

**Rapid City  
Weekend  
March 31-April 2**  
Aquatic & Fitness Professional  
Association –  
International Presents:  
**AQUAandLAND**

Fitness Weekends 2012  
Water and Land Workshops and  
Water and/or Land  
Certifications\*

**Location:**

Rapid City Swim Center  
125 Waterloo  
Rapid City, SD 57701  
605-394-5223

Rapid City, SD

**Certifications**

*\$175 Water Aerobic Instructor cert  
\$175 Land Group Fitness Instructor cert  
\$250 Combined Land and Water Instructor  
Certification*

**Workshops**

*\$50 Continuous Choreography Workshop (Included  
in Core Cert.)  
\$50 Continuous Choreography for Step and Hi/Lo  
Workshop (Included in Land Cert.)  
\$50 TNT Toning for Land  
\$50 Aquatic Intervals and Circuits  
\$50 Maximizing Your Potential*

**Early Bird Deadline–Postmarked March 14. After March 14  
costs increase by ~40 %**

**GET Certified, EARN A-PAI, AFAA, and AEA  
CECs or BOTH**

**Bring:**

Paper, Pencil, Water, Snacks, Lunch or Dinner, Layered Clothing, Sneakers, Swim Suit, and Towel. Due to the amount of information, formal breaks are not taken, but you may eat during the lecture portion of the classes.\*\*\*For those enrolled in the certifications, also bring a copy of your current CPR card and a calculator.

**Prep. Time for Certifications:**

Allow approximately one week for the delivery of the study materials from the date you mail your registration. Then allow approximately 2-3 weeks to study and prepare. The amount of preparation time will depend on your previous experience in the field. Written testing and retesting can be done by proctor for no additional fee due to short advertising time

**A-PAI**

**Office Hours:**

M-F 9am-6pm

**Phone:** 888-966-5939

**Fax:** 1-800-878-6450

**E-Mail:** [aquafitpro@aquacert.org](mailto:aquafitpro@aquacert.org)

**Website:** [www.aquacert.org](http://www.aquacert.org)

**Address:**

A-PAI,  
547 WCR 18  
Longmont, CO 80504

**Earn Free Certifications or Money  
for your Facility?**

Request a free Hosting Package.

Host Facility are required to Deposit a \$200  
Retainer fee, that is returned the Certification  
weekend, but there are no actual costs!!!

In exchange for housing and based on  
enrollment, your facility can earn free  
certifications or Money.

*A-PAI - Quality Education at a Reasonable  
price!*

Registration Form: Rapid City, SD

EARLYBIRD DEADLINE March 14, 2012!!!!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

**Core Water Certification** Sat 8am-5pm CORE Certification (\$100 Early Bird, \$150 Reg.) \_\_\_\_\_  
Required Manual and Study Materials\*(\$75) \_\_\_\_\_  
20 min Water/Land Practice Music (optional) (\$10) \_\_\_\_\_

**Land Group Certification** Sat 9am-6pm LAND Certification (\$100 Early Bird, \$150 Reg.) \_\_\_\_\_  
Required Manual and Study Materials\*(\$75) \_\_\_\_\_  
20 min Hi/LO Practice Music (optional) (\$10) \_\_\_\_\_

**Water/Land Group Certification** Sat 8am-8pm Combo Certification (\$150 Early Bird, \$200 Reg.) \_\_\_\_\_  
Required Manual and Study Materials\*(\$100) \_\_\_\_\_  
20 min Water/Hi/Lo Practice Music (optional) (\$10) \_\_\_\_\_

**WORKSHOPS EACH**

Continuous Choreography Workshop Sat 8-12 (\$50 Earlybird, \$65 Reg.) \_\_\_\_\_  
Continuous Choreography for Step and Hi/Lo Workshop Sat 9-1 (\$50 Earlybird, \$65 Reg.) \_\_\_\_\_

TNT Toning for Land Fri 5-9pm (\$50 Earlybird, \$65 Reg.) \_\_\_\_\_

Aquatic Intervals and Circuits Sun 1-4:30pm (\$50 Earlybird, \$65 Reg.) \_\_\_\_\_

Maximizing Your Potential Sun 4:30-8pm (\$50 Earlybird, \$65 Reg.) \_\_\_\_\_

**Sub-total for Workshops** \_\_\_\_\_

**10% discount for A-PAI Members\*\* on Workshops Only** (-) \_\_\_\_\_

**If you become a member now you can apply the discount to these workshops!!!**

**Total for Workshops** \_\_\_\_\_

TOTAL \_\_\_\_\_

Optional Membership (Pay by check) **You do not have to be certified with A-PAI to become a member.**

**Membership (Annually)**

\*\*Being a A-PAI member and being A-PAI certified are two different things. Members receive newsletters and discounts on workshops (not certifications) and homestudies.

Circle one \$40 regular paper \$35 paper senior/student or regular email  
\$30 email senior/student

Special Senior or College student membership for mailed paper newsletters or \$30\* Membership for e-mailed pdf version of newsletter. College students (must include photocopy of student ID), or Seniors over the age of 65 (must include copy of drivers license)

Check or Money order Payable to A-PAI. Mail to: 547 WCR 18 Longmont, CO 80504

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ Name as it appears on Card \_\_\_\_\_

Billing Zip Code \_\_\_\_\_ Signature \_\_\_\_\_ Circle One MC Visa AmExp

Dis \_\_\_\_\_

Agreement for Enrollment Signature \_\_\_\_\_

I understand that I am responsible for attending the classes I am registered for and that refunds for classes are issued ONLY in the event A-PAI has to cancel the event, with no reschedule. If I cannot attend, I agree to complete any certifications by proctor/distance learning and accept a voucher for future workshops or homestudies in exchange for any workshop I understand that I am responsible for attending the classes I am registered for. I understand that refunds for classes are issued ONLY in the event A-PAI has to cancel the event, with no reschedule. If I cannot attend, I agree to complete any certifications by proctor/distance learning and accept a voucher for future workshops or homestudies in exchange for any workshop.

# Aquatic & Fitness Professional Association – International

Water Instructor Core Certification, Land Group Fitness Certification and Combined Certification

## CERTIFICATIONS

### 1. World Class Land Aerobic Certification (Group Land Certification) – 10 A-PAI /3.25 AFAA/ CECs Sat April 1 9am-6pm

A Complete Primary Course for the Land Aerobics

- Learn effective building blocks to Pattern building styles
- Review basic Hi/Lo and the 5 basic foot patterns that make all step combinations
- Learn how to construct and cue routines & combinations for multi-level classes
- Learn about exercise intensity and how to modify intensity for a variety of populations.
- Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of fitness
- Learn training methodologies, and the components of fitness.
- Learn about safety considerations for speed, height of step, proper body mechanics and special populations.

#### Pre-requisites

- Current CPR
- Completion of course study material & study guide.
- Preparation of Practical Routine (20 Min.)

Instructor.

### 2. World Class Water Aerobic Certification (Core Water Certification) – 10 A-PAI/4 AEA /3.25 AFAA CECs Sat April 1 8am-5pm

A Complete Primary Course for the Aqua Aerobics Instructor.

- Learn effective building blocks to Pattern building styles
- Dictionary of Standardized Aquatic Terms
- Learn how to construct and cue routines & combinations
- Learn about aquatic exercise intensity and how to modify intensity for a variety of populations
- Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of aquatic fitness
- Learn water dynamics, water specific moves, training methodologies, and the components of fitness.
- Learn about safety considerations and special populations.

#### Pre-requisites

- Current CPR
- Completion of course study material & study guide.
- Preparation of Practical Routine (20 Min.)

### 3. World Class Combined Water and Land Aerobic Certification – 10 A-PAI/4 AEA /7.5 AFAA CECs Sat April 1 8am-8pm

A Complete Primary Course for the Aqua/Land Group Aerobics Instructor.

***By utilizing the common components of exercise science, pattern building techniques, cueing, but covering the differences between land and water you can receive two full certifications in one day and save time and money.***

- Learn effective building blocks to Pattern building styles
- Review basic Hi/Lo and the 5 basic foot patterns that make all step combinations
- Learn how to construct and cue routines & combinations for multi-level classes and for land and water
- Learn about exercise intensity and how to modify intensity for a variety of populations.
- Learn the basics about: exercise physiology, kinesiology, energy systems, metabolic systems, and the benefits of aquatic fitness
- Learn water dynamics, water specific moves, training methodologies, and the components of fitness.
- Dictionary of Standardized Aquatic Terms
- Learn water dynamics, water specific moves
- Learn about safety considerations for speed, height of step, proper body mechanics and special populations.

#### Pre-requisites

- Current CPR
- Completion of course study material & study guide.
- Preparation of 2 Practical Routines one for water and one for land each 20 Min.

## LAND WORKSHOPS

### 1. Continuous Choreography for Step and Hi/Lo Workshop - 4 A-PAI/3.25 AFAA CECs, Sat April 1 9am-1pm

**If you can lead - they can follow**

Learn musical phrasing and usage, 4 bell curves structures for intensity, and 5 of the standard pattern building methods (links, add-ons, pyramids, layers, and holding patterns) and how to keep your choreography continuously fresh and be able to keep multiple levels engaged in the same class. We also review cueing techniques and optional level introduction.

### 2. TNT Toning for Land – (4.0 A-PAI/4.0 AEA/0.4 ACE/ 3.5 AFAA) Fri. March 31 5-9pm

#### Equipment Usage with a BLAST

Learn the fundamentals of muscle toning. Introduce a variety of equipment in order to target all the major muscle groups. Learn the importance of GPO and how to effectively incorporate equipment into classes. Learn how to

use bands, weights, body weight, and balls and super, triangle, pyramid, sawtooth, and tri/quad sets in the class room.

### WATER WORKSHOPS

**1. Continuous Choreography Workshop - 4 A-PAI/4 AEA/3.25 AFAA CECs,** (Required and included as part of Core Certification, but also available as a CEC workshop.) **Sat April 1 8-12**

#### **Add that Professional Touch to Your Classes**

Learn musical phrasing and usage, 4 bell curves structures for intensity, and 5 of the standard pattern building methods (links, add-ons, pyramids, layers, and holding patterns) and how to keep your choreography continuously fresh using the Innovative Force Five method and the A-PAI dictionary of Aquatic Moves. This routines developed in the course are never the same twice.

**2. Aquatic Intervals and Circuits – 3.5 A-PAI/4.0 AEA/2.75 AFAA Sun. April 2 1-4:30**

#### **All the Intervals and Circuits you can Imagine**

To learn how to interval and circuit training. To learn how to perform intervals with and without equipment. To learn how to adapt intervals and circuits for special populations. To learn how to perform intervals in both shallow and deep water. To learn how to develop 4 types of circuits. To learn how to use deep and shallow water in circuits. To learn how to develop circuits for different populations. To learn how to handle multiple levels and large classes in circuit.

**3. Maximizing Your Potential -4.0 A-PAI/3.5 AFAA, 4.0 AEA Sun. April 2 4:30-8pm**

#### ***How to Make a Living in the Field***

This class will show how to maximize your earning potential by increasing your knowledge, marketing yourself and proper time management. The second part will teach you how to keep yourself injury free and extend your teaching career. It will teach you how to lead safely from the deck and communicate effectively to your class management.

**Cynthia Holcomb Krafft, PhD.**

Over 25 years experience in the fitness industry.

#### **Certifications:**

Promise Enterprises Kickboxing, Johnny G. Spinning  
AFAA Step, Primary, Personal Trainer, Kickboxing, Weight Room Instructor,  
A-PA I Water Kickboxing, Water Personal Trainer  
Adv. Water Personal Trainer, Aquatic Kickboxing, and Senior Fitness/Aquatic Arthritis, CORE Water Aerobics,  
ACE Group Fitness Instructor  
Resistaball CORE II  
AEA Water Instructor  
Arthritis Foundation  
SilverSneakers® MSROM, Cardio Circuit, Cardio Fit, Silver Splash  
Zumba®, Aqua Zumba®

#### **National Presenter/Educator Experience:**

- Presenting Workshops and Certifications for A-PA I for over 10 years
- Developed 10 Land & Water Workshops and 3 Certifications for A-PAI.
- Current President for A-PAI

