

ADDITIONAL SPECIALTY 4-8 HOUR WORKSHOPS

- * Water Fitness Routines
- * Deep Water Weightless Workouts
- * Abdominal Strengthening and Trunk Stabilization
- * Yoga and Ai Chi in the Water
- * Swim Instructor and American Red Cross Lifeguard Training
- * Personal Training in the Pool
- * Water Fitness Medley - Interval Training, Games, Props, Equipment
- * Special Populations Considerations
 - * Aquatic Kick Boxing
 - * Water Dance!

Trainers coach from the pool deck during certifications and workshops for optimal visibility while trainees learn form, technique, cueing, proper use of exercise equipment and safety.



WATER FITNESS INSTRUCTOR CERTIFICATION COURSE

REQUIREMENTS:

Participants must be 18 years or older, had previous participation in a water fitness program and in good health. A written test as well as a 3-5-minute demonstration to show opposing muscle groups, optimal stretches for correcting posture, demonstrating various levels of intensity is required for practical application of testing.

How to register: Fill out the form on the back and send or e-mail full payment of \$300.00 by check, any major credit or debit card, PayPal and Venmo, to receive your study guide and guarantee registration in the class. You may call our office at (386) 986-5655 and register directly. Receiving your study guide at least one week in advance is advised. Dates and locations are subject to change. One week cancellation notice will be given to all individuals registered if adequate registration is not received and other locations will be sent via email. No refunds for the study guide.

Contact Information:

Ship Shape Water Fitness Specialists, LLC
75 N. Lakewalk Dr.

Palm Coast, Florida 32137

Contact: (386) 986-5655 or cell (770) 714-3235

Email: shipshapewaterfit@gmail.com

**Visit our Website at
www.shipshapewaterfitness.com and View
Training Calendar for Certifications,
Special Events, CEC workshops, Special
Sales and More!**

A weekday Instructor
Certification! Register early!
This one is going to fill up!

Daytona State College
1200 West International
Daytona Beach, FL 32114
PRESENTS
Water Fitness Instructor
Certification

November 12th and 13th, 2026

Thursday, November 12th, 2026

11 am – Welcome and Introduction to the course.
12:30 p.m. Physical Characteristics of the Water, Anatomy & Kinesiology applied to the Water. Land versus Water's Resistance.
3:00 p.m. Pool review of practicum testing. Newton's Laws of Physics to increase & decrease intensity, Working Positions, Hand Positions, and Recovery Position, and Instructor Considerations.

5:00 pm - Dismissed

Friday, November 13th, 2026

11:00 am – Lecture and Drills for pool safety.
12:00 p.m. – Teaching techniques, Various Class Formats, Varying levels of intensity, Basic nutrition, Special populations considerations.
2:00 pm – Break, snacks and change for the pool
2:15 p.m. Pool - Application of various equipment for buoyancy, drag, or weighted, pool review for practicum, various class formats.
3:00 p.m. – Practicum Testing
4:00 p.m. – Written tests, CEC forms, course evaluations.
5:00 p.m. - Dismissed



WATER FITNESS INSTRUCTOR COURSE INSTRUCTOR:

Sharon M. Smith is the trainer and Director of Ship Shape Water Fitness Specialists LLC. Sharon has served as a Fitness trainer and consultant for various hospitals, schools, health clubs and special needs groups. She is certified through The Arthritis Foundation, Aquatic Exercise Association, Aerobics and Fitness Association of America and was a Certified Pool Operator for 45 years. She is also a speaker for Georgia and Florida Recreation and Parks Association and is a published writer in aquatics for over 45 years.

Ship Shape Water Fitness Specialists LLC has positions and career opportunities to work as an extender of Therapy in community resource aquatic exercise programs, personal training, initial evaluations, nutrition, exercise apparel and equipment. Facilities and career opportunities are located throughout the S.E. United States. Send your resume or call for more information.

INSTRUCTOR CERTIFICATION

Course Topics Include:

Basic Anatomy and Physiology of Fitness
Routine building with instructional techniques for class formats focusing on muscle balancing.
Working with various fitness levels in the same class
Special Population Considerations
Basic Nutrition, First Aid Supplies
Injury Prevention and Treatment
Safety in and around the pool
Marketing and Opportunities for Aquatic Fitness in the 21st. Century

These training programs will give participants fresh ideas and a new perspective on the benefits of water exercise. The structure is designed to offer new and innovative ideas to update present aquatic programs and provide the necessary training for instructors to start new classes. Certification is valid for a period of two years. CPR/Defibrillation certification is a pre-requisite and is required for all participants in the instructor training certification course. You may obtain CPR up to six weeks after the course. An instructor's rating is obtained by passing a written test (80 percent) and demonstrating successful teaching skills.

\$300.00 Fee includes

Study Guide,

Ship Shape Water Fitness
Instructor T-Shirt for all pre-registered participants.

ReCerts \$160.00 with Current
CPR and 15 CEC's;
OR \$240.00 to take
the course prior to expiration
with no CECs.

“A discounted rate is offered to any
groups of 5 or more from the
same facility”.

Registration Form

Pre-Registration is required prior to the event. A discount of 20% will apply to any group of five or more people representing the same facility.

APPROVED FOR CONTINUING
EDUCATION CREDITS FOR
AEA & AFAA. Credits can be
petitioned by various other
organizations.
REGISTRATION FORM

NAME: _____

ADDRESS: _____

Phone _____

Emergency Phone _____

E-Mail _____

Date of Training

Location of Training

Training Fee or Deposit _____