

Aquatic & Fitness Professional Association – International Presents: *Water Certifications and Water Workshops*

\$175 Water Fitness Certification

\$50 Intervals and Circuits

\$50 Cardio Core

JUST ADDED – \$35 RIVER VOYAGE

January 12-13, 2019

Delta CO

EARN A-PAI CEC's

***Early Bird Deadline–Postmarked December 30th**

Workshop Location:

Bill Heddles Recreation Center
530 Gunnison Rd
Delta, CO 81416

Presenters:

Cynthia Holcomb Krafft, PhD.

Over 30+ years experience in the fitness industry.

Bring:

Paper, Pencil, Water, Snacks, Lunch or Dinner, Layered Clothing, Sneakers, Swim Suit, and Towel. Due to the amount of information, formal breaks are not taken, but you may eat during the lecture portion of the classes.

Prep. Time for Certifications: Allow approximately one week for the delivery of the study materials from the date you mail your registration. Then allow approximately 2-3 weeks to study and prepare. The amount of preparation time will depend on your previous experience in the field.

A-PAI

Phone: 303-678-9989

E-Mail: aquafitpro@aquacert.org

Website: www.aquacert.org

Address:

A-PAI,
547 WCR 18
Longmont, CO 80504

Certifications/Licenses:

Promise Enterprises Kickboxing, Johnny G. Spinning
AFAA Step, Primary, Personal Trainer, Kickboxing, Weight Room
Instructor

A-PA I Water Kickboxing, Water Personal Trainer,
Adv. Water Personal Trainer, Aquatic Kickboxing, and Senior
Fitness/Aquatic Arthritis, CORE Water Aerobics

ACE Group Fitness Instructor,

Resistaball CORE II

AEA Water Instructor

Arthritis Foundation Aqua Instructor

SilverSneaker® Classic, Circuit, Cardio Fit, Yoga stretch, Silver
Splash

Zumba®, Aqua Zumba®, Zumba for Kids®, Zumba
Gold®, Zumba® Toning, Zumba Step®, Zumba Sentao®

Les Mills Body Pump®

Geri-Fit®

National Presenter/Educator Experience

- Presenting Workshops and Certifications for A-PA I for over 10 years
- Developed 8 Land & Water Workshops and 3 Certifications for A-PAI.
- Current Director of Operations for A-PAI

Aquatic & Fitness Professional Association – International

CERTIFICATIONS

Water Certification Saturday January 12th 8am-5pm.

A complete course for water fitness instructors.

- Learn effective Pattern building styles that are universal to land, water, and strength training
- Learn how to construct and cue routines & combinations
- Learn about exercise intensity and how to modify intensity for a variety of populations.
- Learn about safety considerations and special populations.
- Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of exercise.
- Learn water dynamics, water specific moves, training methodologies, and the components of aqua fitness.

Pre-requisites

- Current CPR
- Completion of course study material & study guide. (Videos come on a flash drive)
- Preparation of Practical Routine (20 Min.)

Schedule for Certifications

8-9:30 Study Guide Review

9:30-12:15 Choreography Lecture Certification Candidates and those wanting to take just the workshop portion.

12:15-1 pool demo and end of the workshop only portion

1:00-4 2 groups split for written and practical testing

WATER WORKSHOPS

Continuous Choreography Workshop - 4.0 A-PAI CECs, (Required and included as part of Core Certification, but also available as a CEC workshop.) Saturday January 12 9:30-1

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 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. Shows examples for seniors and equipment.

River Voyage – 3.0 A-PAI Saturday January 12 4-7 pm (Water part 1st)

Uses for rivers and channels from therapy to active seniors to tri-athletes

Learn the advantages and disadvantages of rivers and channels and how to use them. Course covers therapy formats, senior with arthritis formats, advanced water aerobics, triathletes, and equipment.

Aquatic Intervals and Circuits – 4.0 A-PAI Sunday January 13 8:30am-12:30 pm (Water part 2nd 11:15-12:30)

All the Intervals and Circuits you can Imagine

Learn all about interval and circuit training. Course cover how to perform intervals and circuits with and without equipment, adapt intervals and circuits for special populations, perform intervals and circuits in both shallow and deep water, design 4 types of circuits, and how to handle multiple levels and large classes

Cardio Core– 4.0 A-PAI Sunday January 13 12:30 to 4:30 pm (Water Part 1st, 12:30-1:45)

Utilize the Core with the Workout

Teaches how to use equipment, arms and moves in a shallow water workout to engage the core for the entire class. Result is more effective core workout than the traditional noodle work at the end of most classes.

A-PAI - Updated

Registration Form: A-PAI Delta, CO

EARLYBIRD DEADLINE December 30, 2018!!!!

Name _____
Address _____ City _____ State _____ Zip _____
Home Phone (_____) _____ Work Phone (_____) _____
E--mail _____

CERTIFICATIONS

Water Certification Sat (\$100 Earlybird \$150 Regular) _____

Study Materials (\$75) _____

Shipping of Materials (\$15) _____

Total for Certifications _____

WORKSHOPS EACH

Continuous Choreography Sat 9:30 - 1(\$50 Earlybird, \$65 Reg.) _____

River Voyage Sat 4-7 (\$35 Earlybird, \$50 Reg.) _____

Intervals and Circuits Sun 8:30am-12:30pm (\$50 Earlybird, \$65 Reg.) _____

Cardio Core Sun. 12:30pm-4:30pm (\$50 Earlybird, \$65 Reg.) _____

Sub---total for Workshops _____

Total for Workshops _____

Please mail a check or Money order to A-PAI 547 WCR 18 Longmont, CO 80504.

Credit Card Number _____ Exp Date _____

Security Code _____ Billing Statement Address _____

Agreement for Enrollment _____ Signature _____

I understand that I am responsible for attending the classes I am registered for and that refunds for classes are issued ONLY in the event A-PAI has to cancel the event, with reschedule. If I cannot attend, I agree to complete any certifications by proctor/distance learning and accept a voucher for future workshops or homestudies in exchange for any workshop.