

## On Site Training

Let Water Exercise Training Service (WETS) get the best out of your staff and aquatic programs. Jennifer Schembri-Portelli (JSP), WETS Director and Principal Trainer has developed an amazing team of specialised facilitators who have the knowledge, experience and skill to inspire your staff and renew workplace enthusiasm.

Many instructors have attended training conducted by WETS and are testament to gaining innovative ideas, latest information and renewed motivation, hence why they return again and again.

Facilities can now have staff trained on site and experience why WETS is a leading force in the industry. WETS keeps you up to date with the latest knowledge and skills as well as providing points for industry registration. WETS is a nationally endorsed provider of professional development for the maintenance of accreditation for the industry sectors of;

- Health & Wellness
- Fitness
- Aquatics
- Children
- Disability
- Aged Care

Training will:

- Be tailored to suit your facility, staff and members
- Enhance the technical knowledge of hydrodynamics and develop skill when instructing in the aquatic environment
- Identify effective approaches to build sustainable programs in specific areas – Everyone wants to feel that they are on a winning team, that the company is moving ahead, and that they are an integral part of the group
- Be accredited with relevant registration bodies

What you receive:

- Quality instruction from industry leading presenters
- Informative and up to date well presented notes
- Accreditation from WETS as well as the Fitness and Aquatic Industries
- Customer service from those who know and care!

4 Easy steps:

- Fill in and fax the WETS booking sheet to the WETS office
- The WETS office will invoice and confirm workshop details
- Pay a 50% deposit on the professional development fee at least 14 days prior to the workshop
- Confirm attendance with the WETS office 14 days prior to the workshop

Staff and program investment:

- WETS workshop facilitation fee of:
  - 2 hour workshop fee = \$300.00 (*ex gst*)
  - 6 hour workshop fee = \$900.00 (*ex gst*)
- Certification for Accredited training fee of \$18\* per person (*ex gst*)
- Some travel costs may apply – this will be discussed prior to invoicing



## WETS Booking Sheet

To place a booking for On Site Training at your facility please fill in and return the following form to the WETS office on **03 8774 1722**.

Details required by WETS	Your Answer
Name and address of the facility hosting this professional development session	
Which WETS professional development session have you have selected?	
Name of the person requesting this valuable WETS professional development. What is your position and will you be attending the workshop?	
Please provide contact details for the person requesting the training (phone and email address)	
Please provide the invoice contact details.	
How many will be attending the training?	
Please indicate your preferred date and time for the workshop	
Would you like WETS to provide promotional material to assist with advertising the workshop? <i>(electronic or hardcopy?)</i>	
Do you have any key information you would like the training to include?	
Thank you for this vital information	
<i>Office Use Only</i>	

# Workshop Descriptions



Please select your area of interest from the following categories. A workshop can then be tailored to suit your staff and facility.

## **Aqua Exercise**

How fantastic – workshop ideas that are suited to your unique environment and staff. Let JSP discover instructor excellence – everyone has something to offer, they just need confidence, success and a toolbox of ideas. The outcome for the second part of the training is to allow instructors to renew routines based around the depth, temperature, pool surface and clientele of your facility. You get to design your own workshop topic for your staff in your facility!

## **Aquatic Education – Teaching Swimming**

Is it time to update your AUSTSWIM professional development points? WETS is equipped to develop teacher skills in the area of people with a disability, infants and the senior swimmers. Also included in this category are activities for school programs. WETS will consult with the coordinator requesting this workshop to reinforce the strategies and process used at the particular facility.

## **MBW – Mind, Body and Water**

Water provides a safe and effective environment for creating a stronger, flexible and balanced body. Discover how to rejuvenate the soul by utilizing the clam surroundings of the water and unearth the benefits of using the aquatic environment as both a rehabilitation and relaxation tool. Learn how to create an experience for participants rather than just a class, by capturing the essence of a mind, body and water workout. This workshop introduces instructors to the latest concepts of AquaTherapy, AquaBalance, and AquaRelax and is ideal in a warm water pool.

## **Motivation**

The educational equivalent to “location, location, location,” is “motivation, motivation, motivation,” for motivation is probably the most significant factor instructors can target in order to improve learning. But how are we to motivate and create amazing results for our clients if we are lacking in our motivation and enthusiasm for life?

We ask them to plan their “on the job training” but do we sit back to examine, explore and “nut out” our own goals. What better opportunity to sit, reflect and create your own action plan to keep those wheels turning. Dip your toes in and enjoy some YOU time.

## **Human Resources**

Interested in increasing the performance of your most valuable asset – your staff? Specifically tailored to your centres needs this interactive workshop focuses on maximising the power of the team within your business. Gain vital hints to improving your organisations communication, goal setting and leadership practices to increase the motivation and satisfaction of the staff within your workplace. WETS will work with your staff to develop strategies that will unlock productivity and efficiency within your business. Book a WETS Human Resources workshop today to show your staff how much you value their contribution and demonstrate your organisations commitment to success.

## **MATE – Making Aquatics a Terrific Experience**

Training a MATE to accompany, support and empower people with a disability or medical condition to the pool. WETS provides an interactive and ‘useful’ training seminar for facilities and support staff which focuses on providing access to the aquatic environment for people of all abilities. This session will provide tips on engaging with clients, promoting access opportunities and will address OH&S guidelines whilst enjoying the fun element of water.