

# 2009 Fall Leader/Instructor Training Calendar



**\*\*Please Note\*\*** There is a \$65 non-refundable application fee per program training .  
Checks can be made payable to the Arthritis Foundation.

Enrollment is limited and trainings fill quickly, please request your application as soon as possible by contacting  
Danielle M. Stephens at 215-574-3060 x 112 or email [dmstephens@arthritis.org](mailto:dmstephens@arthritis.org) or  
Kafi Chism at 215-574-3060, ext. 110 or email [kchism@arthritis.org](mailto:kchism@arthritis.org).



## Aquatic Trainings

**8:00am to 5:00pm**

**Friday, October 9, 2009**

YMCA of the Brandywine Valley  
295 Hurley Road, Coatesville, PA  
*Applications and Registration Fee due by 10/2/09*

**Friday, October 30, 2009**

Bethlehem Township Community Center  
2900 Farmersville Road, Bethlehem, PA  
*Applications and Registration Fee due by 10/23/09*

**Friday, November 6, 2009**

The Becoming Center  
250 N. Bethlehem Pike, Ambler, PA  
*Applications and Registration Fee due by 10/30/09*

### **\*\*New Requirements for Aquatic Training:**

The ability to swim at least 25 yards using any stroke without stopping; ability to jump into deep water, surface, and either float for a minimum of 10 minutes or tread water for a minimum of 1 minute; and ability to perform the recovery position from face up and face down in shallow and deep water.\*\*



## Exercise Training

**8:30am to 5:00pm**

(Lunch provided)

**Thursday, October 15, 2009**

Rocky Run YMCA  
1299 West Baltimore Pike  
Media, PA

*Applications and Registration Fee due by 10/9/09*

**Additional trainings will be added based on need**



## Self-Help Training

*Arthritis Foundation Self-Help Program training will be held in Bucks County in conjunction with the Bucks County Senior Centers. Training dates and locations to be announced.*

### **Leader/Instructor Requirements:**

- Identify and confirm a location to conduct the program prior to taking the Leader/Instructor Training;
- Sign a *Statement of Understanding* form agreeing to conduct a minimum of two classes per year following training or certification will become invalid;
- Work with your facility location to have the *Collaborative Letter of Agreement* signed prior to the Leader/Instructor Training;
- Lead program classes in accordance with program guidelines;
- Maintain daily attendance records, complete participation evaluation according to program guidelines and provide participant information to the Arthritis Foundation, Eastern Pennsylvania Chapter no later than 2 weeks after your class session is complete.
- Help market and promote the program and the Arthritis Foundation.

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## **Program Overview**

**Arthritis Foundation Aquatic Program** - The Arthritis Foundation Aquatic Program was co-developed with the YMCA of USA in 1983 and is reviewed and revised as necessary every three to five years. It contains a basic and advanced (Plus) level and in 2002, a deep water component and a version for children with juvenile arthritis were added. The classes are held in an indoor heated pool, and they meet one to three times per week for six to 10 weeks or on an ongoing basis. Classes are taught by lay people and health and fitness professionals who have attended a one day or 1 1/2 workshop. Although the classes are held in the water, swimming ability is not necessary to participate in the program. The exercises include range of motion, muscle-strengthening exercises, socialization activities and an optional moderate-intensity aerobic component.

**Arthritis Foundation Exercise Program** - The Arthritis Foundation (AF) Exercise Program is a community-based group recreational exercise program that was originally developed by the AF in 1987 and revised in 1999 and 2005. Class levels can be modified to accommodate the different capabilities of people with arthritis. An advanced level may contain more aerobic conditioning activities. The instructors are usually health or fitness professionals who have attended a one-day training workshop. To accommodate different group needs, instructors select from 72 different exercises performed while participants are seated, standing, or lying on the floor. Activities also include endurance-building activities, socialization games, relaxation techniques and health education topics.

**Arthritis Foundation Self-Help Program** - The Arthritis Foundation Self-Help Program, also known as the Arthritis Self-Management Program, was originally developed by Kate Lorig, DrPH at Stanford University and adopted by the Arthritis Foundation in 1981. The program is a six-week series of classes, taught in a group setting. The course content focuses on what people need to know and do to address these arthritis-related problems, as well as generic skills such as how to use problem-solving skills to adapt to changes in their disease activity and level of function. To achieve its positive results, the Arthritis Foundation Self-Help Program strongly emphasizes adult learning principles and group process techniques designed to foster behavior change and to improve self-efficacy (one's confidence or belief that he or she can achieve a specific behavior or cognitive state). Self-efficacy enhancing features includes people with arthritis as course leaders, weekly action plans, feedback, persuasion and processes to help participants change inaccurate beliefs. The Arthritis Foundation Self-Help Program is conducted over six weeks to allow participants adequate opportunity to practice new behaviors and skills.

**Tai Chi from the Arthritis Foundation** - This program is designed to improve the quality of life for people with arthritis using Sun Style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements do not require deep bending or squatting, which makes it easier and more comfortable to learn. The program itself consists of 12 movements - 6 basic and 6 advanced - a warm up and cool down. Once becoming familiar with the 12 movements, the program is designed to provide continual challenge by reversing the direction of the movements.

*The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.*