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Danita Watkins. Danita Watkins is a certified fitness instructor (AFAA), personal trainer (ACE), and aquatic exercise specialist (AEA). She has written several articles for AKWA magazine and AEA On-Line education. She is a CEU provider, a WATERinMOTION instructor & champion and an AFAA presenter for the aquatic workshop and primary certification. Danita is a life-long aquatic fitness enthusiast and renowned for her creative fitness programs.

Aquatic Personal Training - Aquatic Exercise Association
And thanks to the popularity and suitability of water exercise, your specialty in water aerobics is sure to equate to a large client base that will benefit your personal training career. Water aerobics, also known as water exercise and aquatic exercise, provides multi-directional resistance for our bodies, thus serving as both an excellent cardio and resistance workout.

Water Exercise and Aerobics Instructor Certification and ...
ASFA ' s Water Aerobics Certification is Ideal for Trainers Looking to Obtain an Aqua Aerobics Certification by Earning

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a Water Aerobics Certification Online. ASFA's Water Aerobics Instruction Certification addresses the needs of a broad spectrum of potential clients — from young to old.

Water Aerobics Certification | Aqua Aerobics Certified - ASFA Aquatic Personal Training Certification-Level 1 and Advanced A manual for land and water fitness assessments, liability information and forms, exercises and safety concerns for many special population, how to program and keep journals, exercise science. 2 hour of DVD lecture, the Master Dictionary of Moves in paper and DVD's, equipment usages and exercises DVD plus Prep for Aquatic PT DVD.

CERTIFICATIONS - Aquatics Fitness Professionals ...

The AFPA Aquatic Fitness Instructor Certification is thoughtfully designed to prepare you to teach aquatics to all fitness levels. Learn how to design workouts for different water depths, teach students how to control their own exercise intensity, organize smooth class routines, and design modified routines for all fitness levels - from beginners to seasoned water exercise veterans.

Aquatic Fitness Instructor Certification | AFPA Fitness Check for Credentials When teaching water fitness personal training, each instructor should definitely have the following two (2) National Certifications: 1. National Certification for Water Fitness Instructors. 2.

Aquatic Fitness Personal Trainer - uswfa.com

Aquatic Personal Training offers a great one-on-one experience with a personal trainer in the pool along with Lifeguard supervision for strength training, cardio endurance and balance abilities. The buoyancy of the water decreases the stress on the body that can be experienced

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during general weight lifting.

Aquatic Personal Training – Greater Wyoming Valley Area YMCA

FITNESS AND PERSONAL TRAINING The University of Wellness In partnership with the Aquatic Center at Mylan Park, the University of Wellness provides cutting edge fitness and wellness education, services, and certification. The University of Wellness creates and manages the fitness and wellness programs at the Aquatic Center at Mylan Park.

Fitness & Personal Training - Courses & Certification ...

Through individual or small group class settings, we work with clients to achieve or restore balance and well being, using the healing properties of water and a variety of well-established techniques. We specialize in Aquatic Personal Training, and utilize AquaStretch, Ai Chi and Aqua Yoga techniques to enhance the experience.

Restorative Aquatic Personal Training

Articles. Information and ideas to expand your understanding and application of various health, wellness and fitness concepts. FITNESS PROS provides articles for instructors, program leaders and personal trainers that target for personal self-care, professional growth and programming ideas. BETTER HEALTH provides articles for aquatic enthusiasts, consumers and instructors with topics focusing ...

Home [aeawave.org]

Personal training returns to Ballarat Aquatic and Lifestyle Centre (BALC) from 21 September 2020. All sessions must be pre-booked to ensure we operate within Victorian Government guidelines. Please direct enquiries to Nicole

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Smith, Health and Wellness Team Leader
balcpersonaltraining@ballarat.vic.gov.au or call 5329 1681
between 8am and 4pm, Monday to Friday.

Personal training - Ballarat Aquatic & Lifestyle Centre
Aquatic Fitness Personal Trainers Course Complete the registration form, include the program fee and return it to the USWFA National Headquarters. Upon receipt of your registration form and program fee you will be sent the course materials, including the following: National Aquatic Fitness Personal Trainers Manual

Aquatic Fitness Personal Trainers - United States
Meet our personal trainers and Health Club staff We have a diverse range of personal trainers available at BALC for one-on-one or small group training sessions. Read more about our personal trainers below. To enquire about availability and session pricing, you can contact us online or speak to a member of our Customer Service team in Centre.

Personal trainers - Ballarat Aquatic & Lifestyle Centre
Aquatic Personal Training Aquatic personal training sessions are available for patrons of all ages (18+), abilities, and fitness levels. Our instructors design individualized exercise programs catered to each participant's unique fitness and wellness goals.

Personal Training — Muller Aquatic Center
150 Aquatic Personal Trainer jobs available on Indeed.com.
Apply to Personal Trainer, Fitness Director and more!

Aquatic Personal Trainer Jobs, Employment | Indeed.com
DVD087-Aquatic Personal Trainer Assessment Tutorial
(Tutorial for 120 minutes) DVD088-Aquatic Personal Trainer

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Program Tutorial (Tutorial – 2 parts of program planning)
Laminated pool reference cards; Certification exam which includes applied theory exam, 5 case studies & 1 video of a client case study

Personal Trainer H2O Instructor Certification - WaterART ...
ISSA requires its personal trainers to be at least 18 years old, hold a high school diploma (or equivalent) and have a current CPR/AED accreditation. It is an online exam, making it the only fully online personal training certification on this list. The best way to prepare for the ISSA test is to use the practice exam from Trainer Academy.

5 Best Personal Trainer Certifications [2020 Prices & Reviews]
Aquatic Personal Trainer Rates. \$50. 1 Session. Introductory Rate. \$240. 5 Sessions. \$48 Per Session. \$460. 10 Sessions. \$46 Per Session *Sessions are 45 minutes. First session will require a full land and water assessment. Prices do not include tax and are subject to change without notice.

Aquatic Personal Training - Dakota! Sport and Fitness
Aquatic Personal Training We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal training and coaching to help you set and meet your specific goals in order to live healthier. Stroke Technique & Aquatic Training

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