

Become an *Aqua Instructor*



The Water Exercise Training Service (WETS) is an innovator in aqua programs and as our trainers are regularly on pool deck we know **what the aqua industry wants!**

The WETS Aqua Instructor Course is a new user-friendly course that includes over and above all requirements for registration with Fitness Industry bodies. Time-tabling, resources and assessment formats reflect what mainstream aqua participants and pool coordinators want in a quality instructor.

Why be an Aqua Instructor?

Water is such a valuable exercise medium and an activity that is practically suited to everyone. Exercising in water is increasingly used to improve fitness levels for athletes and the general population. As more people realise the benefits of aqua exercise, more instructors are needed to meet the demands on aqua timetables at aquatic and fitness facilities. You may have heard, quality aqua instructors are in high demand. As a WETS trained instructor you will be highly employable and a valued instructor.

Pre-requisites

WETS require you to participate in and review a minimum of two aqua exercise classes prior to enrolling into the course. The Fitness Industry registering bodies (Kinect and Fitness Australia) require the completion of a Certificate III in Fitness for full certification and registration.

WETS want to train instructors who are passionate about people, fitness and using the aquatic environment to motivate participants – you must also want to be the best that you can possibly be!

Course and Assessment duration – 60 hours consisting of:

- Face-to-face component (27 hours)
- Participation in aqua exercise classes (7 hours)
- On the job training (7 hours)
- Practical assessment (8 hours)
- Theory assessment portfolio containing class plans and reviews etc. (time taken to completed the assessment portfolio will vary with each instructor, but allow approximately 11 hours).

Certification

On successful completion of this course, participants will receive a **WETS Aqua Instructor Certificate** and a Statement of Attainment for the following units from Certificate III Fitness Package:

- **SRF AQA 001B** - Instruct water based fitness classes for low risk clients;

WETS are partnered with leading Registered Training Organisations to deliver Statement of Attainments.

Why train with WETS?

The WETS Aqua Instructor Course will give you a fresh approach to aqua exercise and cover theoretical components such as:

- Aqua science (physiology and biochemistry)
- Adequately preparing and planning for an aqua exercise class
- Water properties and principles
- Communication and professionalism
- The ability to modify actions and movements to suit all fitness levels and capabilities by using the **W**atch, **E**xperience, **T**est, and **S**olve model.

Then there's the fun, practical stuff – you need to get WET and hop into the pool!

The team at WETS will show you how to become a quality aqua instructor. During your WET practical component you will learn about music, microphones, the AquaFrame, aqua moves in addition to the essential principles of movement in the water. Develop the skills and knowledge to provide your participants with amazing classes, because now you know how to move efficiently and effectively in water!

WETS facilitators and assessors will go far and beyond the expectations of the units within the National Training Package and provide you with other proficiencies that create successful classes.

Assessment

The flexible assessment components must be completed within 6 months of the course commencement date. WETS now provide the opportunity to display competency *when you are ready!* Some of the skills and knowledge you will demonstrate include:

- Evidence of participation in community aqua aerobics classes (written review)
- Demonstration of competency in planning, preparing and practicing a set WETS routine in addition to your own planned routine
- Instructing 'in the real world' under supervision
- A number of relevant written and verbal assessment tasks all collated into your portfolio.

Your Investment

The aqua industry is emerging as a strong force within the health and wellness sectors of the aquatic and fitness industry - so dive in early and service this specific skill shortage. The accommodating course format is now divided into the two areas of:

- **Face to face training** which includes: resources and additional learning support - \$399.00 (incl. GST).
- The **Assessment** component provides you with continual support, reinforcement and now interactive feedback. A once only fee of \$110.00 (incl.GST)



If you would like to enrol in a course or would like further information, please contact WETS

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