



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
- Old Aquatic manual if you are current leader/instructor

What to Expect?

At the training you will be provided with all class materials and lunch; drinks are 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 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 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.**

What are the Follow-up Procedures?

Teach the class (sessions must be held two times a week for six weeks. Please remember to turn in attendance sheets and participant release forms. After completing the teaching requirement, fill out the leader certification form and mail to the Chapter Office. Once the Chapter office has received this you will receive your certification.

Sample Agenda

Session One:

Introductions and Program Overview

- Welcome and introductions •
- Training workshop overview •
- Arthritis Foundation mission •
- Overview of the Arthritis Foundation •
- Aquatic Program

Session Two:

Medical Aspects of Arthritis

- Review of basic concepts of arthritis •
- Review of treatments for arthritis •
- Practical application to class •

Session Three: Body Awareness

- Body awareness and self-responsibility •
- Joint protection and energy •
- Conservation
- Trunk stabilization •

Session Four:

Principles of Aquatic Exercise

- Physical properties of water •
- Methods to change intensity •
- Monitoring intensity •
- Water temperature guidelines •

Session Five:

Land Exercise Demonstrations

- Exercise demonstration and practice •
- 15 minute break included* •

Session Six:

Lesson Planning and Teaching Tips

- Overview of a balanced program •
- Class formats •
- Choreography and combinations •

- Mixed-level classes and progression •
- Teaching tips •
- Lesson planning overview and practice •

LUNCH

Session Seven:

Using Equipment Safely

- Types of approved equipment •
- Assessment of participant readiness •
- Principles of safe equipment use •

Session Eight:

Principles of Water Safety

- Maintaining a safe aquatics •
- environment
- Emergency Action Plan •
- Basic rescue techniques •
- Deep water safety principles •

Session Nine: Pool Lab

Time to get in and out of swimsuits •
included

- Rescue assist demonstration and •
- practice
- Swim skills test •
- Mini class demonstration A (deep water) •
- Mini class demonstration B •
- (shallow water)
- Stretch in shallow water/cool-down •
- Practical with individual feedback •

Session Ten: Logistics

- Program policies and logistics •
- Questions and answers •
- Closing activities