

WETS Aquatic Training Seminar Series

The Aquatic Training Seminar Series provides a broad and balanced curriculum for fitness instructors and trainers to be efficient and effective in water based practice. It provides a systematic approach to designing, delivering and evaluating water exercise sessions for specific client groups.

Weight Management

The swimming pool is a most conducive exercise environment for the overweight client. Examine and experiment which exercises will elicit the highest energy expenditure. In a sneaky way, the water adds resistance to movements, so you are really exercising at a higher intensity than you think. Dispel the myth forever – you CAN burn lots of Kcals when exercising in water!

Training Elite and Advanced Clients (With or Without Sports Injuries)

Sporting teams are always looking for new and effective training techniques. Educate yourself, and use appropriate skills to expand and diversify your fitness career options. Learn about this target group and be the trainer with the cutting edge information for the advanced and elite athlete.

Strength Conditioning & Core Stability

Exercising in water is often seen as a stepping-stone to training in the 'gym' environment for beginners or injured client however, it is ALSO a unique environment to increase strength and core stability. Speed, lever length, power, repetition and base of support are a few technical tools to which you will be exposed. Strong and balanced isn't that what all our clients strive for!

Deep Water

Experience the multi-faceted approach to deep-water instruction. Learn how to modify exercise routines for different population groups. If the same move can be used for the fit and unfit – what is the 'secret' recipe for increasing intensity? Hop in and experience innovative deep-water routines.

WETS Aquatics for Specific Populations

The Aquatics for Specific Populations Seminar Series provides professional development opportunities designed to address the necessary skills and knowledge for those working in the Fitness, Sport, Aged Care and/or Disability sectors when using the aquatic medium as an exercise, recreation and relaxation modality.

Medical Conditions

Clients who immerse themselves in water do so because 'it feels great' and 'it works'. According to a recent survey the most common condition experienced by mainstream participants include; musculoskeletal conditions, particularly osteo and rheumatoid arthritis, joint replacements (hip and knee) and eye, ear, feet and skin conditions. Familiarise yourself with the signs, symptoms and precautions for these medical conditions.

Children

WETS has a vision that water exercise classes for children will one day be as popular as swimming lessons! The outcome for this seminar is to provide fitness leaders with the tools to improve aquatic physical activity pathways for children in a fun and meaningful manner. We will examine the characteristics of a range of young populations from overweight to training adolescents then have some childish antics in the water.

Pregnancy

Today the practice of physical activity is recommended as part of a healthy pregnancy and therefore we have witnessed an increase in the number of pregnant participants attending the aquatic facilities. Gain knowledge and information about the pregnant woman exercising in water.

Disability

The challenge faced by instructors working with people with a physical or intellectual disability may be fact that many are lacking in fitness. The solution to this issue and the purpose of this seminar is to educate and empower instructors to the variables that may be adapted to ensure appropriate inclusion and opportunity for fitness activities in the water. Mobility and Intellectual disabilities will be reviewed.

Older Adults

A brilliant seminar to attend if you wish to learn about the benefits of being active at an older age. Gain the latest information about the discovery of neuroplasticity and learn how our thoughts can change the structure and function of our brains – even as we age. Does this sound too good to be true?

Wellness

It has been claimed that radiant health arises from harmony between mind and body – yin and yang. The water has a distinctive quality of support and resistance – yin and yang energy. AquaWellness challenges muscles and aims to create a deeper awareness of the mind and body – a kinaesthetic activity for mainstream participants to experience the flow of water and the flow of energy!

About WETS

The Water Exercise Training Service (WETS) is a boutique company that is at the forefront of the Australian Aquatic, Fitness, Aged and Disability Industries. As providers of nationally endorsed training and professional development opportunities, WETS aims to keep you up to date with the latest knowledge and skills when planning, delivering and evaluating water based exercise. Experience the WETS difference; *we have been a leading force in the industry for over two decades.*

Who can attend?

The curriculum is pitched towards the fitness instructor (Cert III) and fitness trainer (Cert IV), however the experienced WETS facilitators will provide relevant take home user-friendly activities for all students from any discipline intending to train clients in an aquatic environment.

We anticipate that students with the following qualifications will be interested in attending this workshop:

- Certificate III in Fitness
- Certificate IV in Fitness
- Aqua Instructors
- AUSTSWIM Teachers
- Allied Health qualification

Seminar prerequisites

Please note that there are no pre-requisites for any seminar in either series.

What's included?

The seminar includes a theory and practical component. You will receive quality tuition, opportunity for networking and an interactive and user friendly practical session.

Investment

Renew your enthusiasm and energy through knowledge and skills all for \$55.00 (incl. GST) for each topic – 3.5 hours.

Accreditation

All seminars are accredited with the Australian Fitness Registration Bodies (Fitness Australia and Kinect Australia). Each individual seminar will provide you with 1 PDP / 3 CEC* points for fitness registration and re-registration purposes. Seminars are also registered with AUSTSWIM.



*Accreditation pending approval

Upcoming Seminars

For dates and locations of upcoming seminars please visit <http://www.wets.com.au/calendar.html>

Enrolments

To enrol in a seminar please visit <http://www.wets.com.au/enrolment.pdf> or contact the WETS office 03 8774 1722.