

### AQUA INSTRUCTOR TRAINING

HOST AN AQUA EVENT AT YOUR FACILITY

FITNESSFEST.ORG/AQUATRAINING 480.461.3888 INFO@FITNESSFEST.ORG

### WHO WE ARE

We have been in the water aerobics business for over three decades, offering workshops, trainings, and certifications that are exclusively designed for current instructors and those who are looking to break into the field.

From private sessions for your facility staff to large-scale aquatic fitness events for your community (or even your state!), we are here to help bring your plans to life and continue to promote the benefits of water exercise!

# AQUA FITNESS INSTRUCTOR TRAINING



### FESTIMONIALS

"When I took on the group fitness director position for this club, I knew nothing about aquatic fitness OR where to find instructors who did. Someone suggested I contact Janice Jaicks. I'm so glad I did! Janice gave me an overview of what a good water aerobics program should look like and then offered to help train some of my staff. She has been available for follow-up training and questions for the past two years and I just love her!"

**DONNA STEWART**Group Fitness Director

"Working with FitnessFest is like a good workout...focused, dedicated to a good outcome, a little grueling (they are task masters!), and completely satisfying when it's over. This group has been a joy to work with over the last couple of years. They have not only been detail oriented and organized in their work for us, but they have been completely dedicated to trying to provide the best possible experience for our program participants! We have truly enjoyed working with such a great team of fitness professionals!"

JULI KELLY, M5
Gila River Health Care Life Center Director

"First, I would like to start by saying thank you. I had to find something to help me get out of my comfort zone.

I've suffered from severe anxiety, blood clots, hip replacement, FMS, and was told I was going to be in a wheelchair by 2015. I weighed over 300 pounds! I had a breakthrough and lost 100 pounds, and also met some inspiring women who helped change my life. Nina Carr, Hilda Young, and Vee Mora with EDM Body Fitness connected me with Janice Jaicks, and after taking her Aqua Progressions training in June at EoS Fitness I knew this was the format I would like to teach. After reaching out, I received an email from EoS and I am going to audition on July 20th for an aqua instructor position."

FRANCES (2019 ATTENDEE)

"I've been teaching water aerobics for quite some time. However, when I returned to my classes after taking Janice's course, I was a whole different instructor! I had more fun and my students loved my new stuff. I had more questions after class, and Janice hopped on a call with me the next day!"

MISSY (2019 ATTENDEE)

"I have been taking water aerobics classes with Janice since 2012, and one day I began wondering if it was something I could learn to teach (really just for fun!). When she announced her training in May, I just went for it. It was a wonderful day of learning for me, and I feel confident that I can lead my own water aerobics class. I'm starting my first "gig" at a 55+ community next week!"

SONDRA (2019 ATTENDEE)

### TRAINING MENU

## Aqua Progressions Instructor Training: Putting Together a Complete Program

This extensive training course is all about creating a safe and effective water exercise program for all populations. The course includes choreography, modifications for special populations including older adults, how to make smooth transitions, ways to change intensity, understanding water principles and much more. Leave with over one hundred movements and choreography for three separate class formats:

- 1) Aqua Aerobics for All Populations,
- 2) Noodles for Core, and
- 3) Tabata (interval training in the water). Learn everything you need to put together a complete one-hour aqua class, then break into groups where you and your team create a personalized routine based on the choreography and information you have been shown in the Aqua Progressions I Training course.

What you'll get with Aqua Progressions I:

- -Certificate of Completion (0.8 CECs)
- -50-page Aqua Progressions Manual
- -Laminated Choreography (including diagrams)
- -A concrete plan that will improve your current classes or help land you an aquatic position in the field
- -A quiz to assure that you have retained all the information

Add Aqua Progressions II in the same weekend!

#### Workshops

- Aqua Progressions I: Putting Together a Complete Program
- Aqua Progressions II: Additional Aqua Formats
- Aqua Progressions for Special Populations (to include aging adults, diabetes, Parkinson's, obesity, etc.)
- Creating an Aqua-Safe
   Environment: Water Safety
   for Club Managers, Owners,
   Personal Trainers and Aqua
   Fitness Professionals
- Aqua Tabata
- 50 Ways to Use Your Noodle
- Aqua Balance
- Aqua HIIT Bootcamp
- Yin & Yang: A Land and Water Yoga Experience
- Recess Remix: Taking the Playground to the Pool
- Athletic Conditioning
- Therapeutic Exercise
- Advanced Aqua Choreography
- Deep Water Workouts

#### **Event Services**

- Event planning start to finish
- Presenter contracts
- Budget planning
- Marketing
- Print materials
- Online page/registration hosted by FitnessFest.org
- Attendee registration
- Customer service/troubleshooting
- Equipment/AV coordination (where applicable)
- Presentation coordination
- On-site event managment
- Set-up/tear-down
- Evaluation distribution/collection
- Attendee follow-up communication regarding the event and future opportunities (where applicable)
- Ongoing communication for future event support

Start to Finish
We're here to help!

### PLANNING PROCESS

#### STEP 1: TELL US ABOUT YOU

Call Janice Jaicks at (480) 461-3888 or email info@fitnessfest.org to get the conversation started. We'll begin with things like who you are, where you are, and how you found us. Next we'll ask about your training needs and how we might be able to help. If you're not sure where to start, we can help with that too!

#### STEP 2: LET'S MEET!

Depending on your location, we'd like to plan a trip to come meet you in person or set up a time for a conference call with our team. We're all about building a personal relationship with you and truly learning more about your facility to deliver the best quality of service.

#### STEP 3: START PLANNING

Once we have discussed the goals and the budget, it's time to get a contract in place and start planning. We have many years of experience and we understand that things don't happen overnight! The sooner we can get together and get a contract underway, the sooner we can turn your ideas into reality!

FITNESSFEST.ORG/AQUATRAINING



FitnessFest.org/aquatraining (480) 461-3888 · info@fitnessfest.org

ASK US ABOUT OTHER EVENT OPPORTUNITIES GOING ON THROUGHOUT THE YEAR!