

# HOW TO HOST A WORKSHOP

## HOST AN INSTRUCTOR TRAINING EVENT

The benefits of hosting a program

- 1) Convenient for your instructors
- 2) Your members/staff get a WP member rate (discounted rate)
- 3) Facility may earn complimentary registrations (based on attendance)
- 4) Complimentary WaterART WP Membership for Workshop Host
- 5) WaterART takes care of all Registrations ( phone, fax, mail, online)

## ALL WE NEED TO GET STARTED

- 1) Some possible dates
- 2) Available Pool Times
- 3) Approximately how many of your instructors are interested at your facility
- 4) How many centers in your area so we may promote and bring some other instructors into the training to help meet our minimum numbers.
- 5) Facility Host to make sure the event goes smoothly.

## **SOME TOPICS YOU MAY CHOOSE FROM:**

### **GROUP EXERCISE TOPICS**

ANATOMY AND BIOMECHANICS  
AQUATIC STRETCH  
AWESOME ABDOMINAL TRAINING  
CARDIO COMBOS  
DEEP H2O TRAINING  
DEEP H2O MUSCLES  
DEEP WATER NOODLE  
KEEPING WARM IN A COOL POOL  
MUSICAL WAVES  
MEN DO WATER FITNESS  
MAKE THE MOST OF YOUR MOVES  
NOODLES  
NOODLES & MUSCLES  
SHALLOW WATER TRAINING  
STRENGTH TRAINING GETS WET  
SAFE DECK WORK  
SHAPE UP & WATER TRAIN  
SHALLOW WATER NOODLES:  
TARGET TRAINING MUSCLES  
WATER WALKING

### **EQUIPMENT**

ABDOMINAL TRAINING  
BANDS, BALLS AND BELLS  
BUOYANCY CUFFS ARE TUFF  
CUFFS ARE TOUGH  
DEEP CYCLING PROGRAM  
EQUIPMENT OVERLOAD  
FINNING – THE ULTIMATE BUTT BURNER  
FIT BANDS WORKOUT  
FOAM WEIGHTS WORKOUT  
FOAM WEIGHTS WORKOUT  
INTERVAL & CIRCUIT TRAINING  
RESISTIVE PADDLE PROGRAM  
SPEEDO SWYM GYM  
SPORTS CONDITIONING  
STEP SPLASH  
WORKING WITH DUMBBELLS  
WATERART FIT BAND WORKOUT  
WELCOME TO THE WATERGYM

### **SENIOR'S**

ARTHRITIS PROGRAM  
ARTHRITIS NOODLE WORKOUT  
ASSESSMENTS  
COMMON HIP CONDITIONS  
COMMON BACK PROBLEMS  
COMMON KNEE PROBLEMS  
COMMON MEDICAL CONDITIONS  
COMMON SHOULDER PROBLEMS  
FUNCTIONAL FITNESS  
FIBROMYALGIA  
MANAGING A HEALTHY WEIGHT  
MINDFUL TAI CHI  
MOVEMENT DISORDERS  
MULTIPLE SCLEROSIS  
PARKINSON'S DISEASE  
SENIORS "FUN"CTIONAL FITNESS  
THE AGING PROCESS  
WATER WALKING

### **SPECIALTY TRAINING**

ADAPTIVE AQUATICS FITNESS  
ASSESSMENTS  
BALANCE AND ABDOMINAL  
BELLY DANCING FUN  
CORE TRAINING  
INTRO TO REHABILITATION  
PARENT AND TOT WORKOUT  
FUTURE FITNESS TRENDS  
KIDZ! – WATERGYM FUN !!!  
MIND AND BODY AWARENESS  
MIND & BODY PROGRAMS  
PERSONAL TRAINING RUNNING  
POSTURE ANALYSIS  
PRE/POST NATAL FITNESS  
SALSA FIT  
SYNCHRO FIT  
TAEKWONAQUA  
THE AQUATIC WAY  
WATER PILATES  
YOGA  
YO-TAI-PILATES

We are happy to mix and match to suit your training needs. CEC Workshops include pool/classroom time, handouts, certificate of course completion.

## WaterART Fitness ONSITE CERTIFICATION PROGRAMS

Each delegate for Certification receives a comprehensive manual, training ( theory & practical), laminated pool program card(s), Certificate of Course completion, and certifications exams included in the fees. All Theory Certification exams are take home. Practical exams may be assessed onsite (separate to training) or delegates may choose to submit a home video/DVD of their programs. All exams are must be completed within 6 months (or sooner) without a penalty fee. All Certifications may be fast-tracked or shortened by adding DVD's for home study supplementation. Some courses may have DVD's included.

### Core WaterART Certification Programs

- 1) WaterART Instructor Certification
- 2) WaterART Senior's & Specialized Populations Instructor Certification
- 3) WaterART Personal Training Specialist Certification
- 4) WaterART Weight Management Consultant Certification
- 5) WaterART Rehabilitation Specialist Certification

### Specialty Certifications – 1 day programs

- 1) WaterART Arthritis Instructor Certification
- 2) WaterART Common Movement Disorders Instructor Certification
- 3) WaterART Kidz Instructor Certification
- 4) WaterART Pre-Natal Instructor Certification
- 5) WaterART Mind-Body Instructor Certification

Current WaterART Certified Instructors only have to complete the take home theory exam.

New WaterART Instructors will need to complete both Theory and Practical exams for specialty programs.

### Land Instructor Certifications

- 1) Arthritis Land Instructor Certification
- 2) Common Movement Disorders Land Instructor Certification
- 3) Mindful Land Instructor Certification

Note: All candidates receive a Certification Diploma, and a Certification Profile online when they have successfully completed the certification process. All practical exams may be completed via an onsite evaluation OR submission of home video/DVD.

## HOW TO CONTACT US:

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