

It's easy! If you have a

Facility willing to bring

Quality education to

Instructors in your

Local region, schedule

A workshop now!

The following outlines the requirements to book Aquatics and More|Robin Davis for a workshop.

If you have questions,

Contact

Robin Davis at

aquaticsandmore@gmail.com

Step One: The initial agreement and request for a training weekend should occur 1-2 months in advance. The Timeline depends on how fast Decisions are made and agreements are exchanged.

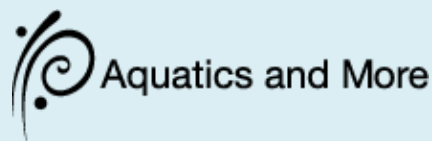
Step Two: Finalize which workshops you want presented. You may want to distribute this flyer to instructors to gain their feedback.

Step Three: Determine minimum and maximum number of attendees. Free registrations may be available for Your facility instructors.

Step Four: An agreement will be sent outlining your customized workshop program with fees, requirements for number of attendees, and facility needs for the workshop.

Step Five: Disseminate flyer to your regional instructors and post flyer at facilities.

Step Six: Finalize details three weeks prior to the workshop to ensure a successful event(number of attendees, classroom and pool needs, etc.)



Host an Aquatics and More Training

With Robin Davis

Regional Beginning Aquatic Fitness Instructor Trainer

AEA Approved CEC Provider

AEA Ambassador- Pacific Northwest

WORKSHOP COURSES- Customize you own program!

Major Muscles & Movement Basics (M&M): 3 CECS

This course will provide water-exercise instructors with basic knowledge of the musculoskeletal system with a focus on the major muscles, their locations, and joints involved. With this understanding, instructor will be able to analyze and create movement sequences, resulting in a safe and more effective class.

Obeying the law physical laws: 3 CECS

Laws of movement of the human body in water, An emphasis will be placed on how to alter participant movements in water to maximize their workout.

Putting it together: 3 CECS

This course will provide an understanding of basic choreography combinations that will provide variety, the various styles of choreography and base moves to create movement combinations that are balanced.

Pathway to resistance: 3 CECS

This course provides techniques on how to work the water by moving with and against a current in order to maximize the benefits of your participants. Explore how to incorporate interval training, power circuit and boot camp style into your everyday classes .

Keep it fresh: 3 CECS

How to stay motivated and communicate with energy by using voice projection, hand movements, and body language. Instructors will be provided with ways to express creativity and new teaching styles by working together in an interactive format.

Resistance Stretching: (RS) 3CECS

"The secret your body already knows"

Resistance Stretching is an innovative fascial manipulation technique that enhances flexibility and delivers biomechanical upgrades. Using both assisted and self-stretches; resistance stretching techniques restore postural alignment. Gain an understanding of how the body protects the joint structures and maintains integrity in surrounding tissues.

Deep Water Exercise Innovator: 3 CECS

Introducing the Burdenko method and Taylor Kruse deep water method. Gain knowledge of the physiological benefits of deep immersion. The benefits of using deep water to train: resistance, assistance, joint off load, and coordination. Incorporate the freedom to move, while building stability – exercise in the vertical position.

This Beginning Instructor

Training course is intended to provide the basic knowledge and resources required to be a safe, effective aquatic fitness professional.

NOTE: Certified instructors

Can earn up to 9 CECs

for this course. Please be aware that this is an entry-level course and may be a review for many certified instructors.

Beginning Instructor Training Course: 9CECs

This course will provide water-exercise instructors with basic knowledge of the musculoskeletal system with a focus on the major muscles, their movements and joints involved. With this understanding, instructors will be able to analyze and create movement sequences that are safe and effective for their participants.

Also covered are the applicable physical laws of the water and movement of the human body in the water. An emphasis will be placed on how to alter participant movements to maximize their workout.

Basic choreography will be demonstrated along with various styles of choreography and base moves to create movement combinations that are balanced, and which offer maximum benefit to exercise class participants.

Instructors will also be required to show and demonstrate safe and effective use of water exercise equipment.

This two-day workshop is an excellent way to ensure that your water aerobics instruction is safe, effective and offers maximum benefit to your exercise class participants.
