

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:

- Pre-Training Module **page 35 only** the Knowledge Check Page
- ***You must have this in order to attend the training otherwise you will not be able to stay.**
- Swim Suit
- Comfortable Clothes
- Lunch and snacks

What to Expect?

At the training workshop you will be provided with 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. You will find a sample agenda at the end of the letter. **There will be no refunds or rescheduling 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, teaching demonstration, and **go on to complete a six week session teaching assignment at a sanctioned site.** .

Paperwork includes certification application form, quarterly attendance forms, participant release forms, and a yearly co-sponsorship agreement. 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.**

How do I get certified?

- Teach the class (a minimum of six class sessions within 6 months of training).
- Complete the **Certification Application Form** and send to the local office. Please also enclose a copy of your class roster listing participants' names and addresses as well as the participants release forms.

Sample Agenda

Session 1: Introductions & Program Overview	Session 6: Lesson Planning Teaching Tips
Session 2: Medical Aspects of Arthritis	Session 7: Using Equipment Safely
Session 3: Body Awareness	Session 8: Principles of Water Safety
Session 4: Principles of Aquatic Exercise	Session 9: Pool Lab
Session 5: Land Exercise Demonstrations	Session 10: Logistics