



Become a qualified Aqua Fitness Instructor

Water activity and fitness is part of the Australian culture and now you can make this your career! Spend your days in the pool helping people embrace a fit lifestyle while also having fun.

You will help people build cardiovascular fitness and strength and because of the low-impact format, aqua fitness classes are suitable for every age and fitness level, from beginners through to elite athletes.

TAFE provides nationally accredited training that allows you to work in Australia as an Aqua Fitness Instructor by obtaining the **Statement of Attainment in Water Fitness**.

You will complete units:

SISCAQU002	Perform basic water rescues
SISFFIT008	Instruct water-based fitness activities
SISCAQU008	Instruct water familiarisation, buoyancy and mobility skills
SISFFIT022	Instruct aquatic sessions for specific population groups

Prerequisites

Certificate III in Fitness or a relevant health/fitness qualification (i.e. physiotherapy, physical education, nursing, occupational therapy, exercise science, human movement science, and sport – with anatomy & physiology component)

When

16/11/18 Friday 4pm – 8pm Shellharbour TAFE Campus Building B Room BG04
18/11/18 Sunday 8am – 4pm Mckeeon's Swim Centre, 1 Marley PI, Unanderra, NSW, 2526
23/11/18 Friday 4pm – 8pm Shellharbour TAFE Campus Building B Room BG04
25/11/18 Sunday 8am – 4pm Mckeeon's Swim Centre, 1 Marley PI, Unanderra, NSW 2526

Cost

\$585 per person

Enrolment

<https://www.tafensw.edu.au/offering/-/o/o/168-17048V01-18SHB-003/Statement-of-Attainment-in-Water-Fitness>

If you hold a Certificate III or Certificate IV in Fitness, you may be able to register with Fitness Australia and work as an Aqua Instructor or Trainer upon completion.

 For more information, please contact: Kristen Cantrill at TAFE Shellharbour on 02) 4295 2200
kristen.cantrill1@tafensw.edu.au