



Private Lessons/ Workshops

A customized training program can be created for instructors ***one-on-one locally***, or in small groups. Lessons/workshops can be tailored to your facilities needs.

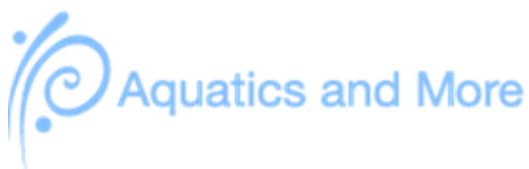
Contact Information:

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AQUATICS AND MORE

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www.aquaticsandmore.com

Plan to host a workshop at
your facility soon! It is Easy!
It is Free!

Book by May 30, 2014 for fall
courses or by November 30,
2014 for Spring, 2015 courses
and receive two additional
free registrations!



Host a Water Exercise Workshop

Presented by Robin Davis

Aquatics and More

- *Regional Aquatic Fitness Instructor
Trainer*
- *AEA Approved CEC Provider*
- *Fitness Motivator and Educator*



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Aquatics and More

Current Workshops

Beginning Instructor Training

This workshop has been very successful in training new instructors.

We are seeing a nationwide need for a training module that addresses the fundamentals of teaching water exercise; a course that is easy enough to attract beginners and gives pre-training for eventual AEA Certification.

How do we bridge this gap for our new instructors and help them build their knowledge base for the delivery of safe and effective classes? This course is designed to do just that.

Note: Certified instructors can earn up to 9 CECs for this course. Please be aware that this is an entry-level course. Yet a great review!

(Message Pauline Ivens (AEA Presenter Trainer))

"We need more instructors, and this is an excellent course to attend if you have any potential instructors at your facilities contact Robin".

Courses : Presented by Robin Davis

Putting it Together

3 CECs

You have the knowledge you have the skills now how do you put it all together to give your students the most effective workout.

Pathway to Resistance

3 CECs

The tide is changing explore how to incorporate interval training and a power circuit format to achieve an intense workout. Gain an understanding of how the body and limb affect intensity. Stationary and travel moves that get the heart pumping and the muscles engaged

Keep it Fresh

3 CECs

Have you ever been stuck in a rut where you are feeling like a broken record? Same old moves, nothing new to add? I have some tips that will help you be more creative. Wake up your senses and reignite your passion for teaching.

These courses are beneficial to Physical Therapists, Personal Trainers, College and High School Coaches, Land based fitness instructors and Aquatic fitness professionals.

Courses below are presented by Taylor Kruse and Robin Davis

Taylor Kruse is a movement educator specializing in performance upgrades, postural corrective strategies and non-invasive spatial medicine. Taylor blends a variety of methods and modalities together to customize programs, helping individuals reach their optimal health. Taylor received his undergraduate degree in Physical Education with a Health Minor from Plymouth State University in 2005. His passion is to help individuals reach their full movement potential.

***Deep Water Exercise Innovator I 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 freedom to move, while building stability – exercise in the vertical position.

*** Resistance Stretching (RFST) 3 CECs**

"The secret your body already knows"

Gain an understanding about the universal benefits of an alternative functional exercise approach that combines land, water and resistance flexibility techniques. Additionally, learn the importance of a multi-directional approach to movement, and develop the six essential qualities of fitness.



Testimonial:

Kristy Swartz: (Student) "Robin has an amazing and in-depth knowledge base for Aquatics and fitness...She is terrific at organizing and conducting workshops at a pace that all appreciate and enjoy"

Laura Peterson (Student)

"It was really an incredible two days. The class was filled with many different types of individuals, with many different skill levels. It was interactive and had a good blend of class and "in-the-pool" time. I believe that I definitely got my money's worth and came away educated and excited to start a career in water instruction"

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For more information

