

Aquatic Rehabilitation Specialist Certification Saturday & Sunday, May 2 & 3, 2015 (9:00-5:00 pm)

This program is an advanced training program for individuals involved in rehabilitation. Program is developed by a physiotherapist. You will require an understanding of anatomy, biomechanics, and exercise design. Regions of focus: Shoulder, spine, hip, knee and ankle. Learning Objective: Gain an understanding of the various musculoskeletal conditions aqua rehab clients may present with, the relevant bone and tissue structures involved, and various programming considerations and tools employed to meet client needs. Each region will be taken through six rehabilitation stages of progression. A complete water specific exercise inventory will be reviewed in a short time with and without equipment. Pre-Requisite: Two levels of Certified WaterART Certification OR Allied Health Care Provider.

Full Certification Registration fee includes:

- ✓ WaterART Aquatic Rehabilitation Specialist Manual,
- ✓ 36 laminated program cards,
- ✓ 16 hours (6-7 hours pool & 10-11 hours theory),
- ✓ DVD043 - Rehabilitation Exercises for Lower Extremities,
- ✓ DVD044 - Rehabilitation Exercises for the Spine,
- ✓ DVD045 - Rehabilitation Exercises for Upper Extremities,
- ✓ Certificate of Course Completion,
- ✓ Certification Exams (theory & practical).
- ✓ Certification E-Diploma & online profile when successful with Certification Exams.
- ✓ All materials will be given out at event (unless requested in advance for a \$15.00 shipping fee).

16.0 Hour CEC Re-Certification Workshop Saturday & Sunday, May 9 & 10, 2015 (9:00-5:00 pm)

If it is time for you to renew, you may choose to attend the Re-certification Workshop for continuing education hours AND automatic Certification Renewal. This is always a convenient way for you to receive your 16 hours of CECs. There will be no exam(s) at the end of the course to complete.

Fee includes: 16 hours of training (pool & classroom), re-certification booklet, T-shirt (choices: S, M, L, XL or XXL), a Certificate of Course Completion for 16 CECs and if you are WaterART Certified you will receive an updated a new Certification E-Diploma, and updated online profile for 2 years from expiration date.

Please note if your qualifications are expired for more than a year, you will have to re-do instructor certification program.

Saturday workshop will cover protocols for the Hips, Knees & Ankles This program is an advanced training program for individuals involved in the rehabilitation process. Common regional conditions for the areas of the hips, knees and ankles conditions will be discussed,

Sunday workshop will cover protocols for the Back, Neck & Shoulders

This program is an advanced training program for individuals involved in the rehabilitation process. Common regional conditions for the areas of the shoulder, spine, elbow, and wrist conditions will be discussed,

Fee includes: 16 hours of training (pool & classroom), re-certification booklet, T-shirt (choices: S, M, L, XL or XXL), a Certificate of Course Completion for 16 CECs and if you are WaterART Certified you will receive an updated a new Certification E-Diploma, and updated online profile for 2 years from expiration date.

Please note if your qualifications are expired for more than a year, you will have to re-do instructor certification program.



**CERTIFICATION RENEWAL is an industry standard.
All professionals are required to renew your Certification every 2 years!**

WaterART Master Trainer (s)



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.

WHAT TO BRING for all programs:

- ✓ Please bring lunch/ snacks,
- ✓ Water Fitness Wear /we prefer water shoes
- ✓ Towel/cover up,
- ✓ Water bottle,
- ✓ Wear comfortable layered clothing for the classroom session.

FACILITY LOCATION: Aquatic Fit Niagara, 6600 Jolley Crescent, Niagara Falls ON
www.aquaticfitniagara.com Please register via WaterART

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.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/>

(Optional) What is WaterART Professional Membership program

This is an optional program – and EVERYONE is welcome to join! Take advantage of the benefits and savings. We do add \$15.00 shipping if you are not picking up your gift at an event. Register prior to early-bird for your membership early if you wish to receive your membership gift at your event (with no shipping applied). Please note that the membership programs are separate from our certification programs.

Your WP Membership includes one free GIFT (choose one of Gift A-K)

- Gift A)** WaterART Happy Hand Weights, DVD084, & Large Equipment Bag,
- Gift B)** WaterART Buoyancy Cuffs, LC042, DVD042 , Wet bag
- Gift C)** WaterART Mitts , T-shirt , Water-bottle & Waist-Pack, Membership DVD
- Gift D)** WaterART Certified Knap Sack & T-shirt, Membership DVD
- Gift E)** WaterART Duffle bag & 2 Fit Bands, DVD041/DVD049
- Gift F)** WaterART Instructor Shirt (Ladies performance or Unisex), Membership DVD
- Gift G)** Speedo 100% Swim Suit without bra, Membership DVD
- Gift H)** Speedo 100% Swim Suit with bra DVD029 (ADD \$20.00)
- Gift I)** WaterART Anatomy Water Shirt, WaterART Wet bag, Membership DVD
- Gift J)** Pair of Flex Paddles, DVD040, LC040 and WaterART Wet Bag
- 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
- ✓ Discounts on all home-study courses and educational materials
- ✓ 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



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

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: 4 pm

FAX: (416) 621-0951 OR email us for Questions at info@waterart.org

NOTE: Certification (qualifications) are Separate to Your WaterART Professionals (WP) Membership

Please Register through WaterART Fitness!

NAME: _____ WaterART Professionals#: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ PHONE CODE: _____

PHONE home/work: _____ CELL _____

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 Aquatic Fit Niagara _____

All fees include facility fee. **REGISTRATION FEES- EARLY-BIRD RATE IS APRIL 23, 2015**

CHECK COURSE YOU ARE REGISTERING FOR:

AQUATIC REHABILITATION SPECIALIST CERTIFICATION
Sat. & Sun. May 9-10, 2015 (9:00-5:00 pm)

Fee include: WaterART Aquatic Rehabilitation Specialist Manual & 36 laminated program cards, 16 hours (8 hours pool & 8 hour theory), DVD043, DVD044, DVD045, Certificate of Course Completion, Certification Exams (theory & practical).

- Early Bird WP Member/ Staff Rate prior to April 23, 2015, \$450.00 + HST
- Early Bird Regular Rate prior to prior to April 23, 2015 \$470.00 + HST
- Regular Rate WP Member/ Staff Rate after to April 23, 2015, \$470.00 + HST
- Regular Rate after to April 23, 2015 \$490.00 + HST

Re-Certification Workshop

Sat. & Sun. May 9-10, 2015 (9:00-5:00 pm) Fee includes:

Workshop handouts, 16 hour training, (includes Workshop Day), Certificate of Course Completion, Certification Renewal E-Diploma and renewal t-shirt

* add \$20.00 if your certification has expired (if expired for more than a year, renewal is not permitted)

- Early Bird WP Member/Staff Rate prior to April 23, 2015,\$279.00 + HST
- Early Bird Regular Rate prior to April 23, 2015\$299.00 + HST
- Regular Rate WP Member/Staff Rate after to April 23, 2015\$299.00 + HST
- Regular Rate after April 23, 2015 \$319.00 + HST

Choose T-shirt size S M L XL XXL

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
- WP Renewal (D & H) \$85.00 +HST

CHOOSE FREE GIFT A B C D E F G H I J K

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 does offer group WP membership rates for 5 or more registered together.

Must fax, phone or mail in registrations together.

WaterART Fitness is part of the Ontario Fitness Council (OFC) /Fitness Practitioners Association of Ontario (FPAO) and NFLA recognized programming.

Toll Free 1-866 543-8938

OUR DVD RESOURCE LIBRARY

NOTE: Everything is coded and DVD numbers are on the spine for easy reference. We offer laminated pool reference cards for most DVD's as well as All DVD's have quizzes for 2.0 hours of continuing education credits.

DVD001 - The "ART" of Exercise Science (Ed)
DVD002 - Aquatic Fitness Muscles (WO)
DVD003 - Beginner Muscles with Noodles (WO)
DVD004 - Intermediate Muscles with Noodles (WO)
DVD005 - Advanced Muscles (WO)
DVD006 - Shallow H₂O Workout (WO)
DVD007 - Deep H₂O Workout (WO)
DVD008 - Advanced Deep H₂O Workout (WO)
DVD009 - Seniors "Fun"ctional Fitness (Ed)
DVD010 - CMD Shallow Water (Ed)
DVD011 - Arthritis ShallowH₂OExercise (Ed)
DVD012 - Arthritis Chair Exercise Workout (L)
DVD013 - Arthritis Light Low Impact & Sculpt (L)
DVD014 - Mindful Tai Chi Program(Ed)
DVD015 - Water Walking Program (Ed)
DVD016 - Yoga Program (WO)
DVD017 - Personal Training H₂O Assessments (Ed)
DVD018 - Foam Weights Shallow & Deep H₂O (WO)
DVD019 - Posture Analysis, Exercise Inventory (Ed)
DVD020 - Personal Trainer Equipment Analysis + Inventory (Ed)
DVD021 - FINNING –The Ultimate Butt Burner & Program for Swimmers (Ed)
DVD022 - Pre-Post Natal Instructor (Ed)
DVD023 - TAEKWONAQUA (Ed)
DVD024 - Kidz! Instructor (Ed)
DVD025 - Use Your Noodle
DVD026 - CMD Land Chair Exercise Program (L- WO)
DVD027 - CMD Posture & Balance Program (L- WO)
DVD028 - CMD Flexibility Program (L- WO)
DVD029 - What Is WaterART? (membership)
DVD030 - Sports Conditioning Workout (WO)
DVD031 - Beginner Workout (WO)
DVD032 - Having A Ball (L)
DVD033 – Promotional DVD (membership)
DVD034 - Shallow Water Noodles (Ed)
DVD035 - Deep Water Noodles (Ed)
DVD036 - Arthritis- The Noodle Workout (Ed)
DVD037 - Step Splash (Ed)
DVD038 - Cardio Combos (Ed)
DVD039 - Awesome Abdominals (Ed)
DVD040 - Resistive Paddle Program (Ed)
DVD041 - FIT BAND Workout (Ed)
DVD042 - Advanced Buoyancy Cuffs (Ed)
DVD043 - Aquatic Rehabilitation for Lower Extremities *
DVD044 - Aquatic Rehabilitation for the Spine *
DVD045 - Aquatic Rehabilitation for Upper Extremities *
DVD046 - Aquatic Rehabilitation Theory of Spine, Upper & Lower Extremities 3 DVDs (Ed)
DVD047 - WaterART Pilates & Dance (Ed)
DVD048 - Fit Stretch & Back Care (L-WO)
DVD049 - Fit Band Program (L- WO)
DVD050 - TaeKwonRobics (L- WO)
DVD051 - Moving on Up (L- WO)
DVD052 - Weight Management Consultant (L-Ed)
DVD053 - Elementary Rescues and Water Safety (Ed)
DVD054 - Boxer and Kicker Workout (WO)
DVD055- Aquatic Cycling Workout (WO)
DVD056 - Aquatic Running Workout (WO)
DVD057 - Parent & Tot Program (WO)

DVD058 - Salsa the Aquatic Way (WO)
DVD059 - Fun with Function (WO)
DVD060- Adv. Dumbbells &Shoulder Impingement (WO)
DVD061- Programming for Common Hip Problems (WO)
DVD062- Programming for Common Knee Problems (WO)
DVD063 - Programming for Common Back Problems (WO)
DVD064 - Teaching a Combo Shallow & Deep (WO)
DVD065 - Mind Body Shallow H₂O (WO)
DVD066 - TriAquaFun (Jog, Cycle, Swim Event)
DVD067- Boot Camp with Tubing (WO)
DVD068- Teamwork, Partners & Games (WO)
DVD069 - Gentle Land Fitness (L- WO)
DVD070- Light Low Impact (L- WO)
DVD071 - Shape Up and Water Train 2 DVDs (Ed)
DVD072 - Shallow H₂O Splash Workout 2 DVDs (Ed)
DVD073 - Urban Yoga (L-ED) 2 DVD's
DVD074 - Senior Land Fitness (L- ED) 2 DVDs
DVD075 - Parent & Toddler (WO)
DVD076 - Barbara's Story (membership)
DVD077 - Advanced Noodle Challenge (membership)
DVD078 - Entry Level Program for Non Swimmer 2 DVDs (Ed)
DVD079 - Move Your Way to Health – Walk 2 DVDs (Ed)
DVD080 - Instructor Review 4 DVDs (Ed)
DVD081 - Senior Mind Body (WO)
DVD082 - Senior Cycling (WO)
DVD083 - Aquatic Running Shallow (WO)
DVD084- Happy Face Hand Weights
DVD085 - Aquatic Fitness Stepping
DVD086 - Aquatic Personal Training Program (2 DVDs)
DVD087- Program Personal Training Assessments
DVD088- Aquatic Personal Training Tutorials (2 DVDs)

(L) = land program Water Programming (WO)

Membership DVD's may be utilized for promotion and public display. All other DVD's are copyrighted. All DVDs may be utilized for educational purposes.

You may earn 2.0 CECs per DVD for continuing educational and re-certification. Quizzes may be purchased any time –so often it is advantageous to purchase DVDs to supplement your education

* DVD043, DVD044, DVD045 may only available with full Rehabilitation Specialist Certification Program

HOW TO ORDER:

- 1- Online: www.waterart.org
- 2- By Fax: 416-621-0951
- 3- Toll Free 1-866-543-8938
- 4- Emailing: info@waterart.org

OUR BEST DEAL

****BUY 4, GET 1 FREE!****

(except DVD043/44/45- only available with full Rehab Program)