



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARTHRITIS FOUNDATION

## YMCA AQUATICS PROGRAM INSTRUCTOR

This course trains and certifies participants according to the guidelines and procedures in the Arthritis Foundation Aquatic Program Instructor course to organize, teach and conduct water exercise programs for people with arthritis. Successful completion of this course will certify participants to teach the Arthritis Foundation Aquatic Program Instructor course.

### WHEN

Visit [YMCANorman.org](http://YMCANorman.org) for dates and times

### COST

Y Members \$110; Recertification \$60

Community Member \$130; Recertification \$80

Y Staff \$60

Manual included in price.

Participant should bring swimsuit, water shoes (recommended), towel, pen, photo ID, and copies of prerequisite certifications.

100% attendance is required and participants must pre-register. Payment must be made prior to first day of class. There will not be any refunds given after attending the first day of class.

Accommodations on the basis of disability are available by contacting Stephanie Settle, 405-364-9622 ext. 135 or by email at [settle@ymcanorman.org](mailto:settle@ymcanorman.org) two days prior to the first class.



### RECOMMENDED

- YMCA Lifeguard certification is not required but recommended
- Read the YMCA Water Fitness for Health manual

### PRE-TRAINING COURSE

The YMCA/Arthritis Foundation Aquatic Program Instructor Pre-Training workshop will prepare you for the instructor training. Topics covered in the workshop and workbook include treatments and basic and psychosocial aspects of arthritis. Contact Stephanie Settle, 405-364-9622 ext. 135 or by email at [settle@ymcanorman.org](mailto:settle@ymcanorman.org) for times and information.



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## YMCA/ARTHRITIS FOUNDATION AQUATICS PROGRAM INSTRUCTOR REGISTRATION

Date of Certification \_\_\_\_\_

Participant Name \_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Register as:  Y Member  Community Member  Staff  New Certification  Recertification

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

### PREREQUISITES

- Current certifications for CPR/AED, First Aid and Oxygen Administration
- 16 years of age by the last day of the scheduled class
- Completion of the pre-training course
- Ability to swim 100 yards (any stroke) and tread water for one minute.

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### SUBMITTING YOUR REGISTRATION

Return your completed registration form to the CLEVELAND COUNTY FAMILY YMCA Member Information Center, or fax your form to 405-364-9799. Registration for some programs may be completed online at [YMCANORMAN.org](http://YMCANORMAN.org). For more information contact us at 405-364-YMCA (9622).

Y Staff Director Signature \_\_\_\_\_ Date \_\_\_\_\_