

Water Aerobics instructor training

By H2o Fitness



Gain hands on experience with a certified instructor. You will learn your basic water aerobic moves that are used in a water aerobic program. You will also learn how to choreograph routines.

The fee includes a manual, DVD and 12 hours of intense training. Six hours of training will be in the water with the remainder time being hands on lecture and interaction with each other. You need to pre register for this course ASAP, space is limited.

Prince George's Sports and Learning Complex
8001 Sheriff Rd.
Landover, MD. 20785 - www.mapquest.com

Dates: February 19th & 26th, 2012
Time: 10:00am – 4:00pm
Cost: \$150.00
12 AEA cec's

You must attend both days

Questions: Peggy Brower 301-603-1328 office or 301-642-1674 cell / Email: browsers4@aol.com
*You may also contact the trainer, Linda Grymes at [240-472-1710](tel:240-472-1710) / - LGTotalfitness@gmail.com

Once you have taken a course with H2o Fitness you have up to one year to repeat the course free of charge if you desire. If you repeat the course after one year you will pay half of the fee, (\$75.00). You will need to give last date you took the course at time of registering.

Mentoring must be completed within 3 months of taking the course if you wish to do the mentoring process. It is highly recommended but not required.

Mail bottom portion to: H2o Fitness *13820 Vintage Lane* Silver Spring, Md. 20906

I understand that when taking a water class I will be in an environment where conditions can be slippery which could cause a fall. I also understand that if the program is more than I can handle I should take responsibility and discontinue the program. I also hereby on behalf of myself and my heirs and legal representatives, release, waive and forever discharge H2o Fitness, the owner and the company's representatives from and all claims which may be suffered by me in this activity.

Name _____

Phone _____

Address _____

SPC: Instructor training – Feb 19th & 26th Email: _____

