

Aquatic Options Educational Programs & Resources

Integrating Function with Fitness!

CEC Provider for: AEA, ACE, AFAA & ATRIC

1. Aquatic Options

Special Populations & Post-Rehab Fitness Training

8-hour In-depth Training (includes 2 hour pool session)

This professional certificate program is designed to help you create inclusive group and one-on-one aquatic fitness programming. Learn how to choose appropriate exercises, use aquatic equipment safely, and design programs for participants with joint and muscle pain. Integrate simple modifications that provide options for participants with arthritis, diabetes, hypertension, low back pain, obesity and shoulder, knee and hip orthopedic conditions. Unite function with fitness as you put your knowledge into practice through case study application and an interactive pool session.

- ▶ **Comprehensive 120-page Aquatic After Care Training Manual included**
- ▶ *Condition chart and Exercise Photos provided in manual show inclusive training ideas for cardiorespiratory, muscular endurance, range of motion, balance and coordination*
- ▶ *Sample workouts for special populations & post-rehab clientele provided*

2. Aquatic Endurance Options

Special Populations & Post-Rehab Fitness Training

Experience a variety of aquatic exercises used to improve cardiovascular and muscular endurance for all major muscle groups. This workshop offers a pre-planned program that you can implement immediately with your clients either in its entirety or as single exercises. It includes appropriate progressions for **Obesity, Diabetes, and Orthopedic issues**. Practical applications will demonstrate proper movement execution with common exercise precautions. We will review how to maximize resistance with and without equipment, what equipment placement works best and how to make appropriate equipment choices.

3.0 hour aquatic workshop (All levels)

Equipment: Handbars, Xertubes, Gloves

3. Aquatic ROM Options

Special Populations & Post-Rehab Fitness Training

Discover creative Range of Motion (ROM) options in the aquatic environment. This workshop will demonstrate how to take advantage of buoyancy and resistance to create an effective total body aquatic ROM program. Static, dynamic and PNF stretch principles will be blended to provide options for various water temperatures. You'll leave with a complete full-body ROM program with alternative options for clients with range of motion issues including **Fibromyalgia and Orthopedic issues**. Ideas for equipment options, equipment usage, and equipment placement will be offered.

3.0 hour aquatic workshop (All levels)

Equipment: Noodles, Stretch Bands

Aquatic Workshops

CEC Provider for: AEA, ACE, AFAA

NEW 2007

1. DRAG FORCE: Practical Aquatic Progressions

Divulge yourself in a spectrum of movement ideas using water's natural resistance. Discover appropriate progressions for the upper and lower extremity using drag equipment as a natural extension of water; integrate creative multi-plane movements for proven benefits. Practical application of knowledge will be applied to shoulder and knee injuries, active healthy adults and rheumatoid arthritis.

3.0 hour aquatic workshop (Intermediate)

Equipment: Gloves, Paddles, Fins

NEW 2007

2. STRETCH FUSION II: ROM and Core Training Concepts

Revitalize your flexibility programming with active stretch and core training combinations. Integrate Yoga postures and diagonal movement patterns guaranteed to decrease joint and muscle pain. Movements will simultaneously increase balance, muscular endurance and joint range of motion. Use of drag and acceleration will assure participants stay warm and see results! **Applications for both land and water training will be provided.**

3.0 hour aquatic workshop (All levels)

Equipment: Gloves

NEW 2007

3. STRETCH FUSION III: CORE WORK FOR HIP AND BACK FUNCTION

Equipment: Noodles and ¼ Noodles or Hand Bars

Experience the powerful effects gained from combining Yoga postures and diagonal movement patterns with static and dynamic movement sequences. Review the integrated relationship of muscles important for hip and back function and learn practical core training ideas using isometric muscle work. The use of buoyant equipment will further enhance one's balance, strength and functional performance.

3.0 hour aquatic workshop (All levels)

Equipment: Noodles and Hand Bars

4. CARDIO CORE FUSION II

Experience one workout having cardiorespiratory and muscular endurance benefits. Practical training techniques will be used to train strength and balance in tandem improving muscle balance and acting as an effective fall prevention strategy. Abdominal bracing and impact options will be applied for optimum core conditioning. Take home choreography routines based on proven functional strategies that will challenge any fitness level!

2.0 hour aquatic workshop (All levels)

Equipment: Gloves

5. STRETCH FUSION

Heighten the stretch experience with this refreshing approach to cool downs! Learn how to integrate mind-body disciplines Yoga and Tai Chi with dynamic flexibility to increase flexibility and range of motion. Experience how all populations, especially older adults and those living with low back pain can maximize the benefits of buoyancy and resistance in Stretch Fusion!

2.0 hour aquatic workshop (all levels)

Equipment: None