

**Save the date**  
**Aquatics and More**  
**Spring Innovations**  
**Coming to**

# **Yakima Athletic Club**

2501 Racquet Lane,  
Yakima, Washington 98902  
509-453-6521 (direction only)

**Saturday & Sunday**

**April 23-24, 2016**

**Take the steps to becoming the instructor  
you've always wanted to be**

**Register Early and Save!**

Instructed by Robin Davis



# **Beginning Instructor Training Course**

## **Saturday All Day Session: 9 AEA-CECs**

Being an aquatic fitness professional can be both rewarding and challenging. You will be providing a much-needed service to a percentage of the population who may not otherwise be able to exercise, as well as fit individuals. You will be given the basic tools needed to become a safe and effective aquatic fitness instructor. A must for any one interested in instructing aquatic fitness classes. Seasoned instructors can also benefit from this course as a refresher, and/or to meet certification requirements.

Testimonials:

Pauline Ivens, AEA Trainer: "This is an excellent beginner course for becoming a knowledgeable aquatic fitness professional."

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 beginners appreciate and enjoy. 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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## **All Instructors:**

### **Sunday A.M. Session: Pathway to Resistance 3 AEA-CECs**

This course is designed to provide you with information that will explore ways to create and achieve a higher intensity workout. We will be looking at Tabatha-inspired interval training, circuit stations, and elevated, propelled, and stationary power moves.

### **Sunday P.M. Session: Keep it Fresh 3 AEA -CECs**

Have you ever been stuck in a rut where you are feeling like a broken record? Same old moves, nothing new to add? Keep it Fresh is all about waking up your senses and getting you fired up with some creative thinking tips and practical applications that you can use in your classes.