



AQX AquaBility Certification Course

Sunday, February 25, 2018
Arrive 8:30 AM 9 – 5 course
Fairview Mennonite Home
515 Langs Drive
Cambridge ON N3H 5E4

AquaBility Training Course and Optional Certification!

AquaBility is a full-day course to prepare AQX certified leaders (or equivalent) to instruct ‘gentle’, adapted aqua fitness in therapeutic or recreational pools. Be prepared for practical pool sessions as well as theory education.

You can attend this course for professional development, personal interest, or to achieve AquaBility Certification
(theory exam is required for certification).



AquaBility Level 1 Certification:

AQX Certified (or equivalent) and actively teaching
+ 100% attendance and participation in the course
+ Achieve ≥80% on the multiple choice theory exam • Theory exam can be taken on-line.

AquaBility Level 2 Certification:

AQX AquaBility Level 1 certified and actively teaching
+ ≥50 hours of teaching AquaBility classes
+ AquaBility Practical Exam (assessor fee required)

Course Date: Sunday, February 25 • Arrive: 8:30 AM • Course 9 – 5

Location: Fairview Mennonite Home, 515 Langs Drive, Cambridge

Attendance is limited! Avoid disappointment by registering early.

Earlybird Registration (by Feb 15): \$267.77 + HST = \$302.58

After Feb 15: \$337.77 + HST = \$381.68

Register on-line: www.Fortheloveoffit.com or by email: ConnieJasinkas@mac.com

Learning Objectives:



- **Class and program design for therapeutic and recreational pools**
- **Communicating an attitude and atmosphere that are inclusive and accommodating**
- **Sensible decision-making to customize exercise options**
- **Exercise objectives for this population, including:**

- Detailed posture education
- Pain management, relaxation and breathing strategies
- Adaptations for common movement limitations
- Functional exercises to improve strength and independence for activities of daily living (ADL)
- Gait training to normalize this important function
- Balance training and fall prevention strategies
- Stretching strategies to maintain body balance, range of motion and function

Course Agenda:

8:30 – 9:00 Check In

9:00 – 10:45 Classroom Theory

11:00 – 12:30 Pool Practical

12:30 – 1:30 Bring your lunch to eat on-site

1:30 – 2:45 Classroom Theory

3:00 – 5:00 Pool Practical

5:20 – 6:20 Open Book Theory Exam

****Refreshments provided • bring your lunch**

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