



Industry standards recognize that Certification is required and that minimally every two years a professional must upgrade or meet the standards of care. WaterART offers two methods of re-certification. Candidtates may complete 16.0 Continuing Education Course (CECs) or they may achieve another level of Certification. WaterART offers education via onsite training (guided with Certification Master Trainer) or home study education.

WATERART FITNESS CERTIFICATION PROGRAMS ARE DIVIDED INTO 2 CATEGORIES:

Comprehensive Certification Exam Process:

All candidates will be required to complete both theory and practical exam within six months from purchase date or training date to become Certified.
Specialty Certification Exam Process (marked by asterisk below **):
All candidates who are currently WaterART Certified only need to complete the theory OR practical assessment to become certified.
All candidates new to WaterART Fitness OR those who have expired WaterART certification(s) will be required to complete both theory and practical exam process within six months from purchase date to become re-certified.
Completing another level of certification automatically renews and upgrades all current certification(s) 2 years from the exam passing date.

All Certification Programs include: Instructor manual, via video streaming, laminated reference cards, exam process, report card with exam results, E-certification Diploma and online profile when successful with exam process.
*All program videos are available with video streaming via website app. All video streaming will be in your account until six months from your training OR until your Certification expiry date. All candidates may take up to six months (after training or home study purchase to complete a full certification program). Videos streaming is available via WaterART Fitness Educational App Available on smart devices (for phones/tablets/ipads) via App Store OR WaterART also utilizes **Vimeo Video showcase** for streaming on all devices (excellent if you are viewing on computers)*

ONSITE CERTIFICATION H2O DESCRIPTION FOR 10+ OR MORE IN PERSON TRAINING (all inclusive fee – with WaterART Fitness Educational App video viewing fee) Add \$20.00 for Vimeo video showcase viewing.	VIDEO STREAMING	PRICE +appli cable tax
CTW001 - Shallow & Deep H2O Instructor Certification: This comprehensive program will guide <u>new instructors</u> through the fundamentals of teaching group exercise programs. The training will provide excellent visual learning of the basic moves, working and body positions, lesson planning as well as how to cue and perform safe deck work. The video tutorials and workouts will provide a start to finish sample lesson plan. The goal is to help the new leader learn a variety of tools to skilfully teach a purposeful multi-level program. The resources will provide a thorough understanding of how to train the cardiovascular system, posture, balance as well as how to stretch and strengthen all the major muscle groups. Price includes: 16 hours of training guided with Master Trainer, all materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	230, 206, 178, 64, 211, 192,186, 208, 008, 072 (2 parts), 092, 181 , 190, 207, 193,184,	\$339.00
CTW019 – Shallow H2O Instructor Certification: Is your pool only Shallow H2O? If so, option is the program for you! Whether you are a new Instructor or just need an upgrade - this program has been innovated to help Instructors learn practical information filled with hundreds of exercise ideas and techniques. You will learn to keep building your exercise inventory to teach safe, enjoyable and effective group exercise programs. Candidates will review equipment such as mitts, dumbbells and other water fitness equipment. This is an excellent option for the non swimmer instructor. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	034, 058, 059, V072 (2 parts), 098, 099, V206, V207,V208.	\$319.00
CTW002 –Senior H2O Instructor Certification: 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. Price includes: 16 hours of training guided with Master Trainer, materials(manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	031, 059, 061, 062, 063, 111, 112, 196, 180, V197,	\$339.00
CTW003 - Personal Training H2O Certification with Guided Tutorials: 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. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	017, 018, 019, 020, 030 & 031, 086 (2 parts), 087 (Tutorial), 088 (2 parts)	\$425.00
CTW004 - Rehabilitation for Athletic Populations H2O Certification: 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. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	043, 044, 045 & 046 (3 parts)	\$425.00
CTW004a - Rehabilitation for General Populations H2O Certification: 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. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	091 (6 parts with 3 Tutorials)	\$425.00
**CTW005 - Arthritis H2O Instructor Certification with Guided Tutorials: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	011, 078 (2 parts), 036, 089 (2 parts) 090 (2 parts)	\$239.00
**CTW006 - Pre-Natal & Post H2O Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	022	\$199.00
**CTW007 - Kidz H2O Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	024	\$199.00
**CTW008 - Common Movement Disorders H2O Instructor Certification 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	010	\$199.00
**CTW009 - Mind Body H2O Instructor Certification: 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 Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	014, 016, 047 & 065	\$229.00
**CTW012 –Shape Up and H2O Train Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	071 (2 parts)	\$199.00
**CTW014 – Aquatic Parent & Tot/Toddler Instructor Certification: The tot program is for 10 month to 2 year olds	057 & 075	

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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.		\$199.00
CTW015 –Sports Conditioning H2O Specialist Certification: 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. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	021, 042, 055, 056 & 067	\$249.00
**CTW016 – H2O Walking Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	015 & 079 (2 parts)	\$219.00
**CTW017 – H2O Running Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	056 & 083	\$219.00
**CTW018 – Deep H2O Instructor Certification: Working in Deep H2O requires unique skills and techniques to balance work and prevent muscular fatigue. This program will provide a plethora of ideas and exercises using mainly buoyancy belts and/or noodles. Learn how to provide progressions for patrons who have experience in deep water with advanced aquatic equipment. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	007, 008, 035, 060	\$229.00
**CTW020 – H2O Boot Camp Instructor Certification: Experience the energy! Kick the intensity up a notch and keep your participants motivated with a no nonsense workout. Add variety and challenge utilizing aerobic and muscle conditioning interval sets or circuit stations. We will explore three different workout (noodle boot camp, tubing with handles boot camp and interval H.I.I.T. S dumbbell session. The tutorial will review 3 levels of intensity suitable so patrons may incrementally progress their fitness and workout using a self-paced exercise system. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	067, 095 (2 parts) 115.	\$219.00
HEALTHY WEIGHT (LAND /WATER) CERTIFICATIONS		
CTW010 - Weight Management Consultant Certification: 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. Price includes: 16 hours of training guided with Master Trainer, materials, Exam process within 6 months.	MHW Workbook, 2 Fit Bands, WMC CD, 032, 048, 049 & 052	\$299.00
**CTW011 - Managing a Healthy Weight Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials, Exam process within 6 months.	052	\$199.00
LAND CERTIFICATIONS		
CTW010/ CTL010 - Weight Management Consultant Certification: 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, 032, 048, 049 & 052	\$299.00
**CTL011/CTW011 - Managing a Healthy Weight Instructor Certification: 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 & 052	\$199.00
CTL001 - Land Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	032, 048, 049, 050, 051 & 070	\$269.00
**CTL002 - Land Arthritis Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	012 & 013	\$199.00
**CTL003 - Land Common Movement Disorders Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	026, 027 & 028	\$199.00
CTL004 – Land Senior Instructor Certification: 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. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	145, 138, 248, 069, 074 (2 parts), 143, 217, 103, 109, 110.	\$289.00
CTL005 - Personal Training for Functional Fitness This program will help you apply advanced scientific principles for one-on-one and/or specialized group training specific to aging well senior programming and functional fitness. We will incorporate exercise inventory utilizing bands, free weights, steps, tubing, balls, chair and floor work to create a specific programs for aging well. Review inventory for: posture, muscular balance & strength, flexibility, and cardiovascular fitness. There is no programming utilizing machines or advanced intensity. Focus is on moving pain free and working at self paced personal best. Price includes: 16 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	117, 118, 119, 120, 121, 122, 123, 124,125, 126.	\$425.00
CTL006 – Gentle Senior Sit & Stand Instructor Certification: The ideal goal is overall physical improvement. A gentle Sit and Stand program can improve quality of life by decreasing pain, swelling and stiffness and increasing joint range of motion, agility, balance and strength. Providing variety in general group exercise program with an emphasis on mobility and working on their own pain free range of motion is the most important requirement for this population. This is an excellent program for the 80 + marketplace and for assistive living homes. Price includes: 8 hours of training guided with Master Trainer, materials (manual/laminated reference cards, study guide questions and answers), Exam process within 6 months.	101, 102, 103, 104, 105, 106, 107, 108,	\$289.00
Flat Rate 8 hour workshop fee		\$1200.00
Flat Rate 4 hour workshop fee		\$750.00
Flat Rate 2 hour workshop fee		\$350.00
**PRICE DOES NOT INCLUDE APPLICABLE TAXES & SHIPPING FEE (if applicable) **		