

NEW ENGLAND EXERCISE TRAININGS-SPRING 2010



Connecticut

Wallingford

Gaylord Specialty Healthcare

April 10, 2010

8am-5pm

800-541-8350

Location TBA

June 19, 2010

8am-5pm

800-541-8350

Maine

Skowhegan

Redington-Fairview General Hospital

Rehab & Fitness Services

April 24, 2010

8:30am-5:30pm

800-639-2113 (ME,NH,VT)

603-224-9322

Massachusetts

South Shore

Location/date TBA

7:45am-5:30pm

800-766-9449 ext 12 (MA)

617-219-8222



Connecticut

Rocky Hill

Arthritis Foundation

April 25, 2010

8am-5pm

800-541-8350

Location TBA

June 5, 2010

8am-5pm

800-541-8350

Massachusetts

Peabody

Brooksby Village

April 29, 2010

8:00am-5:00pm

800-766-9449 ext 12 (MA)

617-219-8222

Rhode Island

Westerly

Westerly Hospital

April 17, 2010

8:30am-5:00pm

401-739-3773

Registration deadline: 7 business days prior to workshop

Fee:

New instructor: \$100

Current recertifying instructor: Free (grant funding expires 8/2010)

See reverse side for more information



YMCAs-Prerequisites vary from below. Training available thru regional YMCA training network

Leader prerequisites (new or recertifying)

- ◆ **Affiliated with facility that has current Arthritis Foundation Co-sponsorship Agreement**
- ◆ **Current CPR certification**

Basic swim skills competency, including:

- ◆ **Ability to swim at least 25 yards using any stroke without stopping;**
- ◆ **Ability to jump into deep water, surface, and either float for a minimum of 10 minutes or tread water for a minimum of 1 minute;**
- ◆ **Ability to perform the recovery position from face up and face down in shallow and deep water.**

A swim skills test will be administered at during the workshop to insure that all applicants can demonstrate the above skills

- ◆ First Aid certification is strongly recommended
- ◆ **Registration deadline-7 business days prior to workshop**
- ◆ **Completion prior to workshop of pre-training module on arthritis (@ 1 hour)**

Instructor prerequisites

All of the above, plus

- ◆ **Current YMCA, Red Cross, or other nationally recognized lifeguard or water safety/water rescue certification**

* Aquatic Exercise Association (AEA) certified provider



Benchmark Sites-Training will be provided thru Benchmark University

Leader prerequisites (new or recertifying)

- ◆ **Affiliated with facility that has current Arthritis Foundation Co-sponsorship Agreement**
- ◆ **Background /education/relevant experience in exercise, fitness or health-related field or experience working with seniors, disabilities**
- ◆ **Current CPR certification**

◆ First Aid certification is strongly recommended

- ◆ **Registration deadline-7 business days prior to workshop**
- ◆ **Completion prior to workshop of pre-training module on arthritis (@ 1 hour)**

* American Council on Exercise (ACE)-some training workshops may be recognized by ACE, depending on the qualifications of the trainer.

For registration materials, contact the following Arthritis Foundation offices in New England:

CT 35 Cold Spring Road, Suite 411, Rocky Hill, CT 06067; 800-541-8350; info.sne@arthritis.org

ME, NH, VT 6 Chennell Drive, Suite 260, Concord, NH 03301; 800-639-2113; info.nne@arthritis.org

MA 29 Crafts Street, Suite 450, Newton, MA 02458; 800-766-9449 X 122; info.ma@arthritis.org

RI 2348 Post Road, Suite 104, Warwick, RI 02886; 401-739-3773; info.sne@arthritis.org