

Aqua Natal Modules

Aqua Natal 1

This module covers the underpinning knowledge and skills needed to teach aqua natal classes, including:

- Properties of water
- Changes of pregnancy and implications for exercise
- Benefits and risks of aqua exercise during pregnancy
- Screening considerations
- Content and structure of a pre natal aqua session
- Teaching skills

Aqua Natal 2

This module builds on Aqua Natal 1 and includes:

- Implications of the post natal period for aqua exercise
- Additional choreography and class formats
- Using equipment and partner/group exercises
- Advanced teaching skills
- Abdominal training in the pool

Each module has two practical sessions in the pool so you do need to bring changes of swimwear, towels and shower items. If you have suitable poolside shoes these would be useful.

NOTE: To gain the REPs points you will need to hold a Level 2 Certificate in Fitness Instructing – water based exercise and a Level 3 Ante and Post qualification. We offer both of these qualifications and if you would like to discuss training options please contact us.

Cost: £125 each or £225 for both modules

Dates: Aqua Natal 1: 25 October at Newton Mearns, Glasgow

The Exact Aqua Natal Diploma

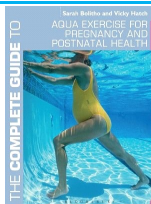
Our unique diploma includes all the qualifications a you need to be able to teach aqua natal sessions with pre and post natal women

- Level 2 Certificate in Water Based Exercise
- Level 3 Ante/Post Natal Award
- Aqua Natal 1 and 2

Cost: £850 (if you already hold Level 2 Gym or ETM you may be eligible for a discount of £100)

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TRAINING &
RESOURCES
The specialist training providers

The Complete Guide to Aqua Exercise for Pregnancy and Post Natal Health



Co-authored by Sarah and Vicky, this is essential reading for anyone teaching aqua natal classes and is the manual for our courses so if you are coming to one of these don't buy it yet!

MumPad

The Pregnancy Activity Diary for Mothers to Be



Mumpad—the pregnancy activity diary for mothers to be.

Full of activity advice and for

beginners, regular exercisers and the super fit mum-to-be, plus a DVD, this is also useful for instructors and midwives who work with pregnant women.

Only £9.99 plus p&p.

Visit our website or Amazon for details of how to buy it.

Contact us:

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www.exacttraining.co.uk

