

CERTIFICATION RENEWAL CHECKLIST

(if using external CECs – NON WATERART HOURS)

- Payment for renewal (\$35 if on-time or \$55 if late + any applicable taxes for your region). We cannot accept certifications renewals that are expired for more than a year.**
- Completed and signed WaterART Fitness Certification Renewal Form unless all hours are WaterART (and we document this in our admin system – you can check by logging into your account)**
- A minimum of 8 hours WaterART education (facilitated by a approved WaterART Master Trainer**
- If you are using NON –WaterART hours, we require:**
 - 1) Copy of Certificate of Course Completion for NON – WaterART hours (must include DATE of event, HOURS completed, NAME OF COURSE, LOCATION where course was held, SIGNATURE & NAME of course instructor, NAME OF CERTIFICATE RECIPIENT)**
 - 2) Short biography of the Master Trainer/ Instructor who taught the course**
 - 3) Course Outline or Agenda of program (not handouts)**
 - 4) We cannot accept NON WaterART approved home study programs.**

Please Note:

You need to keep a copy of your Emergency Safety qualifications either Current Lifesaving Qualifications OR First Aid/CPR/AED (you do not have to submit copies of these to us, as dates don't typically coincide with our renewal dates - just make sure you have these qualifications or4 your qualifications are not valid)



WaterART™
CERTIFIED INSTRUCTOR
www.waterart.org

This is to verify that

Jane Smith

SAMPLE DIPLOMA

has successfully completed

8 hours onsite training

LACOMBE, AB

January 29TH, 2011

These workshops have been designed for apparently healthy populations. The following topics were covered:

- Shallow & Deep H2O Training
- Intervals & Circuits
- Basic Exercise Science Principles
- Working with equipment Noodles, Foam Weights, Boxers,
- Leadership Skills



Julie Twynham

Signed: _____:

Julie Twynham, Hons. B.A., Professional Fitness Lifestyle Consultant through Canadian Society for Exercise Physiology, ACE, AEA certified Educational Director for WaterART Fitness Training

ADDRESS:

WaterART Fitness International, 83 Galaxy Blvd., Unit 19, Toronto, ON M9W 5X6

WaterART Fitness International, 210 South 8th Street, Lewiston, NY 14092

Continuing Education CEC's for: 8.0 AEA, WaterART 8.0, BCRPA 8.0, NLS 1.0, CFP 4.0

EMAIL: info@waterart.org WEBSITE: www.waterart.org PHONE: (416) 621-0821

This is not a Certification Diploma – rather a Certificate of Completion for Continuing Education. Please Keep this for your Records

You must re-certify yourself within 2 years via 16.0 hours of continuing education (home study or onsite) and submitting a renewal form with payment OR achieving another level of Certification. Remember all qualifications will update when you pass another level of certification and all qualifications will be updated to the same expiry date. There are late penalties associated with late renewal. Remember that after your qualifications are expired for more than a year, you will have to re-do exams and programs.

Saturday, September 10th, 2011 9 am-5 pm
SHAPE UP & WATER TRAIN CERTIFICATION OR CEC WORKSHOP



- You will review unhealthy lifestyle choices that lead to common medical conditions
- You will learn a water-specific exercise design for combating obesity and inspiring healthy lifestyle choices

Weight management is a lifetime journey. Maintaining a regular exercise program and providing specific programs for your clients is necessary to help them achieve long-term results. Many medical conditions are the result of an unhealthy lifestyle. Diabetes, high blood pressure, cardiovascular problems, and joint issues can be brought on by unhealthy habits. Healthier lifestyle choices can help reduce the physical, emotional, and financial challenges and hardships that arise from challenging medical conditions. This workshop will provide you with a better understanding of the common medical conditions and their relationship to lifestyle choices. You will also learn why WaterART Fitness is an excellent tool to help manage a healthy weight. You will learn how to optimize exercise design to benefit obese and at-risk clientele. Additionally, you will learn appropriate exercises for maximizing caloric expenditure.

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Julie Twynham



Grand Master Trainer

Julie Twynham is the Educational Director and Creator of WaterART Fitness International.

Her strong academic background from the University of Waterloo, in Human Kinetics, combined with her dance and coaching background provide her with strong technical and creative skills.

Currently, she is certified through The Aquatic Exercise Association (AEA) and American Council on Exercise (ACE).

Her background also includes exercise testing and cardiac rehabilitation at the fitness institutes as well as designing their personal trainer protocols and better back programs.

Through, Body Check Inc., (established in 1985) & WaterART Fitness International Inc, she has developed over 76 Educational DVD's for both land and water modalities. Julie has co-authored 16 instructor training manuals.

She developed and ran the Speedo Aquatic Fitness System in Canada (1993-2000) and has worked throughout the world helping consumers and fitness professionals learn exercise design.

As a veteran of the fitness industry for over 30 years, she has presented for many world organizations, community centers and clubs throughout Canada, United States, Europe, Singapore, U.K. and South Africa including: World IDEA, Aquatic Exercise Association, American Fitness Professionals Association, Sara City Workout, IRHSA, IRSA Ontario, University of Michigan, University of Washington, University of Western Ontario, University of British Columbia, University of Waterloo, Ontario Fitness Council, European Aquatic Fitness Conference, Canadian Aerobic Instructors Network, University of Waterloo, Manitoba Fitness Leaders, Alberta Fitness Leadership Certification Association, to name a few. She also provides demonstrations for tradeshow for [Hydropool - swim in place pools, a pool that is a gym and spa all in one!](#)

Accomplishments:

- Presenter for American Fitness Professionals Association (2004-2010)
- Canadian Mentor Award -Finalist (1998-9)
- World IDEA (***) presenter (1997-2001)
- Organized Aerobathon & Raised \$50,000.00 for Heart and Stroke Foundation of Canada (1990-94)
- Organized and Raised \$10,000.00 for Jerry Lewis Telethon (1991-92)
- Volunteer for National Fitness Leadership Advisory Council for Aquatic Fitness Standards (1999-2000)
- Faculty for University of Nevada WaterFit School (1998-99)
- World IDEA Water Fitness Committee member (1996-1999)
- World IDEA representative (1993-96)
- Finalist for Canadian Women's Mentor Award (1999-2000)
- Fitness Institute Instructor of the Year (1994 Inaugural award)
- Berka Fraser Award - The Fitness Institute (1990)
- IRSA Ontario - Aerobics Coordinator of the Year (1994)
- Best of Women of the Year - Toronto Sun (1993).
- Level 2 NCCP Figure Skating Coach (1978 -1987)
- Author of WaterART Instructor Manual, Kids Instructors, Personal Trainer Specialist Manual, TaeKwonAqua Manual,
- Originator of Use Your Noodle - the original Pool Noodle Program