



WaterART
CERTIFIED INSTRUCTOR
www.waterart.org

- The Quinte Sports & Wellness Centre,
- Belleville, ON



All Registrations via WaterART Fitness

- Saturday & Sunday, March 15 & 16, 2025 9:00 – 5:00 pm
- Early-bird Registration is prior March 1, 2025

SENIOR H2O INSTRUCTOR CERTIFICATION

Saturday, March 15, 2025 (9:00-5:00 pm)



Candidates will review our full home study program as well as attend these training workshops for practical experience. The goal of this program is to provide a comprehensive yet practical approach of facilitating an aging population. You will learn techniques to orient, modify, and progress a clientele with a variety of medical or aging conditions. You will learn specific exercise inventory for Muscular Endurance, Cardiovascular Conditioning, Balance, Agility, Strength, Mobility, and Functional Fitness (appropriate to a senior clientele). This program will focus on facilitating a senior clientele with a variety of age related functional conditions. Contraindications to exercise and when to refer back to a health care professional is reviewed. Provides general total body strength exercises for helping to improve function and maintain strength and mobility.

Registration Fee Includes: Comprehensive Senior H2O Instructor Manual, 8 hours of lecture & pool time, Training Videos including : Senior Functional Theory Program, How to develop a Safe Warm Up, Fun with Function, Programming for Common Hip Problems, - Programming for Common Knee Problems, Programming for Common Back Problems and other helpful programs, 5 Laminated pool reference cards, Study Guide Questions & Answers, WaterART Certification Process (you can complete exam online and book a practical zoom session for your practical assessment), Certificate of course completion, 16.0 CECs, E-Certification diploma and online profile when successful with examination process.

8.0 CONTINUING EDUCATION COURSE WORKSHOP

SENIORS “FUN”CTIONAL FITNESS PROGRAM (Saturday, March 15, 2025 9am-5pm) A major priority for the senior in the 21st Century is keeping healthy, staying active and remaining independent. Water exercise can be the answer to all three. Use the three-dimensional, resistive, buoyant, and invigorating properties of water to create an enjoyable program to motivate clients and keep them coming back for more. Start with simple exercises then progress movement to aid with improved function for daily activities, social events and family outings. Learn to incorporate suitable equipment at the appropriate time. Best of all—put the FUN back into function!

PROGRAMMING FOR COMMON MEDICAL CONDITIONS (Sunday, March 16, 2025 9am-5pm) Learn to incorporate safe, effective and multi-level programming for common conditions of the hip, knee and back. *This is a group exercise program so learn how to both modify and progress exercise since there are many levels and conditions as well as non swimmers and seasoned aquatic fitness patrons.* Review

a balanced program design so that all components of fitness are trained. Review general guidelines for helping your clients/patrons with orthopaedic (hip, knee, shoulder, back, neck), neuromuscular, cardiopulmonary, arthritis, obesity, hypertension, diabetes and other debilitating medical conditions. Learn how to modify or progress an exercise to help people gain the most out of their program.

Each 8.0 CEC Workshop Registration Fee Includes: 8 hours of onsite training (theory & practical pool session), WaterART Handouts, Certificate of course completion for 8 hours CEC hours.

WaterART Master Trainer: Catherine Lyons- Bozzo



Catherine has a Political Science Degree from Carleton University and over 30 years experience in Corporate Management and Mentoring experience. Catherine has been around water her whole life. She has been a Lifeguard, Swim Instructor, Swim Team Coach, Figure Skating Coach, and Gymnastics Coach. While recently reinventing her career, Catherine has embarked on an Aquatic Fitness journey with the City of Toronto in multiple locations and disciplines. Her enthusiasm, creativity and cumulative experience comes through in the energetic, fun, and diverse programs she delivers.

ADDITIONAL INFORMATION

FACILITY CONTACT & INFORMATION

Joey K Hatem (he/him) Aquatics Coordinator 613-967-3200 x 3823 jhatem@belleville.ca
The Quinte Sports & Wellness Centre, 265 Cannifton Road, Belleville, ON K8N 4V8 (613) 967-3200 ext xxxx

NOTE : Please register with WaterART Fitness.

Please phone 1-866-543-8938 or email us (info@waterart.org) if you have any questions.

WHAT TO BRING: Please bring lunch & snacks, Water bottle, Water Fitness Wear & /water shoes, Towel/Cover up, Pen & paper. Please wear comfortable layered clothing for the classroom session so we may move around.

Optional WaterART Professional Membership Information

✓ Benefits of our Enthusiast or Certified Membership program:

Free gift (see below for options online including Water Shoes/Net Bag, Belt/Mitts/Bag), etc,

- ✓ UNLIMITED video streaming on both WaterART Apps
- ✓ free added value gift (you choose see website)
- ✓ Review all past issues of ExerScience Newsletters
- ✓ 20% discount on product purchases (except final sale, events, memberships)
- ✓ Save \$20.00 on WaterART Fitness Event registration **Includes a choice of ONE free Membership gift so check out website**

<https://www.waterart.org/membership/>

HOW TO REGISTER - All registrations via WaterART Fitness

MAIL: WaterART Fitness International Inc. 83 Galaxy Blvd Unit 19 Toronto ON M9W 5X6

PHONE: (with Credit Card) TOLL FREE 1 866 5 GET WET (1-866-5-438-938)

ONLINE: www.waterart.org – log in & click LIVE TRAINING- GREEN BUTTON link at top of the website. Go to state and then scroll down to click on event .If you are already in our system – please do not create another account OR your Membership discount and Qualifications/ Certification information will not view in your profile and your WP discount won't be automated. **** Payment via Visa, MasterCard, PayPal or E-transfer**

REGISTRATION FORM – BELLEVILLE ON

NAME: _____ WaterART Professionals#: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

BEST PHONE #: _____ EMAIL: _____

Registration For _____ TOTAL \$ _____

Please let us know if the BILLING/MAILING ADDRESS OR NAME ON CARD (IF DIFFERENT THAN ABOVE)

Visa or MasterCard #: _____ Exp. Date: ____/____/____

3 digit authenticity code _____ Signature: _____



CHECK ALL PROGRAMS YOU ARE REGISTERING FOR EARLY-BIRD REGISTRATION DATE IS March 1, 2025 – Members receive \$20.00 off

SENIOR H2O INSTRUCTOR CERTIFICATION

Saturday & Sunday, March 15 & 16, 2025 9-5pm

Fee includes: Comprehensive Manual with study guide questions & answers, 16 hours of training (theory & practical), Video streaming for videos: 196, 180, 111, 112, 59,61 62 63, WaterART Certification Exam, Certificate of course completion and E-Certification diploma and online profile when successful with exam

- Early bird Member Rate **\$289.00 + HST**
- Early bird Regular Rate **\$309.00 +HST**
- Regular Member rate **\$309.00 + HST**
- Regular Rate **\$329.00 + HST**

VARIETY OF 8.0 CEC WORKSHOPS

Saturday March 15 , 2025 9-5pm OR

Sunday, March 16, 2025 9-5pm

Fee includes: 8 hours of onsite training (theory & practical pool session), WaterART Handouts, video streaming for functional fitness & shallow water splash, Certificate of course completion: 8 CEC hours for WaterART

- Early bird Member Rate **\$139.00 +HST**
- Early bird Regular Rate **\$159.00 +HST**
- Regular Member rate **\$159.00 +HST**
- Regular Rate **\$179.00 +HST**

VARIETY OF 16.0 CEC WORKSHOPS

Saturday & Sunday, March 15 & 16, 2025 9-5pm

Fee includes: 8 hours of onsite training (theory & practical pool session), WaterART Handouts, video streaming for functional fitness & shallow water splash, Certificate of course completion: 8 CEC hours for WaterART

- Early bird Member Rate **\$239.00 +HST**
- Early bird Regular Rate **\$259.00 +HST**
- Regular Member rate **\$259.00 +HST**
- Regular Rate **\$279.00 +HST**

NEW WaterART Professional (WP) MEMBERSHIP

We add shipping of \$15.00 unless picking up at an event.

- \$75.00- \$119.00 year CHOOSE FREE GIFT**
<https://www.waterart.org/product-category/membership/enthusiast-membership/>

MATERIALS will be shipped to event if registration is early-bird date otherwise EXACT shipping cost is required

CANCELLATION & REFUND POLICY: *We do not offer refunds on event registrations.* If you are unable to attend a course or workshop after you have registered and paid you will have the choice of: 1) Receive the complete home study course OR the appropriate course materials for the workshop without a certificate of course completion OR 2) Attend another training course or workshop, of equal or lesser value, within a 6 month time period from your original event. If you cannot attend event, please be sure to submit written cancellation 48 hours prior to event date (email info@waterart.org to ensure we receive your cancellation). **Please arrive about 15 minutes early to fill in the Waiver of Liability & Par-Q information.** All materials not shipped in advance will be picked up on the day of the training.

