

AQUATICS AQUA FITNESS INSTRUCTOR WORKSHOPS

NZ Recreation Association, Skills Active and Wellington City Council are excited to host a series of Aqua Fitness Instructor Training Workshops. There is currently a gap in training for potential and current Aqua Fitness Instructors and these workshops will provide the necessary tools to either get started as an instructor or to increase current knowledge. You will also have the opportunity to complete Level 3 units in Group Fitness as part of the National Certificate in Aquatics Level 3.

What's involved?

The one-day workshop will cover how to plan and teach an aqua fitness class. There will also be a practical water session during the day to put what you learn into practice. The class will cover training and assessment against Unit Standards:

- 22778 Plan and teach a chest deep aqua fitness class
- 22779 Plan and teach a deep water aqua fitness class.

Both these unit standards count towards completion of the NC in Aquatics (Pool Operations) Level 3 and the NC in Group Fitness Level 3 qualifications.

Cost

\$275 (excl. GST) This includes registration on the workshop, registration into a training agreement with Skills Active and follow up assessment costs.

Note: If you are already enrolled with Skills Active, the cost will be reduced by \$125 (excl. GST).

Facilitator: Linda Dorrington

Linda is a passionate and experienced instructor/presenter, with over 16 years experience in the aqua fitness industry. She has presented at industry conferences in Australia and New Zealand over the last 10 years, and continues to teach locally on a regular basis. After managing a Fitness Centre for 5 years, she worked for Skills Active in a Relationship Management role. Linda is now the Operations Manager for Wellington Regional Aquatic Centre.



Dates and Locations

Date	Region
23 April 2012	Nelson
2 May 2012	Auckland
3 May 2012	Hamilton
16 May 2012	Palmerston North
18 May 2012	Wellington
30 May 2012	Christchurch
31 May 2012	Dunedin

More information and confirmation of venues will be available early 2012.

Register

Registrations for the Aqua Fitness Workshops are open now – please e-mail alison@nzrecreation.org.nz for further information or to register.

