

Arthritis Foundation Aquatic Program Leader / Instructor Training Workshop

*Hazen Pool in Renton
Saturday, September 12, 2009*



Workshop Date

Saturday, September 12, 2009
8:00-5:30 p.m.

Training Fee

\$100. No scholarships are available. This national certification is valid for 3 years. Certification: \$100
Re-certification: \$75

Training Location

*Hazen Pool
1101 Hoquiam Ave NE
Renton, WA 98053*

Registration Deadline:

Friday, August 29, 2009
To complete registration please submit registration form and signed program co-sponsorship agreement to :

Annie Rehn
Programs & Services Coordinator
arehn@arthritis.org
206-547-2707 ext. 101

Pre registration is required. No walk-ins will be allowed.

*The Arthritis Foundation,
Pacific Northwest Chapter
would like to thank the Hazen
Pool for hosting this training.*

Arthritis Foundation® Life Improvement Series

For a registration application OR to become an official partner site please contact:

Annie Rehn
Programs & Services Coordinator
206-547-2707 ext. 101
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DID YOU KNOW...

- Arthritis is the leading cause of physical disability in the US.
- 46 million Americans adults have doctor-diagnosed arthritis, including over 1 million adults in Washington state. (CDC 2005)
- There are 120+ different forms of arthritis.
- Arthritis costs the U.S. over \$128 billion each year in direct medical expenses & lost wages.

MAKE A DIFFERENCE!

If you have a background in exercise, physiology, kinesiology, gerontology, dance, movement, physical education or are an allied health professional, consider becoming a certified leader/instructor of the **Arthritis Foundation Aquatic Program**.

The Arthritis Foundation Aquatic Program improves and sustains joint mobility, muscle tone, functional endurance and independence while decreasing pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring and maintaining muscle strength. Water's natural buoyancy and the soothing warmth of a heated pool create a safe, ideal environment for relieving arthritis pain and stiffness. Suitable for a wide range of fitness and mobility levels. This program is scientifically-validated.

Those seeking certification should be interested in teaching official program classes. We do not currently have the resources to train those seeking professional development only.

BECOME AN OFFICIAL PARTNER SITE

The Arthritis Foundation Aquatic Program may only be offered at official partner sites. Community pools, health & fitness clubs, community organizations, parks and recreation departments, colleges and universities, physical therapy clinics and senior housing communities are encouraged to come on board to offer this life-changing, scientific evidence-based program. There are no costs to offer this Centers for Disease Control and Prevention endorsed program.

Interested facilities should be prepared to sign a program co-sponsorship agreement, receive an ADA compliance site visit, submit required paperwork and ensure only certified leaders/instructors to teach the program.

GET CERTIFIED

The Pacific Northwest Chapter is proud to offer this certification training workshop. The training consists of the following:

- Overview of the physiological and psychological aspects of rheumatic diseases;
- Principles of exercise relevant to working with people with arthritis;
- Body awareness, joint protection and other safety principles;
- Demonstration, practice and testing of approved exercises for people with arthritis;
- Overview of the policies & logistics required to implement official AF programs.