

Goal Setting – Did It Happen?

At the Water Exercise Training Service, we set goals – business and personal. With the end of the year quickly creeping up we review and assess our performance.

We ask- Can We Do It? Yes We Can!

WETS Aqua Instructor Course.

We aimed to create accessible and regular aqua courses – *Did we achieve it - Yes we did!* – Our traveling team of aqua facilitators visited Geelong, Maryibynong, Bairnsdale, Bendigo, Ballarat, Richmond and terrific Tasmania. Yeah we can breathe easily knowing we have trained more instructors in our centres promoting and providing great aqua exercise for great aqua participants.

Don't miss out on the final WETS Aqua Instructor Course for 2008 – It will be conducted at MSAC - December 2,3,4. Speak to us about expanding your career – aqua instructors are the most under resourced in the fitness and aquatic industry. Get on board and email us - info@wets.com.au

Teacher Resources

We are aware of the lack of locally produced aqua instructor resources, so this year we focused on upgrading the training manual and assessment portfolio to reflect the current aqua target market. It's a great resource and contains updated research and many practical instructor techniques.

In our spare time ----WETS also produced an Aqua Instructor DVD focusing on how and why to instruct an aqua move in a particular manner. It's been a great hit with our new Aqua Instructor students. However, even the more experienced said:

"Yeah finally an aqua DVD that's not from overseas – something so practical, its great going back to basics. ps: really enjoyed the jsp natural humour– Libby from Pt Lonsdale – teaching for 12 years!"

Ask someone to buy you one for your Christmas stocking.

The WETS special for December - \$20 including gst and postage!

WETS AquaFrame

The WETS AquaFrame has been around for many years and it's magnificent to see it used to its potential at AquaSummit 2008. The WETS goal was to implement strategies under the 'instructor preservation' banner. Did we do it? – Well yes we did - the new WETS aqua instructor course includes opportunities to familiarise and utilise this unique aqua teaching tool. How do you stay in the industry for longer than 5 years without too many injuries? Ask the experts who use the WETS AquaFrame!

Good News Story

Our esteemed leader JSP, was recently nominated to act on the board of Verve. Verve – is the industry training advisory board (ITAB) for the arts and culture and sport and recreation sectors in Victoria. Verve's role is to be a key source of knowledge and skill development for these sectors and to act as a facilitator between government, industry and training providers.

Having a variety of careers in one week, including, aqua instructor, university lecturer, training facilitator and curriculum writer, JSP looks forward to working collaboratively with the board and industry members to bring the aquatic industry to the forefront for community health and well being. - www.verve.org.au

Stay Tuned

- 2009 Calendar – coming to a venue near you
- AquaMoves 2 (DVD)
- Training Personal Training Clients
- A resurgence on Deep Water Running