



BECOME A CERTIFIED WATER FITNESS INSTRUCTOR

Shallow & Deep H2O Instructor Certification

16 hour on-site course with full home study materials & 6 months to complete exam process after course

Tuesday & Wednesday, August 25 & 26, 2026 (9:30-5:00 pm)

Whether you are a seasoned participant, a lifeguard or just want to become an aquatic fitness instructor, this is the program you should begin with. This foundational leadership 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 and practical (pool) applications to build a well-balanced program. This training includes learning how to train total body including: cardiovascular straining, stretching, strengthening, balance and posture exercises for general populations in both shallow & deep water depths.

Location: Brussels, Morris & Grey
Community Centre
800 Sports Drive Brussels, ON

Registration: WaterART Fitness

All Inclusive Fees include:

All materials, E-manual & video streaming, via app (or surcharge for hard copy of manual) study guide questions & answers, zoom help, will have up to 6 months to complete exams. Early rate: \$399 + HST before August 15, 2026 Regular rate: \$499.00 + HST with hard copy of manual



1.866.543.8938

Questions email: info@waterart.org