

"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:

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

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: September 21st 2009

Practical "on site" training will be held on: October 17th 2009

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

At: University of Alabama, Huntsville
University Fitness Center
John Wright Dr. Huntsville, AL 35899

Contact Person: Laurie Griffin

Phone: (256) 824-5514 for directions

EARN 15+ CEC's

**You must
register by
September 21,
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

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

Multi-Module CEC Workshop



Transitioning Personal Training from Land to Water

On Line Module Training begins **September 21st 2009**
Practical Training on: **October 17th 2009**

You must register by September 21st 2009

REGISTER ONLINE AT 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. 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