

Dear Training Participant,

Thank you for registering for the Arthritis Foundation Training!

### **What to Bring?**

Please make sure that you bring the following items with you:

- Swim Suit
- Comfortable Clothes
- Old Aquatic manual if you are current leader/instructor

### **What to Expect?**

At the training you will be provided with all class materials, however lunch is not provided. As part of the new program you are required to pass a swimming test as well as a teaching demonstration and written exam by 80%. You will be practicing deep water exercises in the deep water. **There will be no refunds if you do not attend.**

### **What the Arthritis Foundation Expects?**

Please remember that certification is only available to those who complete the training workshop, pass the written test, swimming requirements, and hold adequate liability insurance.

Paperwork includes quarterly attendance forms and participant release forms. In order to become certified, you must attend the entire workshop. **Participants having to leave early or show up late, for whatever reason, will not qualify for certification.**

### **What are the Follow-up Procedures?**

Recertification occurs every two years.

