

PROGRAMMING FOR COMMON MEDICAL CONDITIONS WORKSHOP

Sunday, March 28, 2015 (9:00-5:00 pm) Niagara Falls

Learn to incorporate safe, effective and multi-level programming for common conditions of the hip, knee and back. Learn a complete group exercise program start to finish. Review a balanced program design so that all components of fitness are trained. Review general guidelines for helping your clients/patrons with orthopedic (hip, knee, shoulder, back, neck), neuromuscular, cardiopulmonary, arthritis, obesity, hypertension, diabetes and other debilitating medical conditions. Learn how to modify or progress an exercise to help people gain the most out of their program.

8.0 CEC workshop Registration fee includes: workshop handouts, 8 Hours onsite training guided with Master Trainer: classroom & pool time, Continuing Education Course Credits for 8.0 for WaterART, ACE, OFC/FPOA, & AEA, Certificate of course completion,



MASTER TRAINER



Leigh de Groot, B.Sc, 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

WHAT TO BRING

- Lunch or snack,
- Water Fitness Wear or Bathing Suit(s),
- Water-shoes are preferred wear.
- towel/cover up,
- water shoes,
- pen, paper
- All certification materials will be given out at the training event unless you would like the materials shipped in advance for a \$15.00 fee.

FACILITY CONTACTS:

Niagara Falls - Sandra Hills - Aquatic Fit Niagara, 6600 Jolley Crescent, Niagara Falls ON

www.aquaticfitniagara.com Please register via WaterART

Please register via WaterART Fitness (PHONE, FAX, MAIL OR ONLINE)

Some local Bed and Breakfasts to stay (the closest is)

Dunn Street Inn Bed and Breakfast <http://www.coolniagarafalls.com>,

Other options are: **Always Inn** <http://www.alwaysinn.ca/Blue Gables> <http://www.bluegablesbb.com/Li-Li>

<http://www.lilibnb.url.tw/> **Lions' Head** <http://www.lionsheadbb.com/Redwood> -

<http://www.redwoodbedandbreakfast.ca/Victorian Charm> <http://www.victoriancharmhb.com/>

What is WaterART Professional Membership (or WP Membership)?

Please note that the membership programs are separate from our certification programs. WaterART Fitness International has created several levels of memberships - and EVERYONE is welcome to join! Take advantage of the benefits and savings. Think of your membership as a club with benefits and privileges whereas certification is your qualifications. All memberships have a variety of value-added gifts so that you may receive samples of goods to utilize for your personal demonstration and sale. We do add \$15.00 shipping if you are not picking up your membership gift at an event.

Your WP Membership includes one free GIFT (you choose one FREE Gift)

Free Gift A) WaterART Happy Hand Weights, DVD084, & Large Equipment Bag,

Free Gift B) WaterART Buoyancy Cuffs, LC042, DVD042 , Wet bag

Free Gift C) WaterART Mitts , T-shirt , Water-bottle & Waist-Pack, Membership DVD

Free Gift D) WaterART Certified Knap Sack & T-shirt, Membership DVD

Free Gift E) WaterART Duffle bag & 2 Fit Bands, DVD041/DVD049

Free Gift F) WaterART Instructor Shirt (Ladies performance or Unisex), Membership DVD

Free Gift G) Speedo 100% Swim Suit without bra, Membership DVD

Free Gift H) Speedo 100% Swim Suit with bra DVD029 (ADD \$20.00)

Free Gift I) WaterART Anatomy Water Shirt, WaterART Wet bag, Membership DVD

Free Gift J) Pair of Flex Paddles, DVD040, LC040 and WaterART Wet Bag

Free Gift K) Pair of 5 inch Dumbbells, DVD060, WaterART Wet Bag

You also receive

- ✓ Quarterly Newsletter (Winter, Spring, Summer, Fall)
- ✓ Monthly E-Newsletter
- ✓ 20-25% discounts on all product purchases
- ✓ Registration Discounts for onsite training
- ✓ Access to Job Postings & Listings!
- ✓ Access to a Member's Only Website: video streaming, message board, postings www.waterart.org/membersonly
- ✓ Message Board Privileges www.waterart.org/membersonly/community

* Please order prior to early-bird date to have WP membership shipped for free to the event. New WP members phone as discount needs to be set for your first WP membership purchase.



HOW TO REGISTER (ONLINE, EMAIL, MAIL, PHONE, FAX)

*****EVERYONE MUST REGISTER THROUGH WATERART FITNESS*****

ONLINE: www.waterart.org Click on events the top of the website and register for the program you choose.

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

PHONE: TOLL FREE 1 866 5 GET WET (1-866-543-8938) (9:00 - 4:00 pm EST)

FAX: (416) 621-0951 **OR** email us for Questions at info@waterart.org Please Register through WaterART Fitness!

REGISTRATION FORM

NAME: _____ WaterART Professionals#: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ PHONE CODE: _____

BEST PHONE NUMBER _____ ALTERNATE PHONE # _____

FAX: _____ EMAIL: _____

Registration For _____ TOTAL \$ _____

Please provide the Credit Card Billing Address and Card Holder Name (IF DIFFERENT FROM ABOVE INFORMATION)

VISA OR MasterCard #: _____ Exp. Date: ____/____

3 digit authenticity code _____ Signature: _____

Please Indicate Discount Code if you are a Staff of Aquafit Niagara _____



All fees include facility fee. **REGISTRATION FEES— EARLY-BIRD RATE IS TWO WEEKS PRIOR TO EVENTS**

CHECK ALL COURSES YOU ARE REGISTERING FOR:

Saturday, March 28, 2015 Programming for Common Medical Conditions 8.0 CEC Workshop

Fee includes: Certificate of Course Completion, Handout for workshops, 8.0 CECs for WaterART, OFC/FPAO, ACE, AEA

- Early Bird WP Member/Staff Rate prior to March 20 15, 2015 \$119.00 + HST
- Early Bird Regular Rate prior to March 20, 2015 \$139.00 + HST
- Regular Rate WP Member/Staff Rate after March 20,2015 \$139.00 + HST
- Regular Rate after March 20, 2015 \$159.00 + HST

NEW WaterART Professional's Member WP MEMBERSHIP CHOOSE GIFT

- New WP Member(A,B,C,E,F,G,I,J,K) \$75.00 +HST /year
 - New WP(D & H) Member \$95.00 +HST /year
 - WP Renewal (A,B,C,E,F,G,I,J,K) \$65.00 +HST /year
 - WP Renewal (D & H)\$85.00 +HST/year
- CHOOSE FREE GIFT** A B C D E F G H I J K
(every WP membership you choose one free gift see website for full details)

MATERIALS SHIPPED IN ADVANCE

- Certification Materials and/or Membership \$15.00 (please allow 5-7 business days)
- WP Membership only \$15.00

Please arrive about 15 minutes early to fill in the Waiver of Liability & Par-Q information. Please bring your water wear, lunch and water bottle. We look forward to meeting you. All course materials not shipped in advance will be picked up on the day of the training.

Cancellation Policy:

Must submit written cancellation. You will be mailed all course materials OR you may choose to attend another course of equal or lesser value (within a 6 month period). If WaterART Fitness International cancels due to unforeseen reasons you will receive a 100% refund.



WaterART Fitness International Inc. is a valued member of the Fitness Practitioners Association of Ontario (FPAO), a 30 plus year non-profit Association that is regulated and governed by the Ontario Fitness Council (OFC). Certified Instructors that possess a valid current certification diploma are eligible for affordable insurance coverage and may become part of the National Professional registry.