

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

\$175 Water Fitness Certification

\$50 River Voyage

\$50 Cardio Core

July 28-29, 2018

Longmont, CO

EARN A-PAI CEC's

***Early Bird Deadline–Postmarked July 10th**

Workshop Location:

Longmont Recreation Center
310 Quail Rd
Longmont, CO 80501
Directions:303-774-4800

Presenters:

Cynthia Holcomb Krafft, PhD.

Over 30+ years experience in the fitness industry.

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®

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.

A-PAI

Phone: 303-678-9989

E-Mail: aquafitpro@aquacert.org

Website: www.aquacert.org

Address:

A-PAI,

547 WCR 18

Longmont, CO 80504

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 July 28th 7am-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

7-9 Study Guide Review

9-11:30 Choreography Lecture Certification Candidates and those wanting to take just the workshop portion.

11:30-1:00 1 hour 15 min pool demo and end of the workshop only portion

1-5 2 groups split for written and practical testing

WATER WORKSHOPS

River Voyage – 4.0 APAI– Sun July 29 7-11 (Water Part 1st, 7-8:30)

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.

Cardio Core– 4.0 A-PAI Sunday July 29 11 to 3 pm (Water Part 1st, 11-12:15)

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

Registration Form: A-PAI Longmont, CO

EARLYBIRD DEADLINE July 10, 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

River Voyage Sun 7-11am (\$50 Earlybird, \$65 Reg.) _____
Cardio Core Sun. 11-3 (\$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.