

## 8-hour Training Course

### **Aqua Progressions I: 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
- 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

## 4-hour Training Course

### **Aqua Progressions II: Additional Formats**

This course is for the instructor that has taken Aqua Progressions I or that has some experience teaching water aerobics. Learn how to create a top-notch water aerobics class that is appropriate for all populations. The 60-minute practical pool training will walk you through cardio movements with options for special populations, how to transition effectively, how many repetitions you need to be effective, how to demonstrate and motivate on deck and in the water, and how to make the most out of your choreography. Suspended and standing core work with the noodle, discussion of buoyancy equipment, and the use of kickboards and buoys will be demonstrated. Ready for more? Experience a 45-minute Aqua Balance class while you're still in the pool! Next, you'll move to the classroom to put together your own ideas using what you've learned, new music and cueing tips, and your own creativity. Demo a LIVE aqua class sample for the group! Four hours of learning, program design, and having a blast with the best in the field! Leave with a toolbox full of choreography ideas on a laminated handout.

## 8-hour Training Course

### **Aqua Progressions for Special Populations**

This full-day aqua training will begin by focusing on the aging adult population and the benefits of water exercise. Conditions to consider when leading classes for the aging population will include arthritis, low back issues, osteoporosis, diabetes, cardiovascular disease, Parkinson's, and obesity. This training will blend lecture portions with practical applications in the pool, and will introduce a variety of movements including mobility and core strength, Tai Chi, balance, functional walking drills, lower and upper extremity work, and much more!

## 1.5-2hr Workshop Sessions

### **Creating an Aqua Safe Environment**

**Water Safety for Club managers, Owners, Personal Trainers and Aqua Fitness Professionals)**

As instructors, personal trainers, fitness coordinators, and club owners, we often spend hours each week teaching or managing in an environment that can pose risks if we are not prepared. This workshop provides a basic understanding of safety in and around an aquatic environment; however, this class is not designed to take the place of a water safety certification, CPR or first aid. This session is intended to help fitness professionals review the basics to be the best we can be.

Topics discussed will include the following:

1. Basic aquatic safety.
2. How to recognize and handle an aquatic emergency, emergency procedures and how to use your CPR/first aid in the aquatic environment.
3. How to perform a non-contact rescue, help the victim from the water and proceed with correct emergency procedures.
4. Understanding professional accountability.

NOTE: This class is not designed to take the place of a certifying class in water safety, CPR, or first aid. It is to help the professional review or learn the basics to make their best better!

## **Aqua Tabata**

Tabata-style interval training in the water! The statistics have been out for years; interval training burns calories and boosts metabolism long after the workout. So, why not do it in the water?! “My classes tripled in size when I changed my format to Tabata in the water! Plus, the strength and endurance that my students have built have been rewarding and really impressive to see!” says Janice. Fun, energetic, and easy to teach if you are a motivator!

## **50 Ways to Use Your Noodle**

Everyone uses this versatile tool in their classes -- the noodle! Join Janice for upper body, lower body, balance, abdominal, and cardio moves. Discuss and practice using the noodle as a flotation device, resistance tool, and as a way to stretch. Understanding how to work your abdominals *without gravity* will also be addressed.

## **Aqua Balance**

One of the biggest fears in older adults is falling. As we age, we need to “practice” balance to help us avoid that bone-breaking or even fatal fall. This balance session involves consistency and repetition, practicing good posture and alignment, range of motion exercises, working in all planes, and specific focus and cueing. The methodology does not involve any complicated cardiovascular movements, does not require music to deter from our focus, and works in a progressive way to test and improve one’s balance.

## **AquaHIIT Bootcamp**

Attention Water Warriors -- take the science behind high intensity interval training and apply it to the water, and you've got a HIIT for your favorite format! This class isn't for the faint of heart or beginner, as it challenges your students and clients to go hard or go home. Apply general principles of aquatic exercise training and energy system essentials to create high intensity interval sequences that are fun, realistic, and deliver high-powered results. (This workshop is designed for those who have a strong endurance base and no fear of the water. To get the best effects, this format should be implemented two or three times a week with a regular exercise plan.)

## **Yin and Yang: A Land and Water Yoga Experience**

A beautiful way to end the day, this workshop combines yoga on land with aqua yoga in the pool. Begin with a gentle land-based yoga session that transitions into a relaxing aqua yoga class. Experience the benefits of both modalities and understand how to safely and accurately adapt the movements from land to water. Let go of any tension you might have built up during the day and leave grounded and calm.

## **Recess Remix: Taking the Playground to the Pool**

Despite the power of play, somewhere between childhood and adulthood many of us stop playing. We exchange play for work and life responsibilities. Give your class permission to play again by adding pool games to the mix! This workshop offers old school P.E. fun with a high-intensity athletic approach to water fitness. Relay races, tag and even a game of tug-o-war in the pool create efficient intervals that allow your participants to maintain great levels of intensity throughout their entire session. Play teaches us how to manage stress and how to connect to others and the world around us. Share the experience by taking the power of the playground to the pool.

### **3hr Workshop Sessions**

#### **Athletic Conditioning in the Water**

All ages and abilities benefit from sports conditioning in the water. This workshop covers the fundamentals of performance enhancement and rehab/prehab in an aquatic environment. Learn how to work with individual clients or in a group setting to:

- enhance land-based performance in sports and fitness
- recover from injury or surgery (or avoid further injury)
- increase range of motion specific to sport
- increase cardiovascular conditioning in a stress-free environment
- add variety and intensity to current water programming

#### **Therapeutic Exercise for the Pool**

Whether rehabbing from surgery, injury, illness, or targeting the aging population, this workshop is designed to show you how to safely and effectively increase strength and range of motion within each joint of the body. Learn to safely address issues such as:

- bone density
- cervical spine
- shoulder dysfunction or repair
- hip replacement
- disc fusion C1 - Sacral
- knee replacement or repair
- general joint discomfort and trauma

#### **Advanced Aqua Choreography**

Need more ideas to incorporate seamless, effective choreography into your current program? This workshop will teach you how to blend styles, movements, intensity variations, and FUN into your classes. Learn how to use blocks, progressions, stylizations, and “add-ons” to vary your routines and keep participants coming back for more! Once you understand the variables, you will never teach the same class twice!

#### **Deep Water Workouts**

For water exercise, the deep water is the best bang for your buck! Nothing burns calories and strengthens the cardiovascular system quite like working out in the deep end. This workshop provides numerous water workout ideas and support for swimmers and non-swimmers alike. Equipment, safety consideration, and programming ideas will be covered, as well as class structure and incorporating deep water work into your current programming. Deep water is the “next level” of training for your current classes and an excellent addition to your current water schedule.