

# Fitness Learning Systems & Eagle's Trace Senior Independent Living Center



## "Transitioning Personal Training from Land to Water"



### Multi-Module **ONLINE/ ONSITE** Course.

With our **ONLINE/ONSITE** courses, we merge the best of both worlds!  
You'll have plenty of time to complete the online modules before  
attending the onsite workshops.

**It is a great way to increase your knowledge and your income!**

#### How the course works:

You will follow these simple steps to complete the course:

<b>Module 1 On Line</b>	<b>Week 1</b>	<b>Introduction to Aquatic Personal Training.</b>
<b>Module 2 On Line</b>	<b>Week 2</b>	<b>Aquatic Personal Training Programming.</b>
<b>Module 3 On Line</b>	<b>Week 3</b>	<b>Applied Anatomy: Land and Water.</b>
<b>Module 4 On Site</b>	<b>Week 4</b>	<b>Shallow Water Moves/Formats &amp; Basic Water Safety.</b>
<b>Module 5 On Site</b>	<b>Week 4</b>	<b>Deep Water Moves/Formats &amp; Basic Aquatic Equipment</b>

*You must have completed a land-based personal training certification by an accredited organization. This may be a Personal Trainer Certification or higher certification (for example: ACSM Health Fitness Specialist or NSCA CSCS), or a 2 or 4 year degree in fitness or a related field. Only water personal training skills will be taught in this workshop- you must already have basic personal training skills. Experience in the water is helpful, we recommend that you take an aquatic group fitness course or work with a trained and experienced aquatic personal trainer.*

**Start on line training: August 24<sup>th</sup> 2009**

**Practical "on site" training will be held on: September 26<sup>th</sup> 2009**

**From: 9.00a.m to 5.00p.m.**

**At:** Eagle's Trace Senior Independent Living Center  
14703 Eagle Vista Drive Houston, TX 77077  
**Phone:** (281) 249-7296 for directions  
**Shirley Woods** – Wellness Coordinator

**You must  
register by  
August 24, 2009**

MAIL or FAX your Registration Form to:  
Fitness Learning Systems 1012 Harrison Ave. #3 Harrison, OH 45030  
FAX to: 513-574-9857 or register online at:  
[www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com)

Course Approved by:  
ACSM, NSCA, ACE, AEA,  
ATRI, (AFAA-on site only).

## Transitioning Personal Training from Land to Water

On Line Module Training begins **August 24<sup>th</sup> 2009**  
Practical Training on: **September 26<sup>th</sup> 2009**

**You must register by August 24<sup>th</sup> 2009**

**REGISTER ONLINE AT [WWW.FITNESSLEARNINGSYSTEMS.COM](http://WWW.FITNESSLEARNINGSYSTEMS.COM)**

Name \_\_\_\_\_

Daytime Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

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

E-Mail Address \_\_\_\_\_

\_\_\_\_\_ **Multi-module Workshop \$249.00**

### METHOD OF PAYMENT

\_\_\_\_\_  Check enclosed (Make check payable to Fitness Learning Systems)

\_\_\_\_\_  Signed Purchase Order Attached

\_\_\_\_\_  Credit Card Payment

Credit Card Number \_\_\_\_\_ Card Expiration Date \_\_\_\_\_

Credit Card Statement Zip Code \_\_\_\_\_

### CANCELLATION POLICY:

- This cancellation policy applies to the entire ONLINE / ONSITE course beginning with the first Online module and ending with the Onsite Workshop.
- CANCELLATION REQUESTS MUST BE RECEIVED IN WRITING BY FAX OR POST MARKED AT LEAST **10 DAYS** BEFORE first ONLINE MODULE is scheduled to start. Cancellations must be sent to Fitness Learning Systems at address below or emailed to [Jacquie@FitnessLearningSystems.com](mailto:Jacquie@FitnessLearningSystems.com). NO TRANSFERS.
- UPON RECEIPT OF CANCELLATION REQUEST, REGISTRANT WILL RECEIVE A REFUND LESS A \$25.00 CANCELLATION FEE.

### Participant Acknowledges/Accepts:

I, the undersigned have read and understand the *Cancellation Policy*, that I will not get any cash/credit refund or transfer if I cancel my registration for the event without written notification 10 days prior to the event's start. Furthermore, I fully understand that the program I have registered for requires vigorous physical activity and participation and I agree to release Fitness Learning Systems, all associated organizations, presenters, co-authors, host facilities and the event coordinators from any and all injury, illness, damage, or liability that may arise out of my participation in these programs.

Participant Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Date \_\_\_\_\_

Mail, Fax or Email Registration Form to:

**Fitness Learning Systems** 1012 Harrison Ave. #3 Harrison, OH 45030

FAX to: 513-574-9857 or scan and e-mail registration to [Info@FitnessLearningSystems.com](mailto:Info@FitnessLearningSystems.com)