tutorials:</b> This program will help you apply advanced scientific principles for one-on-one and/or specialized group training. You will learn water-specific protocols to assess modify and create client-specific programs. Review inventory for: posture, muscular balance & strength, flexibility, and cardiovascular fitness.	DVD017, DVD018, DVD019, DVD020, DVD030 & DVD031, DVD086 (2 DVDs), DVD087, DVD088 (2 DVDs)	<b>\$425.00</b>
<b>CTW004 - Aquatic Rehabilitation for Athletic Populations Certification:</b> This intensive program will detail the six rehabilitation phases for the common regional medical conditions. We will guide you through a progressive exercise inventory that will focus on the neck, back, shoulder, hip, knee, and ankle issues. We will provide you with a complete water specific exercise inventory for the aforementioned conditions.	DVD043, DVD044, DVD045 & DVD046 (3 DVDs)	<b>\$425.00</b>
<b>CTW004a - Aquatic Rehabilitation for General Populations Certification:</b> This program is designed to give a comprehensive overview of exercises suitable for a general population recovering from injury, replacement surgery, and other debilitating conditions that prevent them from enjoying full mobility with daily living. In other words, this program is for less fit population as compare to the aquatic rehabilitation.	DVD091 (6 DVDs)	<b>\$425.00</b>
<b>**CTW005 - Aquatic Arthritis Certification with Guided Tutorials:</b> Investigate the most common types of arthritis so that you can optimally design programs to aid the people who suffer from arthritis or have pain related to this condition. Learn how to modify or progress exercises to vary impact and intensity required to meet the needs of a multi-level arthritis group exercises class.	DVD011, DVD078 (2 DVDs), DVD036, DVD089 (2 DVDs & DVD090 (2 DVDs)	<b>\$269.00</b>
<b>**CTW006 - Aquatic Pre-Natal &amp; Post Instructor Certification:</b> Investigate appropriate program designs for pregnant women. Learn strategies to integrate moms-to-be with regular aquatic programs and create specific "pre-natal" programming. Review the many safety issues and programming considerations for developing a safe & effective program for pregnant women and new moms.	DVD022	<b>\$189.00</b>
<b>**CTW007 - Aquatic Kidz Instructor Certification:</b> This program is intended to help leaders facilitate children's programs in a positive and enjoyable environment. Targeted for children aged 6-12. Laminated cards for 10 lessons are included. Each lesson plan is 30 minutes in length and may be scheduled once per week for 10 weeks or every day for a 2-week camp program. This is an excellent program to compliment swim lessons.	DVD024	<b>\$199.00</b>
<b>**CTW008 - Aquatic Common Movement Disorders Instructor Certification</b> Many people are affected with neuromuscular movement disorders including Multiple Sclerosis, Stroke, Brain Injury, Dementia and Parkinson's Disease. The goal of this water exercise program is to develop a well-balanced and functional program to improve quality of life on land using the protective properties of the water. Focus is placed on posture, balance and gait training.	DVD010	<b>\$189.00</b>
<b>**CTW009 - Aquatic Mind Body Instructor Certification:</b> This program blends the mindful movements of Tai Chi, Pilates, & Yoga to incorporate balance, mental focus, relaxation, and energy flow with the buoyant and resistive environment of water. Designed relaxation for inner strength controlled exercise	DVD014, DVD016, DVD047 & DVD065	<b>\$229.00</b>
<b>CTW010/ CTL010 - Weight Management Consultant Certification:</b> Applicable for the land or water professional, the goal of this program is to train the Consultant to confidently deliver a 10-week managing a Healthy Weight Program. This may be introduced as a stand-alone program to attract and help people struggling with an unhealthy lifestyle or incorporated into a regular class.	MHW Workbook, 2 Fit Bands, WMC CD, DVD032, DVD048, DVD049 & DVD052	<b>\$299.00</b>
<b>**CTL011/CTW011 - Managing a Healthy Weight Instructor Certification:</b> Applicable to land or water training, the instructor will learn a program of wellness and positive lifestyle change. Using a combination of nutrition training & strategies for change and regular exercise, this program is intended to help you with personal skills (as an Instructor) to answer the many questions you may get from participants rather than to teach the program to others.	MHW CD & DVD052	<b>\$199.00</b>
<b>**CTW012 – Aquatic Shape Up and Water Train Instructor Certification:</b> This program will review why WaterART Fitness is an excellent tool to help manage a healthy weight. You will learn how to optimize progressive exercise design for obese and at-risk clientele. You will be trained on appropriate exercise selections for maximizing caloric expenditure while minimizing impact on the joints.	DVD071 (2 DVD set)	<b>\$199.00</b>
<b>**CTW014 – Aquatic Parent &amp; Tot/Toddler Instructor Certification:</b> The tot program is for 10 month to 2 year olds while the toddlers program is geared for children 2-4 years of age. Tots activities focus on developing basic skills such as gross and fine motor coordination, language acquisition, and shape and color recognition. The toddler activities focus on social interaction and skills, creative fun skills, physical coordination and following directions.	DVD057 & DVD075	<b>\$199.00</b>
<b>CTW015 – Aquatic Sports Conditioning Instructor Certification:</b> This program is designed to help your athletes and/or weekend warriors gain the most out of their time in the water. Training includes aquatic cycling, aquatic running, fining, boot camp and the correct use of dumbbells as well as advanced buoyancy cuffs. Learn techniques to help athletes prevent common sports injuries or recover from injury faster using the protection of the water.	DVD021, DVD042, DVD055, DVD056 & DVD067	<b>\$249.00</b>
<b>**CTW016 – Aquatic Walking Instructor Certification:</b> For people who cannot walk any distance on land the water is the place to be. This program provides hundreds of ideas to incorporate walking patterns for beginner through advanced clients in a sociable and all inclusive system.	DVD015 & DVD079 (2 DVD set)	<b>\$199.00</b>
<b>**CTW017 – Aquatic Running Instructor Certification:</b> The goal of the program is to provide a more athletic approach to fitness classes (weekend warrior through high performance runner). This training will help the Instructor to cross train their client(s) using the protection and multi-dimensional resistance of water fitness.	DVD056 & DVD083	<b>\$199.00</b>
<b>NEW **CTW018 – Deep H2O Instructor Certification:</b> The technique of deep water is unique to shallow water training. Optimizing this technique will maximize benefits. Deep water training allows cardiovascular movement and muscular conditioning in a variety of body positions not possible on land. Learn how to plan a program design to serve a variety of participants " swimmer or non-swimmer " using buoyant equipment such as buoyancy belts and noodles. Learn specific muscle targeting to provide a more athletic approach to fitness classes.	DVD007, DVD008, & DVD036	<b>\$199.00</b>

<b>LAND FITNESS CERTIFICATION PROGRAMS</b>		
<b>CTL001 - Land Instructor Certification:</b> This program is applicable for low impact and moderate intensity general group exercise. Review how to design a purposeful program targeting cardiovascular exercises, muscular strength, balance and flexibility as well as core stability and posture training. The program will utilize a variety of interesting movements and program designs to keep people moving on land with and without equipment.	DVD032, DVD048, DVD049, DVD050, DVD051 & DVD070	<b>\$269.00</b>
<b>**CTL002 - Land Arthritis Instructor Certification:</b> This program incorporates chair exercises in both sitting and standing positions with gentle low-impact and muscular sculpting gentle group exercises. The goal of the program is to provide the leader with a repertoire of easy to follow cardiovascular segments, as well as balanced muscular endurance, strength, mobility and balance segments to assist arthritic clientele with managing their activities of daily living in a pain free way.	DVD012 & DVD013	<b>\$199.00</b>
<b>**CTL003 - Land Common Movement Disorders Instructor Certification:</b> There are people who suffer from movement disorders including Multiple Sclerosis, Stroke, Brain Injury and Parkinson's Disease. Fitness can be one way for these clients to see improvement in their daily functioning. The goal of this program is to develop a well-balanced and functional program to improve quality of life with mobility, posture, balance and gait training.	DVD026, DVD027 & DVD028	<b>\$199.00</b>
<b>CTL004 - Land Senior Instructor Certification:</b> The goal of this program is to provide professionals with a comprehensive yet practical approach for assisting an aging population with a variety of medical conditions (suitable for both frail and active seniors). Understand how to modify the program design for seniors with or without medical conditions or limitations.	DVD069 & DVD074 (2 DVDs)	<b>\$269.00</b>
<b>VIDEO OR CALL SESSION with MASTER TRAINER - Ask questions and receive help with the examination process.</b>		
<b>30 Minute Live Video/ Call Session with WaterART Master Trainer</b>		<b>\$30.00</b>
<b>60 Minute Live Video/ Call Session with WaterART Master Trainer</b>		<b>\$50.00</b>
<b>8.0 &amp; 16.0 CECs HOME STUDY PROGRAMS (You simply email the answers of a quiz to us )</b>		
<b>Available via hard copy DVD or video streaming/mailed quizzes.</b>		
<b>KCW001a- Instructor Review for Re-Certification Program 16.0 CECs:</b> Achieve 16.0 CECs by reviewing DVDs and Tutorials and complete the quizzes. Certification renewal fee. If you are expired for more than one year from your expiry, you will not be able to complete this option.	Re-Cert Booklet, DVD064, DVD072 (2 DVDs) & DVD080 (4 DVDs) & E-Diploma when successful .	<b>\$199.00</b>
<b>KCW001b- Instructor Review with Exam Process Program (expired more than 1 year):</b> Candidates review the tutorials and DVDs then complete a theory and practical exam. Candidates who meet standard of care will be Certified for 2 years from their exam passing date & receive & updated E-Certification diploma.	Re-Certification Booklet, DVD064, DVD072 (2 DVDs), DVD080 (4 DVDs), theory & practical exams	<b>\$229.00</b>
<b>Buy 8 DVDs &amp; 16.0 CECs quizzes and Comp ReCertification</b> You choose your favorite DVD topics (you choose 8 DVDs or discs (Note: 2 part DVDs are valued at 4.0 CECs) and receive the corresponding CEC quiz (1 DVD = 2.0 CECs). You may choose any of our DVDs from our <a href="#">DVD library</a> . There is no time limit with quizzes. You should try and submit these quizzes prior to your qualifications expiring to avoid late fees.	Any 4 DVDs except for the Aquatic Rehab DVDs or protocols. Updated E-Diploma for two years when successful with quizzes.	<b>\$219.00</b>
<b>KCW002a- Senior Functional Fitness Program 8.0 HR CECs:</b> The goal of this program is to provide a comprehensive overview of the Senior population and their physical well being	Booklet, DVD009, DVD059, reference card & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW002b- Programming for Common Medical Conditions Program 8.0 CECs:</b> Use the three-dimensional resistive, buoyant and invigorating properties of water to create an enjoyable program to motivate clients and keep them coming back for more. Start with simple exercises then progress movement to aid with improved function for daily activities, social events and family outings.	Booklet, DVD061, DVD062, DVD063, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW003a- Intro to Aquatic Personal Training Program 8.0 CECs:</b> Take a look at how to make accurate assessments of fitness levels and the many ways to program stress-free, effective exercise in the water. This lecture session will examine the many differences between land and water Personal Training. You will soon discover water is the gym in your future.	Booklet, DVD017, DVD019, DVD086 (2 DVDs), reference cards and 8.0 CEC quiz.	<b>\$189.00</b>
<b>KCW003b- Aquatic Personal Training Review 8.0 CECs:</b> Learn advanced tools to train your high performance athletes through weekend warriors. There are two types of equipment (buoyant -that floats & resistive that sinks). Review the difference between buoyancy equipment & resistive equipment and discover why exercise progression and program design is the key to efficacy.	Booklet, DVD020, DVD088 (2 DVDs), reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW003c- Aquatic Personal Trainer Tutorial 16.0 CECs:</b> This guided tutorial will help trainers to think about the exercise choices. Progress their client's performance and well-being should be the number one goal and why personal training is unique to general group exercise.	DVD086 (2 DVDs), DVD087, DVD088 (2 DVDs) & 16.0 CEC quiz.	<b>\$239.00</b>
<b>KCW004a- Intro to Rehabilitation Hips, Knees and Ankles Program 8.0 CECs:</b> This program will review advanced exercise inventory and progressions for training individuals involved in the rehabilitation process. Common regional conditions for the areas of the hips, knees and ankles will be examined and reviewed.	Booklet, DVD043, DVD078 (2 DVDs), reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW004b- Intro to Rehabilitation Neck, Shoulders &amp; Spine Program 8.0 CECs:</b> This program will review advanced exercise inventory and progressions for training individuals involved in the rehabilitation process. Common regional conditions for the areas of the shoulder, spine, elbows, and wrists will be examined and reviewed.	Booklet, DVD044, DVD045, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW004c- Aquatic Rehabilitation for General Populations Tutorial 16.0 CECs:</b> The learning objective is to understand anatomy, safe joint range, muscle action and overall fitness levels requirements to be able to design and oversee safe exercise programs that will help each person return, as close as possible to, or improve upon, their previous levels of mobility.	DVD091 (6 DVDs), 16.0 CEC quiz & updated E-Diploma for two years from existing expiration date when successful with quizzes.	<b>\$299.00</b>
<b>KCW005- Arthritis H2O Instructor Program 8.0 CECs:</b> Water is the almost perfect place for people with Arthritis to exercise. Learn about the huge variety of conditions that fall into this category and how movement through the water can help alleviate pain around the joints, massage sore muscles and generally relax the body to improve the spirit. The program provides a general overview of forms of Arthritis and specific safety considerations for programming the many forms of Arthritis.	Booklet, DVD089 (2 DVDs), reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW005a- Arthritis H2O Review for 16.0 CECs:</b> Water is the almost perfect place for people with Arthritis to exercise. Learn about the huge variety of conditions that fall into this category and how movement through the water can help alleviate pain around the joints, massage sore muscles and generally relax the body to improve the spirit. The program provides a general overview of forms of Arthritis and specific safety considerations for programming the many forms of Arthritis.	Booklet, DVD089 (2 DVDs), DVD090 (2 DVDs), 16.0 CEC quiz & updated E-Diploma for two years from existing expiration date when successful with quizzes	<b>\$199.00</b>
<b>KCW009a- Mind Body Program 8.0 CECs:</b> The WaterART Mind Body Program has assembled the best of Yoga, Pilates, and Tai Chi techniques in a gentle mind-body focus with the added benefits of the aqua environment	Booklet, DVD014, DVD016, DVD047, DVD065, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW009b- TaekwonAQUA Program 8.0 CECs:</b> Martial Arts (lots of kicking) in the water offers a tremendous challenge to both the mind and the body. Learn the many ways that the resistance, inertia and buoyant properties of water can change this martial art work out from the ordinary to the superior	Booklet, DVD023, reference cards and 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW009c- Tai Chi Program 8.0 CECs:</b> Tai Chi in the water can refresh the mind and massage the muscles. Learn how to adapt many movements that are performed on land to a water environment. Experience the difference by changing direction while using the same movement. Water helps support for balance and good posture, adds resistance and buoyancy to help re-balance the body for daily activities.	Booklet, DVD014, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW017- Aquatic Running Instructor Program 8.0 CECs:</b> Often water exercise is perceived as an older adult rehab program. This program is guaranteed to provide advanced intensity options for those who prefer to work hard! Learn shallow & deep water programs for high intensity interval training (H.I.T.S.) with CV sets and muscular strengthening sets	Booklet, tubing with handles, WaterART Mitts, DVD056, DVD067, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW019 - TriAQUA Fun Program 8.0 CECs:</b> Whether you are teaching group exercise or coaching athletes or involved in one on one training, learning how to provide more intense programs and progressions for athletes may open new doors. Learn how to program athletes in both shallow and deep water depths utilizing advanced techniques.	Booklet, DVD021, DVD055, DVD056, DVD066, reference cards & 8.0 CEC quiz.	<b>\$159.00</b>
<b>KCW019 - TriAQUA Fun Program 8.0 CECs:</b> Whether you are teaching group exercise or coaching athletes or involved in one on one training, learning how to provide more intense programs and progressions for athletes may open new doors. Learn how to program athletes in both shallow and deep water depths utilizing advanced techniques.	Booklet, DVD025, DVD034, DVD035, DVD036, reference cards & 8.0 CEC quizzes.	<b>\$159.00</b>
<b>KCW023- Theory of Anatomy Program 8.0 CECs:</b> This program presents the theory that will guide you through the science of the human body necessary for designing successful exercise & rehabilitation programs. By understanding human anatomy and joint mechanics you will excel in program design. A must for all instructors offering rehabilitation to people returning to health following surgery or an injury.	DVD046 (3 DVDs) & 8.0 CEC quiz.	<b>\$159.00</b>

WaterART is Exercise with a Purpose

[www.waterart.org](http://www.waterart.org)

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