

## FREQUENTLY ASKED QUESTIONS:

### How do I Log in to the Regular Website

**STEP 1 Log In At Top Right Hand Corner Of Our Website** ([www.waterart.org/login](http://www.waterart.org/login))

**STEP 2 Enter In Your User Name** which is your email address ([whatever@domain.com](mailto:whatever@domain.com)) Please do not create a new account if you already have an account with us (as your order history and qualifications, WP may not be added to two accounts)

**STEP 3 Enter In Your Password.** If you have forgotten it OR don't know it, simply click the "forgotten password" link and it will be automatically emailed to the email address that we have on your account. If you have changed your email – you need to email us so we may change it in your account ([email us at info@waterart.org](mailto:email us at info@waterart.org))

**STEP 4 Add whatever you like to shopping cart.** All products are on the left hand tool bar ( 3 section down) and you need to scroll down and click “add to shopping cart” to add them to your online order. If you can't find a product – simply enter in the name or a brief description into the advanced search engine (top left hand of website) then click button below and everything should display. If you have a coupon code, enter it in where it says “Redeem Coupon”.

**IMPORTANT NOTES:** Always remember to CLICK the update button to redeem coupon OR change the number of items in your shopping cart (button applies changes)

P.S. There is also a tutorial online that may help you to navigate around our website (top right corner of [www.waterart.org](http://www.waterart.org) website).

### How to Log in as a WaterART Professional (WP) Members (for Members only site) [click here](#)

You must possess a current WP membership. Please note that WP Membership is separate to your Certification Qualifications. Also note that we don't allow sharing of your account name & password. We can track which address is using the account. All members found "sharing" will be automatically suspended from their WP membership benefits. If you would like a facility membership or a group membership - please let us know.

Note that you may not "create another account or profile" and have it work. Only WaterART Head Office staff may link you to the member's only section with your WP#. Sharing of passwords is not allowed. Individual or Facility Membership is required.

Step 1: Or click [www.waterart.org/membersonly](http://www.waterart.org/membersonly)

Step 2: Enter in your USER NAME: is email address (case sensitive).

Step 3: Enter in your PASSWORD . Which is your WP membership number. This may be found on your past invoices If you do not know you may Email us at [info@waterart.org](mailto:info@waterart.org)

### ONLINE AUTHORIZATIONS

**Our e-retail system is Internet Secure** (which is a online banking system). We do not see your credit card information as it is an encrypted and secure system. However, the system is very sensitive so that we do have valid authorizations and very few charge-backs. You will be asked for:

- 1) NAME ON THE CARD – exact name with initial if applicable John J Doe
- 2) BILLING ADDRESS – where the credit card statement gets mailed
- 3) TYPE & NUMBERS & EXPIRATION of Credit Card
- 4) AUTHENTICITY CODE – this is the secure number on the back above the signature OR 4 digits on front of Amex.
- 5) To make online transactions secure – generally you have set a secure password on your card or account –so no one else may utilize it. We can not set your password – ONLY you may set it so you should make sure you have a password created and set.

**ONLINE PAYMENT METHODS We accept Amex, M/C, VISA, Discover**  
( we also accept purchase order via fax/email and money order via mail)

**You may also PHONE your ORDER at** (416) 621-0821 **Toll Free** 1-866-5-GET WET (438-938) We need the correct spelling of your full name and the billing address for the credit card holder as well as 3 or 4 digit authenticity number.

### How do I get started in the Fitness Industry?

- Check out the fitness facilities in your area and get to know their programs.
- Take part in a wide variety of fitness classes. Decide what type of fitness interests you the most. If it doesn't keep your interest you won't enjoy teaching.
- Volunteer your services.
- Talk to class participants, find out their goals and/or needs for a program.
- Talk to facility directors, instructors, personal trainers find out if they will help you with training.

### Where can I look for a job?

- All community centers, condominiums, private clubs, YMCA's, YWCA's, JCC's, Spas and Golf clubs, hotels, vacation centers, cruise ships may have fitness facilities and pools that offer job opportunities.
- Check out your local fitness facilities looking for group instructors.
- Typically you have to submit a professional resume. Get to know the hiring person and take time to check out the requirements, facility programs prior to applying.
- Check out our website
- Become a WP Member so you may Post your Request

### Do I need to become Certified before I start teaching?

Absolutely Yes! Also, you will need to become certified for the type of fitness you will be teaching. For instance: if you are only interested in group instruction for healthy people then a general Instructor Certification may be adequate. However, if you plan to advanced or specialized area such as for an Arthritis, Parent & Tot, Rehabilitation Program, etc, you will require further qualifications and certification(s) for that specific area. Never claim to be knowledgeable in an area of fitness for which you have not received certification. Become Certified makes you eligible for liability insurance. Insurance companies now mandate specialty training if you are teaching or facilitating specialty groups and programs.

### How do I become Certified?

**An instructor must complete either: a) WaterART Onsite Training Courses OR**

**b) WaterART Home Study Programs and then complete the competency exams within a 4 month or 6 month time period ( dependent on the exam.**

WaterART offers both [Water](#) OR [Land](#) Programming & Certification

Whether you complete home study or onsite education -the system and exam competencies are the same. We provide written report cards for both onsite and home study exams (theory & practical). Only one person may submit an exam for each paid registration or paid home study program.

**If you are completing the following programs and/or are New to WaterART Certifications, you will be required to complete both a written (theory) exam and a practical assessment to pass or complete your competencies for certification.**

**Programs that require both theory & practical assessment are:** Instructor Certification, Seniors Instructor Certification, Personal Trainer Specialist Certification, Weight Management Consultant or Rehabilitation Specialist Certification programs, Land Group Exercise Instructor Certification. **NOTE:** Practical assessments are generally separate from the training date.

All other certifications may not require a practical if the Instructor is current with their WaterART Certification qualifications.

**Below is the process for Practical Assessments (except for Rehabilitation Specialist, Personal Trainer Specialist, WMC)**

**Here is the process for Practical Assessments**

All candidates have an option to:

1 ) submit a home video/DVD of your class (the class design is written out as part of the theory exam - we follow it along with your video/DVD submission) see details on exam - In this case you need to complete a full class (30-60 minutes) and you are marked based on the marking system ( included in manual).

2 ) Complete an ONSITE practical assessment at a scheduled certification session **OR** work one on one with a Master Trainer - ( the instructor makes this a convenient time and location for the MT). In both scenarios the practical assessment usually takes about 20-30 minutes per person.

**The Practical Onsite Assessment involves:** teaching other instructors who attend the assessment session or the Master Trainer if this is an individual assessment. When there are several people in a group- the group acts as the class for the person being assessed (as they can learn from each others performances). The goal is to assess how each instructor completes the competencies required for the practical (see below).

Each Instructor planning on-site assessment must attend the pre-arranged group session or work with the M.T. at a convenient time & location, once you are scheduled to do so. If you cannot attend you **MUST** give 24 hours notice and re-schedule.

**The Onsite practical assessment will include:**

- 1: Oral: answering a few "safety" questions
- 2: Demonstrate the ability to show a variety of basic moves though working positions.
- 3: Teach class components (For specialty certifications specific learning will apply to these class components)
  - a) teaching a 3-5 minute warm up
  - b) teaching a 3-5 minute Cardio set
  - c) teaching two 3-5 minute Strength sets (be sure to perform enough sets & reps or 3-5 sets of 8-25 repetitions)
  - d) teaching a 3-5 minute Warm Down

**You are evaluated based on:**

- 1) do you understand the exercise objective?
- 2) can we see, hear and understand you?
- 3) is the exercise safe and effective?

**WaterART is Exercise with a Purpose so we hope that you will COMPLETE your Certification & benefit with becoming qualified & competent!**

**Certification Report and Diploma:**

Once BOTH parts of the certification are completed report cards are written and we email the report card to you.

Once you are successful - you will receive an official WaterART Certified Diploma, status and online profile recognition.

**How do you Renew your Certification**

This is mandatory in the industry and the longest you may renew for is 2 years.

1) Complete 16 hours Continuing Education Course (CEC) hours via either onsite training OR home study OR a combination of the two. Generally one hour is 1.0 CEC. If you are short hours and have already purchased DVD's, you may purchase DVD's &/or quizzes to complete other hours. [Buy a CEC quiz for 2.0 credits](#). Everyone must purchase their own resources - as we don't allow sharing. Please note that eight hours of your 16 hours must be specific to WaterART training (either via onsite training and/or home study education). Ideally you accumulate your hours between your certification date & expiration dates (So if your expiration is Jan 24, 2012, you must gain hours between January 24 2010 and January 24 2012.) If you are later than this you still must complete the hours however, you must also pay a late renewal fee and you will not be qualified once your certification is expired.

**OR**

2) Complete another level of [WaterART Certification](#). This will automatically renew your existing level(s) of Certification and you do not pay a renewal fee (as long as it is completed before you current WaterART Certification expiry date). You may complete another level of Certification either onsite or via our home study correspondence programming. You are automatically renewed from your PASS date of the new exam for 2 years.

Some programs only require a theory exam (if the candidate already has the WaterART Instructor Certification level) such as Pre & Post Natal Instructor Certification, Kids Instructor Certification, Arthritis Instructor Certification, Mind-Body Instructor Certification, Common Movement Disorders Instructor Certification and Managing a Healthy Weight Instructor Certification.

Programs such as Land Instructor Certification, Senior's Instructor, Personal Trainer Specialist, Rehabilitation Specialist, and Weight Management Consultant will require both theory & practical assessment or case study submission. You will also be required to complete both theory & practical assessment if you are completing a Land Certification for the first time.

If your Certification is not completed prior to your current WaterART expiration, you will be subject to a late renewal fee. Note, If you have multiple certifications, all of your certifications or qualifications, will expire the same date. Therefore, you need only renew all Certifications once every two years. For liability reasons, WaterART can not extend NOR backdate your Certification qualifications - as a renewal period is maximal 2 years. If you renew late for your Certification, it is from the date of the Certification on your diploma OR when you submit a new level of certification exam for re-certification – your new renewal date will be two years from the date you passed or achieved the new certification.

All renewals must submit a renewal form with payment information (unless you complete another level of certification and you will automatically be issued new diplomas when you pass the new certification exam). If you have completed all WaterART hours - you may renew via phone or [online submission](#). We have on time (prior to expiration) and late (after expiration and within 1 year of expiration).

If you have other hours for renewal courses to submit - please mail or fax or email scanned copy of certificate of course(s) completion and the renewal form with payment together.

**WaterART Fitness does accept up to 8 hours (non WaterART). See criteria below.** If CEC hours are not with WaterART - the candidate must:

- a) submit a certificate of course completion which itemizes the date, CEC hours completed & the Master Trainer signature (not just a card).
- b) submit a short agenda or overview itemizing the hourly breakdown of the course.
- c) submit an instructor biography of who taught the course or program

All candidates will need either a CURRENT Life-guard Qualification OR a valid CPR/FIRST AID.

For liability reasons, we cannot approve emergency safety skills (CPR/LIFEGUARD) as part of the renewal hours (because everyone requires this in addition to your hours). It is your responsibility to keep Emergency Safety Qualifications current (as typically the dates don't usually coincide with our diploma). Additionally, we do not accept pre-choreographed routines as this does not allow the individual to perform self paced exercise (if you make someone work too hard - you may hurt them & if you don't work them enough they may not appreciate the benefits).

Note [WP membership is separate to your Certification\(s\) or Qualifications](#).

**Here are some examples of 8 hours** ([correspondence](#) or [onsite](#)) which must be specific to WaterART Fitness.

- You may also purchase [Quizzes and DVD's. Each quiz is worth 2.0 hours of CEC's](#) Note: Each individual must purchase their own as we don't allow sharing of CEC's/Quizzes/DVD'S.

The other 8 hours may also be WaterART courses (correspondence or onsite programs) OR any approved courses through reputable educational providers such as a University, College, ACE, APFA, BCPRA, SPRA, AFLCA, NBFLAC, YMCA, OFC, OKA, CATA., CFP, coaching, nutrition, lifestyle coaching, adult learning courses, anatomy, biomechanics, injury risk, etc.

All renewals need to submit a RENEWAL FORM & PAYMENT information with any additional paperwork necessary –at the same time. We do not keep paperwork submitted separately. All of your order history or course history is available ONLINE by logging in with your email address. If you have forgotten your password it may be emailed to your email address by clicking “forgotten password”.

**All candidates will need Either a CURRENT life-guarding qualification OR a valid CPR/FIRST AID - Emergency Safety skills. It is now written on the diploma that you are responsible to keep this up to date.** If you are a NON – lifeguard we recommend that you complete the NEW Personal Water Safety & Elementary Rescues Program ( DVD & Booklet & Quiz) for 8.0 hours of renewal.

## HOW TO HOST AN EVENT [Contact us at info@waterart.org](mailto:info@waterart.org)

We would love to help all facilities to grow their aquatic fitness programs. Hosting a program at your center is very easy and we can make it benefit your time frame and needs. My recommendation is that we combine a certification and some workshops (especially if you have instructors who are already certified) as they always need continuing education credits.

To make the programs feasible, with no overhead for your centre, WaterART requires 10-15 registrations for certification programs or looking at a 20 persons total between the two programs (workshop & certification).

WaterART - would look after the costs of travel /accommodation/promotion.

### **All We need to get started**

- 1) some possible dates
- 2) pool time available - we need approximately 40-50% pool time - it may be shared pool but we need it sectioned off...
- 3) approximately how many of your instructors are interested at your facility
- 4) pool temperature, aquatic equipment ( we bring what you don't have), dimensions
- 5) how many centers are around - or how many people you could promote to (and hopefully we can bring some other instructors in for the training) & hopefully you allow them to attend. This is of benefit to you- as you may recruit more instructors. Also we co promote the event...so we can help to get more there. Here are some more details.
- 6) Preference in Master Trainers?

### **The facility may choose to add a "plunge fee or facility fee" to offset any additional costs.**

WaterART Fitness International collects all monies via MAIL, FAX, PHONE or ONLINE REGISTRATIONS or we may invoice the facility directly.

WaterART Fitness International will promote and advertise the event on the website and through e-newsletters, and mailings. The facility contact will receive a WP discount of 20% discount on our products for a year after the training is completed.

Our goal is to make it easy & cost effective and simple for you to "host an event".

Payments may be made via VISA, MasterCard, American Express, Discover, Check, or Money Order or cash for onsite registrations (only). We have a 4 tiered price structure or early-bird and regular rate as well as WP & Regular rate. Your Staff receive our WP member rate (or discounted rate).

A letter of agreement must be signed at time of booking the event with WaterART Professional Master Trainer OR WaterART Fitness International's Educational Director.

## Why are All Programs Not Equal

You should always do your own research when investing in education. We want you to check out our competition so that you are fully aware of the benefits of WaterART & the uniqueness of WaterART Fitness. The Aquatics & Fitness industry is a relatively new area for research and development in the fitness and/or aquatics industry. Although Aquatic Fitness has been taught for over 45 years in North America, few of the initial pioneers had exercise science training. Programs were largely based on land programs performed at land speeds dropped in the water.

Literally hundreds of certifications are available throughout North America. Each certifying organization has different standards and its own method for testing a candidate's knowledge. As a result the consumer may be confused when choosing a certification that will have an impact on their career. In order to make an educated decision check that a certification body has:

- A standardized method of training
- Provides both a theoretical and practical assessment
- Provides ongoing education and re-certification process
- Utilizes methodology that has been research based
- Offers national or international recognition
- Has an Advisory Board or organizational structure
- Utilizes current techniques and resources



- Is relevant to your needs (to be qualified as an aquatic fitness personal trainer, then must take specific training)
- Offers liability coverage programs
- Affordable
- Offers continuing education through training or correspondence
- A certification exam that is separate from the training (some offer certification and training on the same day)

***If I have more than one WaterART certification do I have to renew each one separately?***

No -You need only renew the HIGHEST level of certification. If you have lesser certifications these are automatically renewed for the same time period. If you advance to an even higher level of certification - your renewal date will automatically adjust to 2 years from the date that certification examination is completed.

***How many certifications are currently available through WaterART Training and how are they rated?***

**THERE ARE MANY LEVELS OF WATER INSTRUCTOR CERTIFICATION:**

***We recommend everyone starts with this program....***

- WaterART Instructor Certification (*either onsite or correspondence*)

***Comprehensive WaterART Certifications ( these require both theory & practical assessment for achieving certification ) ....***

- WaterART Senior's Instructor Certification
- WaterART Personal Training Specialist Certification
- WaterART Rehabilitation Specialist Certification
- WaterART Weight Management Consultant Certification

***If you require more SPECIALTY TRAINING PROGRAMS (if you are currently certified, you may upgrade your qualifications with these programs and not have to complete another practical assessment)***

- WaterART Kidz Instructor Certification
- WaterART Arthritis Instructor Certification
- WaterART Common Movement Disorder's Instructor Certification
- WaterART Mind Body Instructor Certification
- WaterART PreNatal Instructor Certification
- WaterART Managing a Healthy Weight Instructor Certification
- WaterART Shape Up and Water Train Instructor Certification
- WaterART Parent & Tot Instructor Certification

**LAND PROGRAMS**

- 8 hour WaterART Arthritis Instructor Certification
- 8 hour WaterART Common Movement Disorder's Instructor Certification
- 16 hour WaterART Instructor Certification

**What is the criteria for becoming a MASTER TRAINER?**

**Each candidate must:**

- Complete 5 Certification levels with 85% or more score on both the practical & written exams namely ONSITE Instructor Certification, Seniors & Specialized Populations Instructor Certification, Arthritis Instructor Certification & Personal Training Specialist through onsite programs
- Possess a current CPR/First Aid and/or Life guarding qualifications
- Complete the Master Trainer Intern Exam
- Have been teaching aquatic fitness for 3 years or more ( realize the process may take 6 months to 2 years)
- Possess some experience with Training Instructors or Leadership training

- Must submit a current and accurate resume.
- Must have access to Email
- Must read and write English (unless reporting to another country distributor)
- Must be able to teach the Instructor Certification, (theory & practical) and/or Arthritis Instructor Certification and/or Kidz Instructor Certification Programs in its entirety
- Master Trainers with an exercise science degree will be able to teach either Personal Training Specialist and/or and/or Rehabilitation Specialist Course
- Master Trainers with related nutrition and lifestyle management skills will be able to teach either Weight Management Consultant Certification Course
- Master Trainers will only teach the workshops that they are experienced with (as there is a huge range and not all Master Trainers have to be able to teach all programs).
- Must be exclusive to WaterART Trainer Team (for Aquatic Fitness Instructor Training)
- Must volunteer at a ONE conference to understand registration & tradeshow procedures
- Must submit a business proposal on how you will: contribute to the team, develop your business plan for your success, achieve your goals as a Master Trainer as well as list how you will need WaterART Fitness to help YOU! (We are here for support!)
- Will purchase all appropriate WaterART manuals, DVDs, uniforms for training or workshop sessions through head office (at discounted price listed on Trainers Price List.)

**What is the difference between a WaterART Professional Membership and WaterART Certification?**

All levels of membership are optional, however, members receive benefits including a special WP member rate at all WaterART events, discounts on educational resources and products, job postings/listings on our web site and more. The Business Membership allows you to receive a bonus for your sales on this website. In order to continue your benefits as a member, an annual renewal fee applies.

Certification is granted when a candidate has completed both a theory & practical exam to demonstrate competency in skills and an understanding of the materials as presented in our training tracks. Only candidates that have completed either a home study correspondence training program or an onsite program may become certified.

Simply stated

- Membership is Benefits
- Certification is Qualifications

**WHAT IS A WP Membership?**

**WP Membership.... has BENEFITS.....**

\$55.00/year RENEWAL ( you can renew online by going into MY ACCOUNT - top right hand corner of website when you have logged on to your account) OR UPGRADE at the event.  
 \$65.00/year NEW MEMBER

Add applicable taxes & shipping unless picking up at an event.

**WP Membership.... has BENEFITS.....**

\$55.00/year RENEWAL OR UPGRADE at the event (you can renew online by going into [MY ACCOUNT section which is the top right hand corner of website when you have logged on to your account](#))  
 \$65.00/year NEW MEMBER

Add applicable taxes & shipping unless picking up at an event.

**Your WP Membership includes FREE GIFT ( choose one of Gift A-K) [Click here for the link](#)**

- Gift A) WaterART Thermal Vest, Wet bag, DVD029
- Gift B) WaterART Buoyancy Cuffs, LC042, DVD042 , Wet bag
- Gift C) WaterART Mitts , T-shirt , Water-bottle & Waist-Pack, DVD033
- Gift D) WaterART Certified Knap Sack & T-shirt, DVD029
- Gift E) WaterART Duffle bag & 2 Fit Bands, DVD041/DVD049

- Gift F) Speedo Tote bag & water-bottle, DVD033
- Gift G) Speedo 100% Swim Suit without bra DVD029
- Gift H) Speedo 100% Swim Suit with bra DVD029 (ADD \$20.00)
- Gift I) WaterART Anatomy T-shirt (blue or white)for land or water, DVD029
- Gift J) Flex Paddles, DVD040, LC040, WaterART Wet bag
- Gift K) 5 inch Pair of Dumbbells, DVD060, WaterART Wet Bag

- Quarterly Newsletter (Jan, April, Aug, Oct)
- Monthly E-Newsletter
- 20-25% discounts on all product purchases (dependent on your Certification level)
- Registration Discounts
- Job Postings & Listings!
- Member's Only Website (video streaming & student handouts with many articles to download)
- Specialized Privileges on Message Board
- You always receive a full year from your JOIN date or add on a year for your renewal.
- Jump on Board and JOIN our MEMBERSHIP PROGRAM!

#### **Are Other Certification Programs transferable to WaterART?**

WaterART does not transfer our certification status from any other organization or programs, nor do we allow you to "bank" continuing education credits (CEC's) prior to certification. You must EARN your status, and can only accumulate CEC's after completing certification.

#### **WaterART Thermal Vest SIZING**

Neoprene thermal vest with an industrial Zipper. You should get it so that you fit 1-2' tighter than your chest as the hydrostatic pressure of the water "shrinks" you. Sizing is unisex

Size 2XL 53"-55" (Chest measurement) x 21" Length,

Size XL - 49"-51" x 20"

Size L 45- 48 "x 18.5",

Size M - 40"-44" x 18",

Size S 36-39" x 17",

Size XS 33-35 x 17

Size XXS 30-32 inch

To Care for a vest (or any water wear), simply rinse off with cool water, a dab of soap and hang dry. Should be rinsed directly after use. Please realize pool chemicals are corrosive and unfortunately are bleach- like.

#### **CARE OF THE CUFFS**

Buoyancy cuffs may be worn as buoyancy belt by putting the cuffs together. Make sure that you put the belt on land and it is very tight around your waist. Then get into the water. You will notice that the product loosens up. You may also use the cuffs on the wrists or on the ankles. Using the cuffs on the ankles is ADVANCED WORK. We recommend only skilled people use the equipment this way....as you will need advanced abdominal strength. One of the big safety things that you need to know. If you fall forward – you need to roll to your back and backward bicycle OR scoop and stand up to the vertical. If you try to stand from a prone on lying on your stomach position you will probably hurt or hyperextend your spine. Therefore, practice this skill in shallow water prior to going into the deep water. Cuffs may be worn shallow and/or deep water. Deep water is more advanced however, it requires more skills. .

Please understand that all pool chemicals are abrasive. Some may bleach our products. To ensure the product longevity READ THE FOLLOWING for directions on care.



#### **INSTRUCTIONS FOR THE WATER EQUIPMENT –especially bands**

1. RINSE IN A BUCKET/AREA WITH CLEAN, COOL WATER
2. IDEALLY, CUFFS SHOULD BE DRIED OFF TO PREVENT THE WATER THAT IS INSIDE THE CANVASS TO NOT GO MOLDY. THE FOAM WILL NOT CORROID OR ABSORB WATER – HOWEVER, IN HUMID CLIMATES YOU MAY ALWAYS GET SOME STAGNENT WATER



3. OCCASSIONALLY TAKE THE FOAM OUT AND RINSE SEPARATELY
4. DO NOT DRY OVER HEATING UNIT OR VENT
5. KEEP OUT OF DIRECT SUNLIGHT, HOT OR HUMID ENVIRONMENT
6. OCCASSIONALLY WASH WITH A MILD SOAP AND RINSE WITH CLEAN WATER TO PREVENT MILDEW BUILDUP
7. STORE OUT OF POOL HUMIDITY – IN A/C ROOM AWAY FROM THE POOL

**GENERAL GUIDELINES:**

- WEAR SHOES FOR BEST RESULTS (MAXIMUM RESISTANCE AND STAYING ON)
- BUCKLES SHOULD BE ON OUTSIDE OF THE ANKLE
- MAKE SURE THAT THE VELCRO STRAP IS ON THE BOTTOM OF THE FOOT
- PULL THE STRAP SNUG (AS IT LOOSENS UP IN THE WATER)
- CUFF WILL MOLD TO YOUR ANKLE. SO THAT IS WHY WE RECOMMEND EVERYONE BUYING THEIR OWN I.E. PERSONAL USE

YOU may buy the Buoyancy covers for \$25.00 / set

YOU may buy a LAMINATED PROGRAM card for \$6.00 – showing the exercises

YOU may buy a DVD or VIDEO (DVD042/VT042) to help you understand and learn all the exercises.

**How long does it take to get a mark for an Exam**

Firstly, it is key to know that we confirm all exams that we receive via mail, email. Please do not fax an exam – as we find that it is a) difficult to read as well as pages get lost.

Please indicate on the email who has assessed your practical exam & when you did it so I can mark it can be synchronized with a report card.

It may take about 2 weeks to mark it. Your report card will be emailed within the next week to give you an idea of your status...if you are successful the certification diploma will follow via mail. Again this may take an additional week. Your ONLINE profile is added immediately –so via any computer in the world you may access your profile and show a person hiring you.

They may also email us to confirm that you are certified and the diploma is being sent. WE do not confirm your certification via phone as we can not verify they are a hiring person. We only give our specific information to those that are being interviewed for a position or maintaining their position (and must be certified) To access and quick reference your information via the website by looking UNDER profile - once you log in. Your username is your EMAIL ADDRESS and the password is waterart (unless you change it).Hope everything is going well.

**HOW MANY DVD'S do you have available?**

Everything is coded – it is on the spine of OLD VHS videos OR on the spine of a DVD. We have added MANY programs – to our inventory & occasionally we change the name to help people understand the content of the program

To Read Description & Purchase DVD's [Click Here](#)

- DVD001 - The “ART” of Exercise Science
- DVD002 - Aquatic Fitness Muscles
- DVD003 - Beginner Muscles with Noodles
- DVD004 - Intermediate Muscles with Noodles
- DVD005 - Advanced Muscles
- DVD006 - Shallow H<sub>2</sub>O Workout
- DVD007 -Deep H<sub>2</sub>O Workout
- DVD008 - Advanced Deep H<sub>2</sub>O Workout
- DVD009 - Seniors “Fun”ctional Fitness
- DVD010 - Common Movement Disorders Shallow Water
- DVD011 - Arthritis Shallow H<sub>2</sub>O Exercise
- DVD012 - Arthritis Chair Exercise Workout (L)
- DVD013 - Arthritis Light Low Impact & Sculpt (L)
- DVD014 - Mindful Tai Chi



DVD015 - Water Walking  
DVD016 - Yoga  
DVD017 - Personal Training H2O Assessments  
DVD018 - Personal Trainer Foam Weights  
DVD019 - Personal Trainer Posture Analysis, Exercise Inventory  
DVD020 - Personal Trainer Equipment Analysis + Inventory  
DVD021 - FINNING –The Ultimate Butt Burner & Program for Swimmers  
DVD022 - Pre-Post Natal  
DVD023 - TaeKwonAQUA  
DVD024 - Kidz!  
DVD025 - Use Your Noodle  
DVD026 - Common Movement Disorders – Chair Exercise Program (L)  
DVD027 - Common Movement Disorders – Posture & Balance Program (L)  
DVD028 - Common Movement Disorders – Flexibility Program (L)  
DVD029 – What Is WaterART? for public display & WP membership program  
DVD030 - Sports Conditioning Workout  
DVD031 - Beginner Workout  
DVD032 - Having A Ball (L)  
DVD033 – Promotional DVD – for public display for public display & WP membership program  
DVD034 - Shallow Water Noodles  
DVD035 - Deep Water Noodles  
DVD036 - Arthritis- The Noodle Workout  
DVD037 - Step Splash  
DVD038 - Cardio Combos  
DVD039 - Awesome Abdominals  
DVD040 - Resistive Paddle Program  
DVD041 - FIT BAND Workout  
DVD042 - Advanced Buoyancy Cuffs  
DVD043 - Aquatic Rehabilitation for Lower Extremities \* Rehab Protocol only  
DVD044 - Aquatic Rehabilitation for the Spine \* Rehab Protocol only  
DVD045 - Aquatic Rehabilitation for Upper Extremities \* Rehab Protocol only  
DVD046 - Aquatic Rehabilitation Theory of Spine, Upper & Lower Extremities (3 DVD's)  
DVD047 - WaterART Pilates & Dance  
DVD048 - Fit Stretch & Back Care (L)  
DVD049 - Fit Band Program (L)  
DVD050 - TaeKwonRobics (L)  
DVD051 - Moving on Up (L)  
DVD052 - Weight Management Consultant Program  
DVD053 - Elementary Rescues and Water Safety  
DVD054 - Boxer and Kicker Workout  
DVD055- Aquatic Cycling Workout  
DVD056 - Aquatic Running Workout  
DVD057- Parent & Tot Program  
DVD058 - Salsa the Aquatic Way  
DVD059 – Fun with Function  
DVD060 – Advanced Dumbbells and Understanding Shoulder Impingement  
DVD061 - Programming for Common Hip Problems  
DVD062 – Programming for Common Knee Problems  
DVD063 – Programming for Common Back Problems  
DVD064 – Shallow and Deep – Teaching a Combo Class  
DVD065- Mindful Movement blending Pilates, Tai Chi & Yoga (full workout)  
DVD066- TriAQUAfun ( goes with full 8.0 hour CEC program only)  
DVD067 - Boot Camp (full workout program with tubing)  
DVD068 - Team Building, Partners, Games & more  
DVD069 - Gentle Fitness for Seniors (L)  
DVD070 – Combo Fitness Workout ( L)  
DVD071 – Shape Up and Water Train  
DVD072 – Shallow H2O Splash Workout  
DVD073 – Mixed Hatha Yoga Workout ( L)

**HOW TO ORDER:**

- 1- Online: [www.waterart.org](http://www.waterart.org)
- 2- By Fax: 416-621-0951
- 3- Toll Free: 1-866-5-GET-WET (1-866-543-8938)
- 4- Emailing: [info@waterart.org](mailto:info@waterart.org)

**OUR BEST DEAL**

**\*\*BUY 4, GET 1 FREE!\*\***

(except DVD043/44/45-only available with full Rehab Program)

**How do I start a New Business?**

Starting and managing a business takes motivation, desire and talent. A business takes research and planning. Lack of planning is one of the leading causes of business failures. Developing a business plan and answering some key questions will provide insight into the viability of a entrepreneur’s business future. In fact, analyze if an independent contract is appealing and beneficial. Most governments want to inspire business so check your local resources there are often free services to help you plan your future business.

Here are some advantages and disadvantages of an independent contractor versus an employee relationship are as follows:

*Every new business owner should answer these questions prior to starting.*

<b>Independent Contractor</b>	<b>Employee</b>
<i>Self employed – own and manage a business Requires business skills and marketing savvy</i>	<i>Hired to do a job or work a position Compensated based on: experience, volume, specialty, demand, facility pay scale, other No business skills necessary</i>
<i>Must be self motivated Must generate sales</i>	<i>Must adhere to policies/procedures Club/facility generated business hours, fees</i>
<i>Pay own taxes, no deductions May deduct expenses through business</i>	<i>Regulated taxes</i>
<i>May work as many hours as like Sets own pay scale &amp; rules</i>	<i>Limited flexibility in work schedule (hours, days or weeks schedule)</i>
<i>Not paid for additional hours like book keeping, cleaning, sales</i>	<i>May be paid for overtime</i>
<i>More overhead such as: equipment, facility, office, marketing and promotional materials</i>	<i>No overhead Marketing and promotions supplied</i>
<i>Liability coverage, medical expenses additional expense</i>	<i>Medical and liability benefits</i>
<i>Must be more versatile to many positions – marketing, scheduling, sales, coaching, technical</i>	<i>Usually a defined position</i>
<i>Set own policies, fees, hours No paid vacation or holidays No benefits Unlimited earnings</i>	<i>Paid vacation, overtime and holidays. Limited earnings</i>
<i>Sets own budget for technical updating and continuing education expenses</i>	<i>May be more continuing education/training benefits</i>

- What niche will my business fill?

- What services or products will I sell?
- Is my idea practical, and will it fill a need?
- Who is my competition?
- What is my business' advantage over existing firms?
- Can I deliver a better quality service?
- Can I create a demand for my business?

### ***What is the compensation for Independent Contractor***

The compensation or pay rate may depend on skill level, certification(s) and qualifications and volume of clients. There is generally some type of split revenues between the facility and the Consultant / Personal Trainer Specialist/ Rehabilitation Therapist. Typically, facilities charge a straight percentage of revenue or a rental fee.

Example: Straight Percentage Scale

For a \$50.00 per personal Training session –

- Facility receives 20% = \$10.00, Consultant receives \$40.00
- Facility receives 30 % = \$15.00, Consultant receives \$35.00
- Facility receives 40% = \$20.00, Consultant receives \$30.00
- Facility receives 50% = \$25.00, Consultant receives \$25.00

The percentage will be negotiated based on who is responsible for advertising, what the facility is providing and who is responsible for scheduling appointments

How do I establish myself as a professional?

#### ***Tips to Success:***

- Dress for Success – look like a professional.
- Use professional marketing materials such as a business card, flyers, press release, website
- Always include brief description of services. You may choose not to add fees especially if they vary from area to area
- Always sign a Contract of Services that itemizes payment schedule
- Keep the Cancellation Policy clear
- Be consistent with service
- Promote yourself EVERYWHERE – offer free info sessions and seminars at Women's

#### **What is difference between the **Weight Management Consultant Certification Program** & **Managing a Healthy Weight Program****

When you take the **Weight Management Consultant Certification Course** you get ( for \$279.00 members...or \$299.00 regular)

1. Onsite education ( 16 hours )
2. Weight Management Consultant Manual
3. Managing a Healthy weight Workbook
4. DVD032, DVD048,DVD049 ( should you prefer water tapes...we can adjust) this is for the clients home use
5. LC032, LC048, LC049 - for your clients home programs
6. (1) 30 " fit band, (1) 15 inch fit band..
7. Exam - which may be completed for your own education /certification OR you may do the Consultant exam where you get tested on doing a presentation.
8. Incentive program ( when you pass exam & thereby are able to purchase MHW KITS)



**The Managing a Healthy Weight Instructor Certification includes:**

(learning for your personal use & Certification upgrade)

1. Managing a Healthy Weight workbook
2. DVD032, DVD048, DVD049 (Fit Ball, Fit Band, Fit Stretch & Back Program)
3. Laminated Cards for quick reference guides (LC032, LC048, LC049 )
4. (1) 30" fit band, (1) 15" fit band.
5. Theory exam only - to be completed within 6 months of taking program
6. Certification status when successful with exams

When you buy the Managing a Healthy Weight KIT -you receive in the package (\$80.00/ person) You are a consultant and purchase this to teach your courses. This will fast track your services to look professional and not have to spend time developing recourses. You show up, teach and help others. In doing so, you earn a good income.

1. Managing a Healthy Weight workbook
2. DVD032, DVD048, DVD049 ( should you prefer water tapes...we can adjust) this is for the clients home use
3. LC032, LC048, LC049 - for your clients home programs
4. (1) 30 " fit band, (1) 15 inch fit band..
5. also we can post the workshop online/help you with flyer...