



# NEW INSTRUCTOR

*Testimony*

## ANNE RUCCHETTO

In the time since I began teaching Aquatic fitness classes with WaterART the experiences I have shared with other instructors and class participants has only increased my enthusiasm for this unique and inspiring career. As a university student during my first two years of leading sessions, I found the Aquatic fitness class environment to be directly correlated to my confidence, initiative-taking, and creativity. Holding all instructors to a high standard of communication and leadership demands a level of assertiveness that I struggled with before becoming a Certified Instructor. The expertise and support of the WaterART Master Trainers allows the instructor to rise to the occasion through helpful feedback and encouragement to constantly improve. I have found that the skills that we have been trained to use for teaching aquatic fitness are also applicable to many other areas of my life. Now I find I can easily relate to, and enjoy working with, people of all ages and backgrounds, I am not afraid to offer helpful opinions or suggestions, and approaching new challenges has never been easier.

Through WaterART I have learned about the value of inclusivity, constructive criticism, and assertiveness. To run a good class, it is necessary to be extremely patient, supportive, and tactful. The Master Trainers continually impress this upon us when we attend any of the certification programs or workshops that are offered throughout the year. Already Certified WaterART instructors benefit from the feedback received when working on their recertification programs. Through the monthly web site "Fit Tips" and ExerScience we are kept up to date with a variety of new and useful information on how to best utilize the properties of water which helps us to develop the most effective and engaging classes possible.

I have found that this aquatic community of such friendly and enthusiastic individuals is endlessly refreshing. As a recent graduate who wishes to remain active while supporting myself, I feel lucky to have found a job, that combines physical exercise, leadership, and continual formal learning, that appeals to me. WaterART is an organizations that fosters the most engaging kind of education, and I am eager to experience as much of it as I can!

*Anne Rucchetto*