



780-515-7946

**Choose from**

- ✓ 16.0 hour CEC Re-Certification Workshop
- ✓ 8.0 hour CEC Workshop
- ✓ Full Shallow & Deep H2O Instructor Certification

**All Registrations via WaterART Fitness**

- Sunday, January 12 & 19, 2025
- Early-bird Registration is prior January 3, 2025

**SHALLOW AND DEEP H2O INSTRUCTOR CERTIFICATION**  
**Sunday, January 12 & 19, 2025 (9 am – 5 pm)**

This program is the entry level program for learning how to teach a basic aquafit class or program. Whether you are new to the water, a lifeguard or just want to become an aquatic fitness Instructor or personal trainer - this is the program you would begin with. We will explore a variety of movements, techniques and basic body and working positions for both shallow & deep water depths. This intensive training will provide leaders with functional techniques to design safe and effective sessions for a variety of ages, skills and fitness levels. This foundation program will provide you with a complete overview of how to facilitate a safe, effective and enjoyable general group exercise program. You will experience both theory (classroom) and practical (pool) applications to build a well-balanced program which includes cardiovascular training strength and mobility training as well as other functional components of fitness. NO experience necessary just a love of the water and fitness.



**Registration Fee Includes:** Comprehensive Manual, 16 hours of lecture & pool time guided by a Certified Master Trainer, online streaming of 16 educational videos, 5 Laminated pool reference cards, Study Guide Questions & Answers, WaterART Certification Process (theory & practical) and Certificate of course completion, 16.0 CECs for WaterART, YMCA, E-Certification diploma and online profile when successful with examination process. Zoom help Sessions (after training)

**16.0 CEC WORKSHOP - Sunday, January 12 & 19, 2025 (9 am – 5 pm)**

**SHALLOW H2O SPLASH WORKSHOP (Sunday, January 12, 2025):** Low impact or High intensity – shallow water may be used for all ages, skill levels and types of programming. Review how to build a creative shallow water program utilizing working positions to vary impact and intensity. Learn hundreds of movement variations and techniques provide with and without a noodle to better provide multi-level options and opportunities for your participants to benefit with water exercise. The course is geared towards very practical and enjoyable education. This workshop will focus on putting a safe, effective and enjoyable and balanced program together. Time will be spent on visual and verbal cuing to masterfully blend cardiovascular sets with muscular strengthening and stretching. Focus will be spent on teaching the parts of a class for a balanced and total body program. Get ready to move and learn the infinite ways to build a purposeful program for swimmers and non-swimmers alike. We welcome everyone to attend for ideas, tips and helping to build purposeful programs.

**Noodle Gym Workshop: (Sunday, January 12, 2025):** The noodle has become the most recognizable piece of equipment at the pool – which can be used in most every program and every depth of water. The unskilled can be provided with support to walk with confidence in shallow water. The more skilled can challenge balance standing, sitting kneeling or riding in deep or shallow water. This session offers a selection of noodle exercises showing the many adaptations or progressions that can be used to accommodate a wide variety of participants within the same class. We will explore noodle cycling and noodle boot camp in the mix for more athletic programming.

**DEEP H2O TRAINING (Sunday, January 19, 2025)::** Learn to program safe and effective exercise in a non-impact environment. Deep water training allows cardiovascular movement and muscular conditioning in a variety of body positions not possible on land. Plan your program design to serve a variety of participants—swimmer or non-swimmer—using buoyant equipment. Learn key cardiovascular movements and/or specific muscle targeting to help map out a program.

**Practical Tool Box (Sunday, January 19, 2025):** We will work on lesson plans and templates for preparing safe, effective and enjoyable aquatic fitness programs. The agenda will include ideas and suggestions to develop balanced and purposeful programs in shallow water depths. We will review exercise to manage and develop the important components of a fitness program such as Warm ups, Cardiovascular training, Muscular Strengthening & Flexibility Sets as well as “mindful” Relaxation and Warm down movement to close each program. Since “one size does NOT fit all”, ideas for a way to modify or progress exercises will be examined. These ideas will encourage each class participant to work at their personal best for a successful workout.

**MASTER TRAINER – Susan Kisilevich**

Susan Kisilevich is a Certified WaterART Master Trainer with specialties in: Senior’s Instruction, Mind & Body, Parent & Tot/Toddler, Aquatic Personal Training, Aquatic Rehabilitation, Arthritis and Common Movement Disorders Instructor as well as Sports Conditioning Specialist. Susan’s motto is “Wellness Through Water”™, using the water to train clients for healthy living on land and she is the owner and operator of Catch The Wave Water Fitness™ in Edmonton. She has achieved a Master of Arts in Sociology from the University of Alberta and resides in Edmonton. Using her strong academic background, she provides timely and useful training to her clients and has been fitness professional since 1989. Susan may be reached at [susan@catchthewavewaterfitness.com](mailto:susan@catchthewavewaterfitness.com).



**ADDITIONAL INFORMATION**

**FACILITY CONTACT:** Desiree Janzen 780-515-7946 [djanzen@draytonvalley.ca](mailto:djanzen@draytonvalley.ca)

**FACILITY LOCATION:** Ricochet Oil Corp. Aquatic Centre. 4700 West Valley Park Road, Drayton Valley, AB T7A 0E1

**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.

**We recommend registering early-bird if you are taking Certification course so you may review your videos prior to the course. Practical and theory exams must be completed within a six-month time period after the training.**

**WaterART Membership Program is separate to our Certification Programs**

EVERYONE is welcome to join! Take advantage of the benefits and savings. We do add \$18.00 shipping if you are not picking up your membership gift at an event. To save on shipping, you need to order WP membership prior to early bird date.

**Benefits of our Enthusiast or Certified Membership program:**

- Free gift (you choose one of the gifts – we do can ship for free if you register as of early-bird date.
- UNLIMITED video streaming of anything you have purchased on WaterART Fitness Educational App
- Access to Aging Well (follow a long workout App) a
- 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

**HOW TO REGISTER - All registrations via WaterART Fitness**

**PHONE:** (with Credit Card) TOLL FREE 1-866-5-438-938 OR via E-transfer or **PayPal** [payments@waterart.org](mailto:payments@waterart.org)

**ONLINE:** [www.waterart.org](http://www.waterart.org) – log in (create an account or log into your account. 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.

**TO REGISTER ONLINE click GREEN BUTTON – live training & scroll down to this event**

PHONE 1 866 5 438 938

[www.waterart.org](http://www.waterart.org)

**REGISTRATION FORM – Drayton Valley, AB**

NAME: \_\_\_\_\_ WaterART Professionals #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_ BEST PHONE# \_\_\_\_\_ EMAIL: \_\_\_\_\_

Registration For \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Please let us know if the 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 January 3, 2025**

**Be sure to log in and add item to your Shopping Cart to Apply \$20.00 member discount**

**SHALLOW & DEEP H2O INSTRUCTOR CERTIFICATION**

**Sunday, January 12 & 19, 2025 9 am – 5 pm**

**Fee includes:** Comprehensive Manual with study guide questions & answers, 16 hours of training (theory & practical), Zoom Help Sessions, 10 videos streaming via WaterART Fitness Education App streaming of videos: V230, V206, V207, V178, V192, V072, V181, V208, V186, V188, V008, V064, V211, V193, V190, V284, Laminated Reference Cards, Study Guide questions and Answers with Exam Process, Certificate of course completion and e-Certification diploma and online profile when successful with exam.

WaterART Member rate prior to January 3, 2025 **\$399.00 + GST**  
 Regular Rate **\$429.00**

**Late Registration Fee \$20**

**16 HOUR CEC RE-CERTIFICATION WORKSHOP**

**Sunday, January 12 & 19, 2025 9 am – 5 pm**

**Fee includes:** Handouts, 16 hours of pool and lecture time, Additional videos V181, V060, V095, V208, V180, updated certification diploma (2 years from expiry date), certification of course completion for 16.0 CECs.

Early-bird rate prior to January 3, 2025 **\$259.00**  
 Regular Rate **\$279.00**

**Late Registration Fee \$20**

**8 HOUR CEC RE-CERTIFICATION WORKSHOP**

**Sunday, January 12 OR 19, 2025 9 am – 5 pm**

**Fee includes:** Handouts, 16 hours of pool and lecture time, Additional videos V181, V060, V095, V180, certification of course completion for 8.0 CECs.

Early-bird rate prior to January 3, 2025 **\$179.00**  
 Regular Rate **\$199.00**

**Late Registration Fee \$20**

**NEW WaterART Professional (WP) MEMBERSHIP**

We add shipping of \$15.00 unless picking up at an event.  
Please review gift options on website.

**\$75.00 - \$119.00 +GST/ year**  
**CHOOSE FREE GIFT**

Certification Materials may be picked up at the event OR if you would like materials shipped in advance shipping via UPS

**pick up at event (register by early bird date)**  
 **\$30.00 to ship after event**

**GREAT TRACTION & SUPPORT AMPHIBIOUS SHOES**

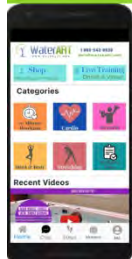


**\$75.00**  
plus tax & shipping

**SIZING 5-13**  
SOME 1/2 SIZES

**SHOP FOOTWEAR**

**Educational & Learning Videos**

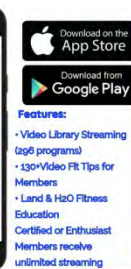


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**Features:**  
 • Follow-a-long Land & H2O Workouts  
 • Unlimited Video Streaming for Members  
 • Low Impact with Function



**AGING WELL FITNESS APP**



**Land & Water Fitness Workout Videos**



**DELUX AQUA GYM KIT**

**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](mailto: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.