



Aquatic & Fitness Professional Association- International  
547 WCR 18  
Longmont, CO 80504  
303.678.9989

[aquafitpro@aquacert.org](mailto:aquafitpro@aquacert.org)  
[www.aquacert.org](http://www.aquacert.org)

## Background Information

### Mission Statement:

To provide high quality comprehensive education and training for aerobics instructors and trainers at an affordable price. To provide certifications that test both the exercise physiology knowledge and practical implementation skills of the candidates to provide the industry with competent, professional, and qualified personnel.

### The Company:

The Aquatic Fitness Professionals Association – International (A-PAI) is an operating as a not for profit organization dedicated to helping create high quality fitness instructors in a cooperative, understanding, and mutually beneficially environment. A-PAI was founded in 1995 and released its CORE Aquatic Certification in June of 1996. The certification in a National certification has carried ACSM, AFAA, and ACE credits several times over the last 8 years. The company now presenting and distributing as distance courses 5 certifications (CORE, Aquatic Kickboxing, Aquatic Personal Training, Adv. Aquatic Personal Training, and Senior Fitness/Aquatic Arthritis). We are product producing homestudies and have developed over 30 workshops carrying, AFAA, and AEA credits. The company is governed by a board of directors in Colorado, but has presenters nationwide.

### The Faculty and Staff:

The faculty and staff each have between 7 and 20 years of experience in the field. The combined personnel have degrees in Exercise Science, certifications from A-PAI, ACE, AFAA, ASCM, IFTA, Promise Enterprises, Johnny G. Spinning®, AAAI/ISMA, YMCA, Pilates, Pilates Reformer, and AEA. Many of our trainers have also presented for AEA and YMCA, coordinated clubs, developed courses for the YMCA, and developed workshops.



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Thank you for contacting A-PAI. We are an organization trying to provide high quality, comprehensive certifications and workshops while keeping the costs reasonable. We would need to confer on a date, the workshops and certifications you would like. Below are the general layouts for a weekend. It can be modified to meet the needs of your facility.

### **COMBINATION CERTIFICATION AND WORKSHOP WEEKEND**

Any of the certifications take 8 hours for the lectures, practical demonstrations, and testing. They can be a one day or divided over 2 days depending on your pool and lecture availability. 2 different certifications can be presented in one weekend.

Depending on your facilities availability we can do a maximum of one workshop Friday night. A certification and 1 workshop on Saturday and 3 workshops or another certification and 1 workshop on Sunday. This would represent 4 hours on Friday and 12 hours on Saturday and 12 hours on Sunday. You can choose a reduced or rearranged format to fit your facilities hours and needs.

### **WORKSHOP ONLY WEEKEND**

We can do up to 7 workshops from Friday night to Sunday night. You can choose a reduced or rearranged format to fit your facilities hours and needs.

\*\* We do not require exclusive use of the pool during the practical portions only a designated area of the pool. Members of your facility can join in the pool practical demos of any workshop for free and workout with their instructors. You can decide if you want to charge them a fee or offer it for free so make it easier on your members.

### **HOST FACILITY COMPENSATION**

There are three options for compensation or CASH to the host facility

1. Provide housing for the presenter either by having them stay with one of your employees or at a hotel and receive one free certification or 2 workshops.
2. You can choose 20% off the certifications and workshops and for your employees and 5% cash back of non-employee certifications and workshops, or
3. You can choose 10% cash back of all certifications and workshops.

\*We still need to have the registrations for your employees sent in before the certification weekend so they can study and prepare. If you have arranged housing, we will need to know which employee(s) is receiving the free certification or workshops. Checks are not cashed until the day before the weekend.

\*\* All additional continuing education credits earned on this weekend count toward your employees' renewal which is due every two years, even if they have to retake part of the certification examinations for \$35.

### **RETAINER FEE**

A \$200 retainer fee is required for us to start advertising the weekend. We send out flyers to facilities in your state and surrounding states and to all instructors certified who are on our mailing lists. This fee is only cashed if your facility cancels the weekend after we have started the advertising.

I look forward to working with you.  
Sincerely,

Cynthia Holcomb Krafft, Ph. D., President



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### Contract

This agreement/contract is between the  
Aquatic & Fitness Professional Association-International  
And

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(Facility)

1. We, A-PAI, agree to provide the services, as outlined in our responsibilities.
2. We will advertise your facility, and conduct certification and/or workshops that have been requested.
3. We agree to provide a copy of our liability insurance policy, and provide liability waivers for all participants to sign.
4. We reserve the right to cancel a weekend if the enrollment is less than \$1600 for out of CO and less than \$1000 in the state of CO. We will not run weekends at a loss where the enrollment is less than the cost to run the weekend.

You, the host facility, agree to waive ALL facility fees.

You, the host facility, agree to your outlined responsibilities, provided in the hosting information.  
President  
Cynthia Holcomb Krafft

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A-PAI Tax I.D. # 20-2278875

Date

1. I have read all the host facility responsibilities, I understand that I need to provide adequate pool time and space with a music source, and a lecture area with table and chairs.
2. I understand that a check or credit card information for the amount of \$200.00 needs to be sent in as a retaining fee, WITH THIS CONTRACT.
3. I understand that if we do not help meet the required number of employee registrations (5 employees) that our check or credit card will be processed, in order to reimburse the cost of advertising.
4. I understand that if we do help meet the required number of registrations, OUR CHECK WILL BE RETURNED or THE CREDIT CARD NOT CHARGED.
5. I understand that if I cancel the event after advertising has begun, but before a plane ticket has been purchased, the \$200 retainer fee will be cashed or charged to reimburse A-PAI for the losses.
6. I understand that if I cancel the event after the plane fare has been purchased (15 days before the event), I will be charged \$500 to reimburse A-PAI for the losses due to cancellation and the \$200 retainer fee will be processed.

Contact Person

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Signature

Date

Representing the host facility:

PRINT

Your name

Host Facility Name

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Facility Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Facility Phone(     ) \_\_\_\_\_ Facility Fax(     ) \_\_\_\_\_

Contact persons e-mail address \_\_\_\_\_

List airports in your area (city/state)

1. \_\_\_\_\_ 2. \_\_\_\_\_

Requested dates of service \_\_\_\_\_

YOU CHOOSE: Any or all of the below slots. Remember Certifications take 2 slots.

Facilities Hours of Operation on Friday \_\_\_\_\_

1. Friday night \_\_\_\_\_

Facilities Hours of Operation on Saturday \_\_\_\_\_

2. Saturday AM \_\_\_\_\_

Saturday Early PM \_\_\_\_\_

Saturday Evening \_\_\_\_\_

Facilities Hours of Operation on Sunday \_\_\_\_\_

3. Sunday AM \_\_\_\_\_

Sunday Early PM \_\_\_\_\_

Sunday Evening \_\_\_\_\_

Compensation: Circle One

1. 20% off for employees for workshops and certifications\* and 5% to club of non-employee enrollment in workshops and certification\*

2. 10% to club of all enrollments for workshops and certifications\*

\* This does not include study materials, reference materials, renewals, or memberships

Housing Exchange: Optional

We the host facility \_\_\_\_\_ agree or \_\_\_\_\_ disagree to provide housing for the presenter either by having them stay with one of our employees or at a hotel and receive one free certification or 2 workshops.

Retainer Fee Information

Credit Card Information:

Name as it appears on Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Billing Statement Zip Code \_\_\_\_\_ Circle One: Visa AmExp MC Discover



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Aquatic & Fitness Professional Association- International's RESPONSIBILITIES and RIGHTS	HOST FACILITY'S RESPONSIBILITIES and RIGHTS
We do all Advertising in your state.* (Mailing, faxing, and flyers).	<b>Provide a \$200 retainer fee, if minimum guaranteed registrations of 5 employees is achieved and event is not cancelled by you, this check will be returned.</b>
We provide you with flyers.	Post signs and flyers at front desk and around the facility. We ask that host facility take an active part in promoting this, by word of mouth.
We collect registrations and mail study materials and manuals.	Direct all inquiries and registration to the A-PAI office.
Promotion incentives: 20% off for employees for workshops and certifications* and 5% to club of non-employee enrollment in workshops and certification*or 10% to club of all enrollments for workshops and certifications*.* This does not include study materials, reference materials, renewals, or memberships	
Housing Exchange: Optional-The host facility may choose to provide housing for the presenter either by having them stay with one of our employees or at a hotel and receive one free certification or 2 workshops	
Provide workshop/certification materials and all related forms.	Provide lecture area with table and chairs. Flip chart or white board if possible.
Obtain signed liability waivers from all participants.	Choose which workshops and certifications you want presented and on what days and times
Maintain liability insurance.	Make arrangements for pool space (minimum 2 lanes) at required times with music source at pool.
*Certifications and workshops may be cancelled if minimum attendance requirements are not met. We need \$1600 in enrollment for states other than CO and \$1000 in enrollment for CO to meet the cost of running the weekend. We do not run weekends at a loss.	Upon signing this hosting contract, and submitting the retainer check, the host may cancel the event, but will forfeit the retainer fee of \$200 if canceled after the advertising has been done, The host may cancel the event within 15 days of the event, but will forfeit the \$200 retainer fee, and be charged \$500 if the plane ticket had already been purchased by A-PAI. The host site may request a reschedule prior to the purchase of the plane ticket, but will forfeit the retainer fee for the cost of re-advertising.



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**World Class LAND Aerobic Certification (10.0 A-PAI) INCLUDES 6 VIDEO's - \$175**  
 A Complete primary course for the Aerobics Instructor.

<p>Learn effective building blocks to Pattern building styles          Review basic Hi/Lo and the 5 basic foot patterns that make all step combinations          Learn how to construct and cue routines &amp; combinations for multi-level classes          Learn about exercise intensity and how to modify intensity for a variety of populations.          Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of fitness</p>	<p>Learn training methodologies, and the components of fitness.          Learn about safety considerations for speed, height of step, proper body mechanics and special populations.  <b>Pre-requisites</b>          Current CPR          Completion of course study material &amp; study guide.          Preparation of Practical Routine (20 Min.)</p>
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**Add that Professional Touch to Your Classes**

Learn musical phrasing and usage, 4 bell curves structures for intensity, and 5 of the standard pattern building methods (links, additions, pyramids, layers, and holding patterns) and how to keep your choreography continuously fresh. This routines developed in the course are never the same twice.

**Land Workshops (\$50 each at Fitness Weekends)**

**Precision Cueing and Transitions for Step & Double Step (4.0 A-PAI)**

Course Level: ADV  
 Course Length: 4hr total–2.5hr lecture and 1.5 hour practical  
 Course Objectives: To review effective verbal and visual cues for step and double step.  
 To discuss transitions and pattern development  
 How to build patterns for Step and double Step

**Continuous Choreography for Step and Hi/Lo (4.0 A-PAI)**

Course Level: INT  
 Course Length: 4hr total–2.5hr lecture and 1.5 hour practical  
 Course Objectives: To teach 5 patterning techniques for step and hi/lo  
 To review moves and transitions  
 To teach pattern development techniques.

**“True to Form” Land Kickboxing Aerobics (4.0 A-PAI)**

Course Level: ADV  
 Course Length: 4hr total–3hr lecture and 1 hour practical  
 Course Objectives: To understand the difference between kickboxing and group fitness  
 To adapt the sport, but maintain most of its form  
 To review the moves and their proper form  
 To review proper patterning and combination development techniques  
 To review safety in class construction and in special populations

**Ball Pilates (3.0 A-PAI)**

Course Level: INT

Course Length: 3hr total–1.25hr lecture and 1.75 hour practical  
Course Objectives: To review the benefits and concepts of Pilates  
To review the benefits of utilizing the ball (ie muscles not normally connected.)  
To review precautions

### **TNT Toning for Land (3.5 A-PAI)**

Course Level: INT  
Course Length: 3.5 hr total–2.5hr lecture and 1.0 hour practical  
Course Objectives: To learn the fundamentals of muscle toning  
To introduce a variety of equipment in order to target muscle groups  
To learn the importance of GPO  
To effectively incorporate equipment into classes  
To learn how to use bands and balls in ways never imagined

## **World Class Combined Water and Land Aerobic Certification – 10 A-PAI CECs Includes 9 VIDEO's for only \$250**

A Complete Primary Course for the Aqua/Land Group Aerobics Instructor.

***By utilizing the common components of exercise science, pattern building techniques, cueing, but covering the differences between land and water you can receive two full certifications in one day and save time and money.***

- Learn effective building blocks to Pattern building styles
- Review basic Hi/Lo and the 5 basic foot patterns that make all step combinations
- Learn how to construct and cue routines & combinations for multi-level classes and for land and water
- Learn about exercise intensity and how to modify intensity for a variety of populations.
- Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of aquatic fitness
- Learn water dynamics, water specific moves, training methodologies, and the components of fitness.
- Dictionary of Standardized Aquatic Terms
- Learn water dynamics, water specific moves
- Learn about safety considerations for speed, height of step, proper body mechanics and special populations.

#### **Pre-requisites**

- Current CPR
- Completion of course study material & study guide.
- Preparation of 2 Practical Routines one for water and one for land each 20 Min.

# Aqua Workshops and Certifications

## Certifications

### World Class Water Aerobic Certification (Core Certification) (10.0 A-PAI) (\$175) Includes 4 VIDEO's

A Complete core/primary Course for the Aqua Aerobics Instructor.

<ul style="list-style-type: none"> <li>• Learn effective building blocks to Pattern building styles</li> <li>• Dictionary of Standardized Aquatic Terms</li> <li>• Learn how to construct and cue routines &amp; combinations</li> <li>• Learn about aquatic exercise intensity and how to modify intensity for a variety of populations</li> <li>• Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of aquatic fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Learn water dynamics, water specific moves, training methodologies, and the components of fitness.</li> <li>• Learn about safety considerations and special populations.</li> </ul> <p><b>Pre-requisites</b></p> <ul style="list-style-type: none"> <li>• Current CPR</li> <li>• Completion of course study material &amp; study guide.</li> <li>• Preparation of Practical Routine (20 Min.)</li> </ul>
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#### Add that Professional Touch to Your Classes

Learn musical phrasing and usage, 4 bell curves structures for intensity, and 5 of the standard pattern building methods (links, add-ons, pyramids, layers, and holding patterns) and how to keep your choreography continuously fresh using the Innovative Force Five method and the A-PAI dictionary of Aquatic Moves. This routines developed in the course are never the same twice.

### Aquatic Personal Training Certification – (10.0 A-PAI) (\$225) Includes 7 VIDEO's \*Written exam done by proctor within 30 days of lecture, practical done at workshop.

A Solid Beginning for the Aquatic Personal Trainer.

<ul style="list-style-type: none"> <li>•Learn the objectives, considerations, responsibilities, and legal aspects of personal training.</li> <li>•Learn client programming</li> <li>•Learn the paperwork, journal maintenance, and progress tracking.</li> <li>•Learn how to administer fitness assessments.</li> <li>•Learn the basics about: exercise analysis for the muscles, joint actions, planes, levers, and kinesology</li> <li>•Learn how to effective use and analyze equipment</li> </ul>	<ul style="list-style-type: none"> <li>•Learn about analyzing type of workouts</li> <li>•Learn about fitness considerations for special populations.</li> </ul> <p><b>Pre-requisites</b></p> <ul style="list-style-type: none"> <li>•Current CPR</li> <li>•Completion of course study material.</li> <li>•Current primary/core certification with A-PAI, ACSM, AFAA, ACE, AEA, a National PT Certification, or a degree/field in Exercise Science</li> </ul>
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#### If You Use Equipment You Want This Class

**In the water, everything changes.** Simply transferring moves and exercises to the water does not mean you are working the same muscles the same way. This class will instruct you on how the targeted muscle groups and forces change if you use buoyancy, resistance, or weighted equipment. Be able to accurately know what muscles you are working and how. The information in this class is applicable to all types of classes and all special populations. Learn how to determine the "effective weight" of buoyancy equipment in the water.

### Aquatic Personal Training - Advanced Certification – (6.0 A-PAI) (\$50)

*This is an additional level of testing above the Aquatic Personal Trainer – Level 1 that includes more in depth Client Programming and Kinesiology.*

*This is available as a homestudy to those with the Aquatic PT certification.*

### Senior Fitness/Aquatic Arthritis -(6.0 A-PAI) (\$160) Includes 6 VIDEO's

A Certification for The Fastest Growing Segment of Our Population

<ul style="list-style-type: none"> <li>•To review the physical changes in seniors and arthritis</li> <li>•To review the anchored aquatic dictionary</li> <li>•To understand the goals for these special populations and review the industry recommendations and concerns</li> <li>•To properly understand and develop safe effective routines</li> </ul>	<p><b>Pre-requisites</b></p> <ul style="list-style-type: none"> <li>•Current CPR</li> <li>•Completion of course study material.</li> <li>•Current primary/core certification with A-PAI, ACSM, AFAA, ACE, AEA, or a degree/field in Exercise Science</li> </ul>
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#### The "Must Know" Basics for Working with Seniors and Arthritis

This class will teach you what you need to know for the most rapidly growing segment of our population. A 3 hour lecture on the demographics, objectives, safety concerns and senior/arthritis specific moves is followed by a 1 hour demo in the pool emphasizing Anchored Aquatix. Become prepared to effectively and safely handle these fun loving older adults.



## Aquatic Kickboxing – (6.0 A-PAI) (\$150) Includes 2 VIDEO's

### Safe, Effective, Fun Implementation of the Latest Fitness Craze

<ul style="list-style-type: none"> <li>• To review safety in class construction and in special populations</li> <li>• To understand the difference between kickboxing and group fitness</li> <li>• To adapt the sport, but maintain most of its form</li> <li>• To review the moves and their proper form</li> <li>• To review proper patterning and combination development techniques</li> </ul>	<p><b>Pre-requisites</b></p> <ul style="list-style-type: none"> <li>• Current CPR</li> <li>• Completion of course study material.</li> <li>• Current primary/core certification with A-PAI, ACSM, AFAA, ACE, AEA, or a degree/field in Exercise Science</li> </ul>
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#### If Teach Kickboxing You Want this Class

**Make it Fun – Make it Intense – Make it Safe.** This is a fun-intense-interval type workout, but it requires special education for the instructor to keep it safe muscularly balanced, and effective. Keep the core of proper kickboxing and Tae Kwon Do patterns, moves, and techniques, but skillfully adapt it for group fitness.

## Base Aqua Workshops (\$50 each at Fitness Weekends Weekends except for 5 hour workshop which are \$65)

### Continuous Choreography (4.0 A-PAI)

Course Level: BEG  
 Course Length: 4hr total–3hr lecture and 1 hour practical  
 Course Objectives: To learn 4 bell curve intensity structures  
 To learn 5 pattern building techniques  
 To learn 6 ways to choose moves and analyze for muscular balance.  
 To review the aquatic dictionary of moves  
 To apply the techniques and create a routine.

### Prepare for Aquatic Personal Training(4.0 A-PAI)

Course Level: ADV  
 Course Length: 4hr total–3hr lecture and 1 hour practical  
 Course Objectives: To learn force analysis and muscular work in the water  
 To learn how equipment changes the muscular work  
 To analyze the advantages and disadvantages of equipment  
 To review the safety concerns of the equipment  
 To review equipment use with special populations and injuries.

### Seniors Fitness/Aquatic Arthritis (4.0 A-PAI)

Course Level: INT  
 Course Length: 4hr total–3hr lecture and 1 hour practical  
 Course Objectives: To review the physical changes in seniors and arthritis  
 To understand the goals for these special populations and review the industry recommendations and concerns/  
 To properly understand and develop safe effective routines  
 To review the anchored aquatic dictionary

### **H2O/TKO Aquatic Kickbox (4.0 A-PAI)**

Course Level: INT  
Course Length: 4hr total–3hr lecture and 1 hour practical  
Course Objectives: To understand the difference between kickboxing and group fitness  
To adapt the sport, but maintain most of its form  
To review the moves and their proper form  
To review proper patterning and combination development techniques  
To review safety in class construction and in special populations

### **Multidisiplinary Deep Water Training (5.0 A-PAI)\*\$65**

Course Level: BEG/INT/ADV  
Course Length: 5hr total–3.0 hr lecture and 2.0 hour practical  
Course Objectives: To how to use noodles, belts, ankle cuffs in a variety of ways  
To learn how to use choreography in the deep.  
To learn how the muscle work is different than shallow water  
To learn about lateral movement, anaerobic and aerobic interval, circuits  
toning and core stability training in deep water  
To review relays and games.

### **Aquatic Intervals and Circuits (4.0 A-PAI)**

Course Level: INT/ADV  
Course Length: 4.0 hr total–2.5 hr lecture and 1.5 hour practical  
Course Objectives: To how to interval and circuit training  
To how to perform intervals with and without equipment  
To learn how to adapt intervals and circuits for special populations  
To learn how to perform intervals in both shallow and deep water  
To learn how to develop 4 types of circuits  
To learn how to use deep and shallow water in circuits  
To learn how to develop circuits for different populations  
To learn how to handle multiple levels and large classes in circuits

### **Specialty Aqua Workshops (\$50 each at Fitness Weekends except for 5 hour workshop which are \$65)**

#### **Aquatic Construction (3.5 A-PAI)**

Course Level: Adv  
Course Type: Workshop  
Course Length: 3.5.hr total–2.0 hr lecture and 1.5 hour practical  
Course Objectives: Review writing choreography and precision cueing  
Adding more advanced choreography with intervals, hi/lo, multidirectional,  
and making it safe.

#### **Pre-Post Natal (3.5 A-PAI)**

Course Level: BEG/INT/ADV  
Course Length: 3.5hr total–2.0 hr lecture and 1.5 hour practical  
Course Objectives: To how the ACSM and ACOG guidelines for Pre and Post natal exercise  
To learn about the physiological changes and considerations  
To learn specific moves and exercises for this group

### **Fluid Moves: Tai Chi, PNF and Yoga (3.5 A-PAI)**

Course Level: BEG/INT  
Course Length: 3.5hr total–2.75 hr lecture and 0.75 hour practical  
Course Objectives: Review history, benefits, what and why of Tai Chi and Yoga  
To learn how and when to incorporate Tai Chi moves in your classes  
Review the application of Tai Chi and Yoga to the water  
To learn how Tai Chi relates to PNF  
To learn relaxation, functional strength and balance from Tai Chi and Yoga and how this benefits seniors and pre and post natal  
Discuss forms, partner work, leg work, hand work, and body work.  
Review Special Concerns

### **Aqua Sports (3.5 A-PAI)**

Course Level: INT/ADV  
Course Length: 3.5hr total–2.0 hr lecture and 1.5 hour practical  
Course Objectives: To learn how to adapt sports to the water group fitness class  
To incorporate boxing, rock climbing, football, basketball, skiing, snowboarding, water polo, track and field, etc into your classes  
To learn understand the safety and special population considerations.

### **Super Seals (4.0 A-PAI)**

Course Level: ADV  
Course Length: 4hr total–2.5hr lecture and 1.5 hour practical  
Course Objectives: To identify and understand what types of exercises and conditioning “water reconnaissance” training incorporates.  
To understand how to put the exercises together safely for group fitness.  
To review swimming, recovery, obstacle, and floating exercises

### **Progressive Toning (4.0 A-PAI)**

Course Level: INT  
Course Length: 4hr total–2.5hr lecture and 1.5 hour practical  
Course Objectives: To learn the fundamentals of muscle toning  
To introduce a variety of equipment in order to target muscle groups  
To learn the importance of GPO  
To learn and understand how to apply strength training sets from the weight room  
To effective incorporate equipment into classes  
To learn how to use bands and balls

### **“Straight Up” High Intensity (4.0 A-PAI)**

Course Level: Adv  
Course Type: Workshop  
Course Length: 4.0.hr total–2.5 hr lecture and 1.5 hour practical  
Course Objectives: To learn the concepts of the multi-directional water running class  
To learn the benefits of water resistance mixed with cardio for a great Toning, high calorie burning, core stability workout  
Review options for building intensity using wall work, intervals, and speed  
Review how to apply the new techniques.

Review 5 moves to bring up the intensity of a class

### **Nothing but Noodles (4.0 A-PAI)**

Course Level: BEG  
Course Length: 4hr total–2.5hr lecture and 1.5 hour practical  
Course Objectives: To how to use noodles in a variety of ways with choreography, adding toning and overload, with hands, feet, partners and groups  
To learn muscle work and stretching  
To learn how to use noodles with special populations  
To learn games, Cycling, Cardio and Core

### **A.C.T W.E.T. Aquatic Core Training with equipment training (5.0 A-PAI)\*\$65**

Course Level: Int  
Course Type: Workshop  
Course Length: 5.0.hr total–3.5 hr lecture and 1.5 hour practical  
Course Objectives: Core principles including pilates principles  
Breath and body awareness  
Use of the 3D/anti gravity aspects of water  
Benefits of resistance training  
Balance, coordination, and Core stability

### **Deep Aerobics at any Depth (4.0 A-PAI)**

Course Level: INT  
Course Type: Workshop  
Course Length: 4.0.hr total–2.0 hr lecture and 2.0 hour practical  
Course Objectives: Discuss benefits, risks, and safety concerns of deep water  
Review components and structure of a deep water class  
Discuss intensity modifications, equipment, and cueing  
Show how to do suspended workouts in a shallow pool  
Show how to use a noodle and 5 different body positions for suspended in shallow

### **H2O Warrior (3.0 A-PAI)**

Course Level: Adv  
Course Type: Workshop  
Course Length: 3.0.hr total–1.25 hr lecture and 1.75 hour practical  
Course Objectives: To learn the principles of this unique workout that combines running, Cycling, X-Country ski, jump rope, kickboxing, and many other sports.  
To learn the application of equipment and the structure to have smooth transitions and work specific muscle groups.

### **A.C.T. Aquatic Cross Training for Weight Loss (4.0 A-PAI)**

Course Level: INT  
Course Type: Workshop  
Course Length: 4.0.hr total–1.5 hr lecture and 2.5 hour practical  
Course Objectives: Introduce research and study  
Review benefits of water aerobics

Review the needs to achieve weight loss  
Review the components of an effective water class

### **Buns, Thighs, and Absolutely Abs (3.0 A-PAI)**

Course Level: INT  
Course Type: Workshop  
Course Length: 3.0.hr total–1.5 hr lecture and 1.5 hour practical  
Course Objectives: Review lower body muscles and importance of strengthening  
Benefits of this workouts  
Guidelines for Safety  
Review Progressions, Breathing, and Body Positions

### **Pre/Post Rehabilitation Workshop (Land and Water) (5.0 A-PAI)\*\$65**

Course Level: Adv  
Course Length: 5hr total–3hr lecture and 2 hour practical  
Course Objectives: To Provide fitness professional with basic information on expanding their opportunities in the field of Personal Training with an emphasis on working with the medical community to working with pre/post rehab clients and class participants with the most common injuries.

### **Aquatic Bench Step (3.5 A-PAI)**

Course Level: ADV  
Course Length: 3.5hr total–2hr lecture and 1.5 hour practical  
Course Descriptions: To understand how to safely and effectively use aquatic steps. To understand the moves and patterning. To understand progressions for multiple levels and precautions for special populations.  
  
Course Objectives: To understand how to safely and effectively use aquatic steps.  
To review the moves, levels and patterning.  
To understand progressions for multiple levels and precautions for special populations

### **Mission Accomplished (4.0 A-PAI)**

Course Level: INT  
Course Length: 4.0.hr total–2.5 hr lecture and 1.5 hour practical  
Course Description: To define purposes and goals as a fitness professional and paying attention to the needs of the class participants and the class description defined by the management. Once defining the goals and purposes learning to integrate them and safely incorporate them into a class  
Course Objectives: To define appropriate goals as a fitness professional  
To define the goals of the class participants  
To understand the class description provided and the safety concerns  
To combine the fitness components, goals, participant's goals, safety concerns and class description.

### **Dry Hair Abs (4.0 A-PAI)**

Course Level: INT  
Course Length: 4.0.hr total–2.5hr lecture and 1.5 hour practical

Course Description: Teaches the value physiologically and for daily activities for working the CORE vertically. The techniques, breathing, appropriate populations and physiological aspects are reviewed.

Course Objectives  
Review benefits of a strong CORE  
Review muscles in the CORE and postural deviations  
Review benefits of vertical work and basics

### **Water Dancing (4.0 A-PAI)**

Course Level: All  
Course Length: 4.0.hr total–3.0 hr lecture and 1.0 hour practical  
Course Description: Adding dance moves and dance style to group fitness (both land and water) has become very popular over the last few years. The Latin styles of dance have made the biggest impact in the recent years, though other forms were popular about 10-15 years ago with line dances and other older forms of dance being popular. This workshop is designed to encompass a methodology of incorporating any form of dance into aquatic group fitness and be able to teach it effectively, to modify for the aquatic medium, and to analyze moves and patterns for safety issues for knees, hips, shoulders, backs, and ankles. It will also look at techniques for reversing many of the dances (all of them) that are a single lead only; which will promote muscular imbalances unless a reversing lead is accomplish.

Course Objectives  
Review how to incorporate dances for water  
Review how to modify dances for muscular balance and ability to perform in the water  
Review to teach and break-down a dance for a class  
Understand how to construct safe and effective dance routines  
Review the moves, levels, and patterning.

### **Creative Warm-ups (4.0 A-PAI)**

Course Level: All  
Course Length: 4.0.hr total–3.0hr lecture and 1.0 hour practical  
Course Description: Do you always start your class the same way? Learn how to adapt and change your warm-up to handle different levels, different pool depths, different class types, different populations, different pool temperature, and different style. This allows you to create a safe effective warm-up that is class appropriate and can have some variety and style.

Course Objectives  
Review why warm-ups are necessary  
Review the required components of a warm-up  
Review the appropriate stretching for warm-ups  
Learn to vary the warm-up and its construction  
Understand progressions for warm-ups depending on the type of class and the participants

### **Maximizing Your Teaching Potential(4.0 A-PAI)**

Course Level: All  
Course Length: 4.0.hr total–3.0hr lecture and 1.0 hour practical

**Course Description**

The first part of the 4 hour workshop will show you how to maximize your earning potential by increasing your knowledge, marketing yourself, and proper time management. The second part will teach you how to keep yourself injury free and extend your teaching career. We will Teach you how to lead safely from the deck and communicate effectively to you class and management.

**Course Objectives**

Teach effective verbal and non-verbal cueing

Demonstrate safe deck teaching

Learn how to avoid common cueing and deck teaching pitfalls

Learn how to make yourself more valuable

Learn how to market yourself.