

Shallow H2O Instructor Certification

Everyone Welcome (Please register with www.waterart.org)

SHALLOW H2O INSTRUCTOR CERTIFICATION OR 8.0 CEC WORKSHOP
Saturday, January 6, 2018 (8:00 am – 5:00 pm)

The course is geared towards very practical and enjoyable education. This program is an exercise design program which will focus on putting a safe, effective and enjoyable program together for many skills and fitness levels. The goal of the program is to help people exercise in the water to move more functionally on land. This session will provide new leaders with a user friendly system so they may start teaching right away. We will review how to plan a successful lesson plan. Focus will be spent on teaching the parts of a class for a balanced and total body program. Get ready to move and learn a variety of basic movements and working positions to provide an excellent shallow water workout.



Full Certification Registration Fee Includes: Lunch, Shallow H2O Instructor Manual, 8 hours of lecture & pool time, DVD034 - Shallow Water Noodles, DVD072 - Shallow H2O Splash (2 discs), DVD098 - Know your Aquatic Muscles, Laminated pool reference cards, Study Guide Questions & Answers, Examination process, (theory & practical), Certificate of course completion, 8.0 CECs for WaterART, AEA, ACE, AFPA, YMCA, Certification E- diploma and online profile when successful with examination process. If you would like to review the materials prior to the course you may request materials be shipped to your house/workplace for an additional \$15 fee. Otherwise, candidates will receive all materials at the event.

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

HOW TO REGISTER- ALL REGISTRATIONS with WATERART FITNESS

MAIL: WaterART Fitness International Inc. 210 South 8th St, Lewiston NY 14092

PHONE: 1-866 5 GET WET (1-866-5-438-938)

EMAIL us for questions: info@waterart.org

ONLINE: www.waterart.org –click REGISTER NOW link at top of the website. 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

MORE INFORMATION ABOUT OUR PROGRAMS BECOMING AN INSTRUCTOR
info@waterart.org Phone 1-866-543-8938