



**Saturday & Sunday, March 23 & 24, 2019**

**Register EARLY BIRD & SAVE PRIOR TO March 15, 2019**

**SHALLOW H2O INSTRUCTOR CERTIFICATION**  
**Saturday & Sunday, March 23 & 24, 2019 (8:00 am - 3:00 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.



**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, Certificate of course completion: 8 hours for WaterART, AEA, ACE & YMCA (You may petition other organizations)

**8.0 CONTINUING EDUCATION COURSE WORKSHOPS**  
**Saturday, March 23, 2019 (8:00 am - 3:00 pm)**



**SHALLOW H2O SPLASH WORKSHOP (Sat):** Low impact or High intensity - shallow water may be used for all ages, skill levels and types of programming. Review how to build a creative shallow water program utilizing working positions to vary impact and intensity. Learn hundreds of movement variations and techniques provide with and without a noodle to better provide multi-level options and opportunities for your participants to benefit with water exercise. The course is geared towards very practical and enjoyable education. This workshop will focus on putting a safe, effective and enjoyable and balanced program together. Time will be spent on visual and verbal cuing to masterfully blend cardiovascular sets with muscular strengthening and stretching. Focus will be spent on teaching the parts of a class for a balanced and total body program. Get ready to move and learn the infinite ways to build a purposeful program for swimmers and non-swimmers alike. We welcome everyone to attend for ideas, tips and helping to build purposeful programs.

**How to add Fun to Functional Exercise Design (Sun):** Did you know that training on the wall will not train posture, balance and core or help movement on land. Use the three-dimensional resistance and protection of the water! Review how to incorporate the buoyant and invigorating properties of water to create an enjoyable program to motivate clients and keep them coming back for more. Start with simple exercises then progress movement to aid with improved function for daily activities, social events and family outings. Learn to incorporate suitable equipment at the appropriate time. Best of all - put the FUN back into function!

**RE-CERTIFICATION 16.0 CEC WORKSHOP**  
**Saturday & Sunday, March 23 & 24, 2019 (8:00 am - 3:00 pm)**

This is an excellent option to update your techniques and renew your qualifications. There are no exams and you review the fundamentals as well as partake in the both workshop days (Senior Functional Fitness (Sat) and Programming for Common Medical Conditions (Sun). You achieve 16.0 hours of continuing education hours AND automatic Certification renewal for two years from your expiration date. We invite you to bring any questions.

**Registration fee includes:** 14 hours of onsite training, Workshop handouts, DVD059, Updated Certification Diploma & online profile (for two years from your current expiry), Certificate of course completion: 16.0 CECs for WaterART, ACE, AEA, ICREPS & YMCA, WaterART Mitts (you choose small, medium, large, x-large). Should you be late or expired (within one year from expiry date), please add \$20.00 for late fees. Unfortunately, if your qualifications are more than a year expired - you will not be eligible to complete this option.



**MASTER TRAINER: WaterART Master Trainer: Leigh de Groot**



**Leigh de Groot, MSc, DPT** is a Doctor of Physiotherapy licensed in both Ontario and the State of New York. She has been involved in aquatics in varying capacities for 11 years including Lifeguarding, teaching swimming lessons and teaching Red Cross First Aid and CPR courses. She has been a WaterART Instructor for 6 years and is certified in Arthritis, Seniors Instructor and is an Aquatic Rehabilitation Specialist. She has recently joined our team of Master Trainers and brings to the table a unique combination of her love for aquatics as well as a passion for helping people of all ages live their best lives possible through exercise and rehabilitation.

**ADDITIONAL INFORMATION**

**FACILITY CONTACT:** Community Recreation Coordinator - *Ryanne Hale*

**FACILITY LOCATION:** Welland Community Wellness Complex, 145 Lincoln Street, Welland, ON  
905-735-1700

**WHAT TO BRING**

- Please bring lunch & snacks, Water bottle,
- Water Fitness Wear & /water shoes, Towel/Cover up,
- Pen & paper & Please wear comfortable layered clothing for the classroom session

**CERTIFICATION EXAM PROCESS:**

**All candidates will require both theory & practical examination to become full Certified and Qualified.**

**How to Complete the Theory Exam Process:**

- ✓ All Theory Examinations may be done via online open book, applied theory examination. Instructors should dedicate 2 hours to complete this exam process. You may preplan your lesson plan (to upload) valued at 25 marks. Marking templates and lesson plan templates are in the exam or we may email you upon request. We do not allow shared answers. **We email you a link when you are ready** and exams should be completed within 6 months of training or sooner. Email [info@waterart.org](mailto:info@waterart.org) for a link.
- ✓ Marking for the online exam is within a week providing you upload the lesson plan when you submit the exam. Please realize that when you are given a link you must allot at least 2 hours of uninterrupted time to complete the exam. You may not log in and log out. Exam questions are multiple choice and you must choose the best answer.

- ✓ Should you not have the technology or you do not like online exams - you may opt to complete the open book exam in this chapter. Marking for that will take 2-3 weeks.

### How to Complete the Practical Assessment:

- ✓ The practical assessments may be completed via an onsite assessment (see below )with a Certified WaterART Master Trainer OR **we may email you a link to upload your video presentation** via a MOV or MP4 file format. You may upload several files; however, you will need to label them in a proper order so we may easily follow your prepared lesson plan. Lesson plans should also be uploaded if this differs from the theory version. You may film the program in your home (as if you are on deck) or teach from a pool, or a combination of the two. We recommend keeping your filming simple, with just yourself in the video pretending to be teaching a group. The goal is to mark the instructor, so we **need to be able to see, hear and understand your exercise goals and coaching tips**. There is a detailed marking system and exam study guide questions and answer in the manual so please review this prior to submission. Please note we do not accept drop box via other video streaming downloads because of viruses and liability issues.

**Practical Onsite Assessment:** involves the candidates preparing a 30 minute program. **You will be teaching** other instructors who are attending the assessment date or (if alone) teaching the Master Trainer.

Decide which water depth(s) you wish to work so you may develop your practical .

Onsite practical assessment should include:

- a) answering a couple of oral safety questions prior to teaching your program
- b) teaching a 5-10 minute warm up Teaching
- c) teaching a 3-5 minute Cardiovascular Set Teaching d) teaching two 3-5 minute Strength sets (be sure to perform enough sets & reps or 2-3 sets of 8-25 repetitions with or without equipment. If you utilize equipment you must utilize this safely and effectively.
- e) a 5-10 minute Warm Down which includes Stretching, relaxation and positive affirmations or closure to the program.

### You are evaluated based on

1) do you understand the exercise objective, 2) can we see, hear and understand you , 3) is the exercise safe and effective, and the exercise should be enjoyable, creative and people do want to come back. ( see marking templates)

### Exam Deadlines

- ✓ *All Exams are required to be completed within 6 months* from training or sooner. Should you not have access to a computer we can mail an exam to submit.
- ✓ Exams submitted after deadline, will be subject to a \$35.00 late fee for each part of the exam (theory or practical). Please note that we do not accept exam submissions after 1 year from the training date. To fast track the examination process, we recommend that you order and review your course materials prior to the course. We do have video streaming if you are unable to view a DVD discs; however, you need to email us this request. Sharing of exams and materials is strictly prohibited for both liability and copyright reasons.

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## HOW TO RENEW YOUR QUALIFICATIONS EVERY TWO YEARS

**Fitness Industry standards of care AND liability purposes Certified Instructor's or Trainer's require that all fitness professionals must re-qualify their certifications every 2 years.**

**Option 1)** 16.0 CEC hours (via re-certification weekends 16.0 hrs, day workshops 4.0-8.0 hrs); OR complete DVD/Quizzes (each disc worth 2.0 hrs); OR by completing non WaterART programs (maximum of 8.0 hrs) OR a combination of both.

**Option 2)** Complete another level of WaterART Certification, prior to your certification(s) expiration date.

If your WaterART Certification(s) have expired, you will have 1 year from your expiration date, to renew your qualifications. For liability reasons WaterART is unable to renew expired qualifications past one year. A candidate must complete the entire Certification and exam competencies once again to become re-certified.

Also, please note that any extra **Continuing Educational Credits (CECs)** from one 2 year period may not be carried over into future renewal periods. WaterART does not transfer certifications from other organizations. Each individual must purchase his/her own WaterART Certification program (sharing is prohibited due to copyright and liability reasons). If you have more than one certification, all certifications will expire on the same expiration date. Likewise, renewal of one certification will automatically renew all levels of qualification with WaterART Fitness.

## Optional Program: WaterART Professional (WP) Membership

Please note that the WP Membership programs are separate from our WaterART Certification programs. We do add \$15.00 shipping if you are not picking up your membership gift at an event. To save on shipping; you need to order WP membership prior to early bird registration date. EVERYONE is welcome to join!

### Benefits of our membership program:

- ✓ Free gift (see below for options),
- ✓ Discounted rate on onsite training events,
- ✓ 20-25% educational materials and all product purchases (except final sale products)
- ✓ View all Membership DVD's on the WP Member App (DVD029: What is WaterART?, DVD033: Promotional DVD Membership, DVD066: TriAQUAFun Event Program, DVD076: Barbara's Story, DVD077: Advanced Noodle Challenge, DVD092: Julie's Favorite Exercises, DVD093: Buoyancy Pants, DVD097: Favorite Fit Tips OR DVD098: Know Your Water Muscles) DVD099
- ✓ Mailed Quarterly Newsletter (Winter, Spring, Summer, Fall) & Monthly E-Newsletter
- ✓ Access to a Member's Only Website: video streaming, message board, job listings, postings [www.waterart.org/membersonly](http://www.waterart.org/membersonly)
- ✓ Message Board Privileges [www.waterart.org/membersonly/community](http://www.waterart.org/membersonly/community) and Feb 2019 Social Media Water Fitness App.

### Your WP Membership includes one free GIFT from the options below:

Gift A) WaterART Amphibious Shoes with Travel Bag - Ladies sizing 5-14



Gift B) WaterART Water Bottle, Waist Pack, Ladies & Unisex Endurance T-shirt (S, M, L, XL, XXL)



## HOW TO REGISTER - All registrations via WaterART Fitness

**MAIL:** WaterART Fitness International Inc. 83 Galaxy Blvd, Unit 19, Toronto ON M9W 5X6

**PHONE:** (with Credit Card) TOLL FREE 1 866 5 GET WET (1-866-5-438-938)

**ONLINE:** [www.waterart.org](http://www.waterart.org) – log in & 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.

We do accept **E-transfers** to [info@waterart.org](mailto:info@waterart.org).

**REGISTRATION FORM - WELLAND, ON**

NAME: \_\_\_\_\_ WaterART Professionals#: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_  
 BEST PHONE #: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 Registration For \_\_\_\_\_ TOTAL \$ \_\_\_\_\_  
 Please let us know if the MAILING ADDRESS OR NAME ON CARD (IF DIFFERENT THAN ABOVE)  
 \_\_\_\_\_  
 Visa or MasterCard #: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 3 digit authenticity code \_\_\_\_\_ Signature: \_\_\_\_\_



**CHECK ALL COURSES YOU ARE REGISTERING FOR  
 EARLY BIRD RATE March 15, 2019**

<p align="center"><b>SHALLOW H2O INSTRUCTOR CERTIFICATION</b>  <input type="checkbox"/> <b>Saturday &amp; Sunday, March 23 &amp; 24, 2019</b>  <b>Fee includes:</b> Manual with study guide questions &amp; answers, 16 hours of training (theory in classroom &amp; practical pool session), DVD072, DVD098, DVD034, WaterART Certification Exam (theory &amp; practical case studies), Certificate of course completion: 14.0 hours for WaterART, OFC, YMCA and E-Certification diploma, online profile when successful with exam.</p>	<input type="checkbox"/> Early bird WP Member/ Staff Rate <b>\$289.00 +HST</b> <input type="checkbox"/> Early bird Regular Rate <b>\$309.00 + HST</b> <input type="checkbox"/> Regular WP Member/ Staff rate <b>\$309.00 +HST</b> <input type="checkbox"/> Regular Rate <b>\$329.00 +HST</b>
<p align="center"><b>8.0 CEC WORKSHOP</b>  <input type="checkbox"/> <b>Saturday, March 23, 2019</b>  <b>Fee includes:</b> DVD034, 7 hours of onsite training (theory &amp; practical pool session), WaterART Handouts, Certificate of course completion: 8 hours for WaterART, AEA, ACE, AFPA, and YMCA (You may petition other organizations).</p>	<input type="checkbox"/> Early bird WP Member/ Staff Rate <b>\$119.00 +HST</b> <input type="checkbox"/> Early bird Regular Rate <b>\$139.00 +HST</b> <input type="checkbox"/> Regular WP Member/ Staff Rate <b>\$139.00 +HST</b> <input type="checkbox"/> Regular Rate <b>\$159.00 + HST</b>
<p align="center"><b>16 hour CEC RE-CERTIFICATION WORKSHOP</b>  <input type="checkbox"/> <b>Saturday &amp; Sunday, March 23 &amp; 24, 2019</b>  <b>Fee includes:</b> Handouts, 14 hours of pool and lecture time, DVD059. 16.0 CECs, Certification Diploma &amp; Mitts, Renewal for 2 years from expiration date on your current diploma. Add \$20.00 late fee if your certification is expired. Note that you must re-do certification if it is expired more than one year.  <b>Choose WaterART Mitt Size</b> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL</p>	<input type="checkbox"/> Early Bird WP Member/Staff Rate <b>\$239.00 +HST</b> <input type="checkbox"/> Early Bird Regular Rate <b>\$259.00 +HST</b> <input type="checkbox"/> Regular WP Member/Staff Rate <b>\$259.00 +HST</b> <input type="checkbox"/> Regular Rate <b>\$279.00 +HST</b> <input type="checkbox"/> <b>\$20.00 Late Fee (expired less than one year from expiry date)</b>
<p align="center"><b>Choose WaterART Mitt Size</b> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL</p>	
<p align="center"><b>NEW WP MEMBERSHIP</b>                  We add shipping of \$15.00 unless picking up at an event.</p>	<input type="checkbox"/> <b>\$75.00/ year CHOOSE FREE GIFT</b> <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> Please add your sizing
<p align="center"><b>WP MEMBERSHIP- RENEWAL/ STAFF RATE</b>                  We add shipping of \$15.00 unless picking up at an event.</p>	<input type="checkbox"/> <b>\$65.00/ year CHOOSE FREE GIFT</b> <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> Please add your sizing
<p align="center"><b>MATERIALS SHIPPED IN ADVANCE</b>  <b>( order prior to early-bird date otherwise all materials event pick up)</b></p>	<input type="checkbox"/> <b>\$15.00 (please register by early-bird date)</b>

**CANCELLATION & REFUND POLICY:**

*We do not offer refunds on event registrations. If you are unable to attend a course or workshop after you have registered and paid you will have the choice of: 1) Receive the complete correspondence program courses or the appropriate course materials for the workshop without a certificate of course completion OR 2) Attend another training course or workshop, of equal or lesser value, within a 6 month time period from your original event. If you cannot attend event, please be sure to submit written cancellation 48 hours prior to event date (email [info@waterart.org](mailto:info@waterart.org) to ensure we receive your cancellation). Please note that we will charge a \$25.00 rebooking fee if you decide to move your event to a different date. Please arrive about 15 minutes early to fill in the Waiver of Liability & Par-Q information. All materials not shipped in advance will be picked up on the day of the training.*



WaterART Fitness is part of the Ontario Fitness Council (OFC) /Fitness Practitioners Association of Ontario (FPAO). All instructors should join the Registry and are eligible for affordable liability protection. Certified Instructors or Trainers that possess a valid current certification diploma are eligible for affordable insurance coverage and may become part of the National Professional registry.