



CYQ CERTIFICATE IN FITNESS INSTRUCTING WATER BASED EXERCISE



A Course for existing Exercise and Fitness Instructors wanting to teach safe Aqua Classes. The two days are packed with practical ideas and teaching strategies.



Hilton Hotel, Newport

Sun 7th & Sun 14th Nov 2010
9.00am to 5.30pm

Assessment – 28th Nov 2010



Teaching Aqua is best suited to instructors who teach group exercise to music.



Water Based Exercise - Sun 21st & Sun 28th March 2010

Are you eligible for an ILA? **YES/NO**. If yes, send us your voucher but do not send in any money until you receive your confirmation letter from ELWa. If you require more information on ILA's contact Learn Direct Tel:- 0800 100900. Are you receiving financial help other than an ILA **YES/NO**.

£235 Fitness Wales Members, £260 Non members (includes £25 which is one year's membership)

Three Ways to Pay

- 1) To pay by debit/credit card please book online at www.fitnesswales.co.uk/modules.asp
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

If you wish to receive the Manual prior to the course, please send an A4 SAE to the value of £1

Name.....DOB..... Welsh Speaking YES/NO

Address.....

.....Post Code.....email.....

Tel No. (home).....(work)..... (mobile).....

Do you have any conditions or concerns we should know about (eg dyslexia, deafness, physical or mental health issues etc) if so please give details

Candidates must have a recognised exercise teaching qualification (equivalent to Level 2).

Please state qualifications.....

I have read and understood the terms and conditions overleaf, and wish to apply for the Course.

Signed.....Date.....

Instructing Water Based Exercise Provisional Programme

DAY ONE

- 9.30 Welcome & Icebreaker
- 9.45 Properties of water: -Buoyancy, Hydrostatic Pressure and Hydrodynamics
- 10.40 Coffee
- 11.00 Aqua Class (in pool)
- 12.15 Class Analysis – differences of exercise in water
- 12.30 Lunch
- 1.15 Teaching skills for aqua & class management
- 1.30 Designing warm up & aerobic activities
- 3.00 Effects of water on cardio- respiratory systems
- 3.15 Tea
- 3.30 Teaching routines in water (in pool)
- 5.30 Summary of day one questions & close

DAY TWO

- 9.30 Practise warm ups/aerobics
- 10.00 Teaching Practise (in pool)
- 11.00 Coffee
- 11.15 The effects of water on muscles
- Group practise on dry land of MSE work and Flexibility
- 12.45 Lunch
- 1.30 Safety:-
Getting in and out the water, lifeguards, pool hygiene, danger signs, cramp, and hydration
- 2.30 Ideas for use of equipment & formats for classes (in pool)
- 3.30 Final dry land teaching practise
- 4.45 Summary & assessment information
- 5.30 Close

Candidates must provide their Level 2 Certificate in order to claim the CYQ Certificate. Recognised qualifications are on the National Qualifications Framework (www.accreditedqualifications.org.uk). If you hold a non NQF Certificate, you may be considered for this qualification but will have to provide evidence for "accreditation of prior learning"



Terms and Conditions of Booking

Please read before signing the application form

Acceptance on this course does not mean Fitness Wales acknowledges an applicant's prior qualifications to be in line with national occupational standards.

At the beginning of the course you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Membership fees are non refundable. Course fees are refundable up to 28 days prior to the commencement of the course less a £10 admin fee. However, if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, if you cannot attend, but this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

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