

**Colour Guide:** Everyone Welcome Seniors Specialty Focus Running Specialty Focus

**Day 1: Saturday September 14, 2024**

Saturday, September 14, 2024	Shallow H <sub>2</sub> O Pool Session	Deep H <sub>2</sub> O Pool Session	Leadership Session
8:15am – 8:50am	Registration & Networking		
<b>Session #1</b> 9:00am – 9:45am	Shallow Deep Combo – Discover the Difference		
<b>Session #2</b> 10:00am – 11:00am	Senior's Functional Fitness	Deep Water Training with Belts	Make the Most of Your Music
<b>Session #3</b> 11:15am – 12:15pm	Cool Warm Ups and Hot Cool Downs	Deep H <sub>2</sub> O Noodles	H <sub>2</sub> O Running
12:15pm – 1:15pm	Lunch and Networking		
<b>Session #4</b> 1:15pm – 2:15pm	Muscular Conditioning for Seniors	Interval Running	Learn Proper Technique & Delete Danger from your Programs
<b>Session #5</b> 2:30pm – 3:30pm	H <sub>2</sub> O Running	Awesome Abs	Seniors Functional Fitness (theory)
<b>Session #6</b> 3:45pm – 4:45pm	Seniors Shallow & Deep Combo Class		Practical Tips for Lesson Planning

**Day 2: Sunday September 15, 2024**

Sunday, September 15, 2024	Shallow H <sub>2</sub> O Pool Session	Deep H <sub>2</sub> O Pool Session	Leadership Session
8:15am – 8:50am	Registration & Networking		
<b>Session #1</b> 9:00am – 9:45 am	Progress Your Programs with Techniques & New Equipment (Theory)		
<b>Session #2</b> 10:00 am – 11:00 am	Fun with Equipment – Circuit Shallow & Deep		
<b>Session #3</b> 11:15am – 12:15pm	Modifications for Seniors Fitness (part 1)	Tri-Aqua-Fun!	Pre-Post Natal
12:15pm – 1:15pm	Lunch and Networking		
<b>Session #4</b> 1:15pm – 2:15pm	H <sub>2</sub> O Running	Deep Muscle Up	Programming for Common Medical Conditions (part 1)
<b>Session #5</b> 2:30pm – 3:30pm	Improving your practical Skills and Drills	H <sub>2</sub> O Running	Programming for Common Medical Conditions (part 2)
<b>Session #6</b> 3:45pm – 4:45pm	Modifications for Seniors Fitness (part 2)	Improving your practical Skills and Drills	H <sub>2</sub> O Running

**Conference fees include:** handouts, video streaming and CECs (continuing education course hours). There are no exams or quizzes & all candidates receive a certificate of course completion and a complimentary upgrade of their existing qualifications for two years.

**Candidates Interested in Adding a Speciality Qualification**

To obtain the Seniors Specialty Certification candidates must complete 5 **PINK** Water sessions and 3 **PINK** Land sessions  
 To obtain the Water Running Specialty Certification – complete 3 **BLUE** Water sessions and 1 **BLUE** Land session  
 Candidates have up to six months after the conference to complete the exam process for the speciality certifications.

If you would like to upgrade to a Specialty Certification or have questions on the programs – please contact [info@waterart.org](mailto:info@waterart.org) or check out [www.waterart.org](http://www.waterart.org). Upgrading to speciality certification includes full home study materials (Manual, streaming videos, study guide questions, laminated cards & exam options) for \$150.00 + HST.

**Any New Instructors may complete the full Certification by taking the weekend before Sept 7 & 8, 2024. Please register for Instructor Certification (and conference fee is included).**

