

ATRI 2019 Continuing Education Providers

AquaAbility 1734

Karen Morrison kmorrison@aquaability.org

AquaAbility Therapeutic Aquatics for People with Disabilities Certification

Aquatic Exercise Association 1503

www.aeawave.com

Online Courses

AEA Arthritis Foundation Program Leader Training (Online)

AEA Online Active Aging with Aquatics- Huff

AEA Online Aging Alive: Training The Baby Boomer-Netto

AEA Online Aquatic Exercise & Multiple Sclerosis: A Healthcare Professional's Guide- MSAA

AEA Online Aquatic Options Home Study Course

AEA Online Aquatic Personal Training- Watkins

AEA Online Aquatic Programming For The Obese Client-Huff

AEA Online Balancing Act: Understanding Balance Issues For Seniors-Huff

AEA Online Cardio & Stretch Prenatal Tips with Tinoca- Senra

AEA Online Choose Your Own Choreography-Taking The Plunge- Watkins

AEA Online Comprehensive Carbohydrates- Layne

AEA Online Connect With Your Participants-Lebeau

AEA Online Creative Aquatic Boot Camps- Watkins

AEA Online Deep Water Training- See

AEA Online Defying Gravity- See

AEA Online Exercise Intensity-Essential but Overlooked- Sherlock

AEA Online Freakonomics of Fat- Layne

AEA Online Healthy Aging with Exercise Specialty- Knopf

AEA Online Help- Handling Aquatic Emergencies- Brodsky

AEA Online Hi-Yo: High Intensity Interval Training For All- Denomme & Sherlock

AEA Online- Hydrorevolution – Aqualogix, Aquastrenth & AEA

AEA Online It's Hip To Knead To Know-Mitchell

AEA Online Kickboards: Another Tool for Your Aquatic Toolbox- Lebeau

AEA Online Motivating Your Class To Succeed- Watkins

AEA Online Osteoarthritis-Yazigi

AEA Online ROM Solutions-See

AEA Online Smooth Transitions- Thielen

AEA Online Speechless: Non-Verbal Cueing Teaching- Triple Delight

AEA Online The Power of Protein- Layne

AEA Online Thinking Creatively About Aquatic Intervals- Watkins

AEA Online Yoga Prenatal Tips with Tinoca- Senra

**AEA Live Workshops – all
IAFC 19 – all**

Aquatic Therapy & Rehab Institute 1505

Courses are offered in multiple locations across the United States. Go to the ATRI website for the Course Catalog and course listings.

www.atri.org

atri@atri.org

(866) go2-atri / (866) 462-2874 TOLL FREE

561-828-8150 FAX

Flavia Bayron 1627

flaviabayron@hotmail.com

Bad Ragaz

Burnell, Anne Pringle 1524

Peyow Aqua Pilates, education@aquapilates.net

Courses Provided:

Peyow Aqua Pilates Basic & Intermediate Level Training

Functional Barre for LE & Trunk Stabilization

Peyow Aqua Pilates Advanced Instructor Training (*Special Population progressions*)

Peyow Aqua Pilates Plank Challenges Level 1

Peyow Aqua Pilates Plank Challenges Level 2

Peyow Aqua Pilates Dynamic Stability

Pilates for Abs, Posture, Balance

Stronger Seniors Chair Exercise Adaptations or Chair Exercise Adaptations

Core Fitness (Pilates adapted for seated positions),

Balance & Posture (seated & standing chair exercise)

Chair Yoga

Unilateral Light Weight/Toning Balls

Chair HIIT: High Intensity Intervals for Older Adults & Ortho

Chair Fitness Cubed (with Cubii - seated exercise device)

AquaStretch™ Foundations

Suspension for Balance & Core

Suspension for Ortho

Unravel with Ai Chi (Exploring Fascial Slings with Ai Chi)

Denomme, Laurie

Water Exercise Coach 1504

Primary Contact Person: Laurie Denomme

Email: laurie@waterexercisecoach.com

Website: WaterExerciseCoach.com

Courses Provided:

AquaStretch™ Foundations

The Body says YES to AquaStretch™
AquaStretch™ Pro: One Leg Standing
BioExercise™
COREssentials for Water Exercise
COREssentials for Balance
COREssentials for Abs & Back
COREssentials for Knees & Hips

Online Education:

Move in More Directions: A Game Changer
Strength is Balance
HIYO™ Aqua HIIT
HIYO™ Cardio Interval Challenge
HIYO™ Fantastic 4
Basic Moves Made Better

Essert , Mary 1513

messert@conwaycorp.net

Courses Provided:

Lymphedema/Breast Cancer WaterWork
Fibromyalgia Water Work
Post-Polio Water Work
Arthritis Water Work
Intro to Watsu™

Fitness Learning Systems 1507

June Chewing - Primary contact

june@FitnessLearningSystems.com

Correspondence Courses Provided:

Fitness Principles for the Larger Adult
Children's Aquatic Fitness Programming
Kinesiology for the Fitness Professional
The Issue of Aging
Applied Anatomy
Super Abdominals: Essential Rules of Excellence
PNF in the Pool
Exercise Guidelines for Balance and Fall Prevention
Breast Cancer Recovery; on Land and in Water
Exercise and Sleep
Buoyancy Stretches
Functional Training
Exercise and Caloric Consumption
Pilates Based Exercise
Proper Pronunciation of Anatomical Terminology: Muscles
Application of Water Exercise Specializing in Pain Management
Burdenko Water Walkers
Aqua Magic Moves 1
Aqua Magic Moves 2
Aquatic Options 1
Gravity vs Buoyancy: Friend and Foe

The Functional Foot and Ankle: Part 1
Biomechanics for Low Back Pain
Aquatic Options 2: Special Populations & Post Rehab Fitness Training
Essential Aqua Pilates
Determining Intensity with Aquatic Target Heart Rates
BackSplash: Post Rehabilitation for People with Back Pain
Advanced Aqua Pilates
Under the Microscope - YoU! (Instructor Skills and Methodologies)
Essential Exercise for Cancer Patients and Survivors
Post Polio Water Work: Conserve to Preserve
Introduction to Aquatic Personal Training
Aquatic Personal Training Programming
Beauty and the Beast (Considerations for Exercise Demonstration and Prescription)
Aquatic Sports, Function and Performance
Older Adults and Aquatic Applications
Aqua Magic Moves 3
Exercise, Diabetes, and Metabolic Syndrome
The Greatest Vehicle Ever Created- You!
Water Walker: Deep Water Performance Challenge
Water Walker: Upper Torso and Core
Barefoot Balance Training
Body Basics for Aqua Fitness
Respiratory Rescue: Working with the Pulmonary Dysfunctional Client
Hand Me A Handbar
Healthy Heart for a Healthy Life
Human Movement Matrix: Shoulder
Introduction to Alzheimer's Disease
Exercise Prescription for Alzheimer's Disease
The Science of Nutrition
Introduction to Parkinson's Disease
Exercise Prescription for Parkinson's Disease

Medical Fitness 1 hour Recorded Webinars
Using Medical Fitness to Boost Quality of Life: Alzheimer's Disease
Reinventing the Wheel: Autism
Working with Clients who have Diabetes or Prediabetes
Exercise for Joint Replacements: What Fitness Professionals Need to Know
Fitness for Breast Cancer Survivors
Corrective Exercise for Older Clients with Degenerative Joint Disease
Exercise as Medicine: The Future of Healthcare
Learn How to Enhance Your Career by adding Stress Management Specialization
What You Need to Know about Heart Attack & Stroke when working with Clients/Patients
Trends in Fitness–Wellness–Medical Integration

Webinars 2017

Understanding Parkinson's disease (PD) and the Role of Exercise in Symptom Management
What you need to know about wearable devices and apps to Maximize Client/Patient Health and your Business
Tai Chi: The best Fall Prevention Protocol
Bigger, Fatter, Sicker: How the Standard American Diet is Killing Us
Multiple Sclerosis: Tools to a Safe Exercise Program Design

Webinars 2018

Exercise Assessment and Program Design for Preventing Falls
Diastasis Recti: More Than Just a Pre-Natal Problem

Lowering Barriers to Entry for Healthy Living
Creating Integrated medical Fitness with Today's Medical Practices
Exercise and Nutrition for Bone Health
Corrective Exercise Strategies for the Forward Shoulder and Neck
Fast Food Genocide: How Processed Foods are Killing Us and What We Can do About it.
Integrating Brain Stimulating Exercise Into Older Adult Programming
Capitalizing on the Middle ground Between Fitness and Medicine
Coaching Your Clients/Patients to make Lifestyle Changes for Weight Loss
Corrective Exercise for Shoulder Impingement
Exercise Programming for Cancer Survivors
ACL PRehabilitation: Reducing Risk by Increasing Demand
Yoga as a Tool for Managing Chronic Pain
Alzheimer's and Stress Management
Sleep from A to Zzzz
Fitness and healthcare: harnessing the Power of PartnerShip
Bionic Clients: One, Two, or Four Joint Replacements
Essentials of Cardiovascular Disease and Exercise
Introduction to Parkinson's Disease

FCEA Courses

Cancer Exercise Specialist Advanced Qualification
Cancer Exercise Specialist Pilates Mat
Breast Cancer Recovery BOSU Specialist Advanced Qualification
Working with Clients with Diabetes or Prediabetes Level 1: Overview/Beginner
Working with Clients with Diabetes or Prediabetes Level 2: Intermediate
Working with Clients with Diabetes or Prediabetes Level 3: Advanced/Expert
Stress Management Exercise Specialist Course for Health and Fitness Professionals
Holistic Stress Management Specialist™ for Group Fitness Instructors
Holistic Stress Management Consultant™

Grosse, Susan 1502

Aquatic Consulting & Education Resource Service

sjgrosse@execpc.com, <http://my.execpc.com/~sjgrosse>

Courses Provided:

Halliwick Method
Balance and Gait (all ages)
Pediatric Interventions
Developmental Coordination Disorder
Impulse Control
Risk Management
Autism Spectrum
Cognitive Enhancement
Grant Writing

ATRI On-Line courses:

Autism Spectrum Disorders
Balance and Gait Training I
Balance and Gait Training II
Brain Gym in the Pool
Pediatric Aquatic Interventions
Fall Prevention Specialty Certificate

Assessment in Therapeutic Aquatics Specialty Certificate
Therapeutic Aquatics for Individuals with Severe and Profound Multiple Disabilities
Grant Writing

Huey, Lynda 1522

LyndaHuey@CompletePT.com; lyndahuey.com/register-today

Lynda Huey's Aquatic Rehab Online Course – 12 hours

Humaran, Yara / Vargas, Luis 1728

yara.humaran@gmail.com

Certification Prep for ATRI

Jasinskas, Connie

For the Love of Fit 1521

www.FortheLoveofFit.com

Courses Provided:

AquaStretch™ Foundations

Hip Strategies

Aquatic Solutions for Cervical Pain

Aqua Fitness After Breast Cancer

BackSplash Core Training

Balance & Core

Pain & Function

Self-AquaStretch

AquaBility

AquaNatal

Post-Rehab for the Spine

Arthritis

Pain Education for Patients

Lewen, Donna 1501

donnalewen@icloud.com

Courses provided:

Ai Chi

Ai Chi Body/Mind/Spirit

Ai Chi Land

Ageless Spirit (3-8 hour course)

ATRI AquaStretch™ Specialty Certificate (15 hr.)

AquaStretch™ for Peds & Neuro

AquaStretch™ for Peds

AquaStretch™ for Neuro

Intentional Sequencing Upper Extremity (3 hr.)

Intentional Sequencing Lower Extremity (3 hr.)

Intentional Sequencing (7-8 hr.)

AquaStretch™ & the IT Pump

AquaStretch™ Upper Extremity

AquaStretch™ Lower Extremity
AquaStretch™ Basics (Intro - 7-8 hrs.)
AquaStretch™ Quick Intro (1.5 hrs.)
AquaStretch™ Skills Check
Arthritis & Aquatic Therapy
Chronic Pain
Chronic Conditions & Aquatic Exercise
Correction/Protection (3-hour aquatic workshop/or land)
Cranial and Myofascial Release
Real to Ethereal
Unpredictable Command Technique
Restore & Rejuvenate for Seniors (Land and water exercises for the mind using the MMSE and then followed by meditation for the mind/body. This hits 3 of the 4 pillars to preventing Alzheimer's and dementia.)
Neck & Shoulder Release Points

Meno, Julia

Therapeutic Aquatics, Inc. 1508

julia@aquatictherapyinfo.com

aquadiva.julia@gmail.com

Courses Provided:

Aquatic Therapy for Acute and Chronic Pain
ATRI Pediatric Specialty Certificate
Aquatic Modalities for Spasticity & Contractures
Aquatic Therapy Techniques & Applications
ATRI AquaStretch Specialty Certificate
Bad Ragaz Ring Method
Pediatric AquaHab (also available online at www.atri.org)
Myofascial Aquatics
Myofascial Aquatic Body Work
AquaStretch Skill Enhancement

Mitchell, Terri

Aquatic Ms. Fit 1506

texterri@austin.rr.com

www.aquafit.com

Courses Provided:

PNF in the Pool
Supine Shoulder Solutions
Ortho Aquatic Rehab
Joint Replacement Rehab
ATRI Orthopedic Specialty Certificate
AquaStretch aka Manual Aquatic Therapy Technique
Core and More (Lumbar Stabilization)
Intro to AquaStretch
ATRI AquaStretch Specialty Certificate
Bad Ragaz
FIRED UP, aka Wounded Warriors

Chronic Conditions, Aquatic Solutions
Aquatic Therapy Basics
Loaded Movement Training
Aqualogical Legs
PNF Stretching
Loaded Movement Training

Passmore, Jonette 1520

jonette@okstate.edu

Course Provided:

Intro to Aquatic Therapy
Land to Water: Recreational Therapy Aquatic Interventions

PhysicalTherapy.com 1733

amartin@physicaltherapy.com

Courses Provided:

Lower Extremity Aquatic Training-TKA, THA
PNF Loaded Movement Training for Aquatic Therapy
Dynamic Stability with Peyow Aqua Pilates
Functional Exercises to Improve ADLs
Fundamentals of Aquatic Intervention for the Pediatric Population
Aquatic Gait Training
Aquatic Lumbar Stabilization Progressions
Hip and Knee Arthritis to Joint Replacement: Aquatic Therapy Research Review and Clinical Application

Point of Balance 1734

Kara Knight

kara@PoB.life

www.PoB.life

Courses Provided:

Keep It Flowing
Adaptive Aqua Yoga
Aqua Yoga Anatomy
Language and Savasana
Aqua Yoga Basics
Get the Moves

Beth Scalone 1517

www.waterpt.com; beth@waterpt.com

Courses Provided:

**** Can design a custom course for orthopedic related diagnoses. Along with combining land and water techniques and transitions.*

Demystifying the SI Joint
Thoracic Spine: The Missing Link in Rehab

Neurological cross training for orthopedic patients
Hip Isolation to Integration Specialty Certificate Program
Applications and outcomes for lower back issues (8 hour)
Checklist for knee rehab (1/2 day)
Foundations for Functional movement (1/2 day)
Clinical pearls for improving gait patterns
Scapular stability for the shoulder
Techniques for Ortho issues
Pilates and Core stabilization
Lower back 3-D rehab
Applications and techniques for shoulders
ATRI Balance and Core Specialty Certificate program
Introduction to Aquatic Therapy/ Aquatics 101 (these can be intense one day or more detailed 2 day and customized to included billing and documentation for PTs)
AquaStretch™ for Orthopedic diagnoses Specialty Certificate Program
ATRI Neuro specialty certificate program
Agility and plyometrics (4 hour)
ACL rehab (4 hour)
Back and neck progressions
Tackling the Lower Leg and Foot: rehab for our functional foundation
ATRI Hip and back specialty certificate course
ATRI upper quadrant specialty certificate course
ATRI Adult Balance training and Post CVA Aquatic Rehab Specialty Certificate
ATRI Aquatic Therapy for total joint replacement specialty certificate
Lumbar spine stabilization ½ day to 15 hour specialty certificate courses
Lumbar stabilization linking land and pool
AquaStretch™ intro,
AquaStretch™ intermediate to advanced courses for spine/ upper quadrant and LE
ATRI AquaStretch Specialty Certificate
ATRI Athletic Rehab Specialty Certificate
Burdenko Method
Deep water exercise
Water exercise technology: the physics and therapeutic benefits of water
Interactive posture
Cervical spine
Upper quadrant
Neck and Shoulder
Balance: reducing fall risk
Closed Chain functional focus
Total Joint 15 hour certificate course
Clinical Pilates (3 hour)
Ortho and Neuro Progressions
SCI: Beyond the chair/ going vertical
Neuro Rehab
Effective communication through Documentation (one hour lecture)
Reimbursement (one hour lecture)
Evidence based practice (lecture only)
Business side to aquatic therapy (various topics billing, to marketing)
Marketing aquatic therapy
Neurological cross training for orthopedic diagnoses

Beth Scalone Online courses

Thoracic Spine: The Missing Link in Rehab (coming soon)
Total joint
Upper quarter connections and aquatic therapy progressions (coming soon)
AquaStretch for the spine
Interactive Posture
SCI: Beyond the Chair
Documentation and Reimbursement
Intro to AquaStretch
25 Cervical Aquatic Therapy Maneuvers
Advanced Lumbar Stabilization
Neurological Rehab
Documentation

Scratch Back 1526

mmassih59@hotmail.com Mina Massih, contact
Aquatic Therapy Program – Swim focus (4 CEUs)

Sova, Ruth 1510

ruthsova@ruthsova.com

www.ruthsova.com

Courses Provided:

Ai Chi I – Flowing Aquatic Energy (also available online at www.atri.org)
Ai Chi II – Cultivating the Chi (also available online at www.atri.org)
Ai Chi III – The Visualization Journey (also available online at www.atri.org)
Ai Chi Balance and Trunk Stabilization (also available online at www.atri.org)
Ai Chi Certification (also available online at www.atri.org)
Ai Chi – Range of Motion
Aquatic Therapy for Non-Therapists
Evidence-Based Fall Prevention Using Ai Chi (also available online at www.atri.org)
Emerging Trends
BackHab I (also available online at www.atri.org)
BackHab II (also available online at www.atri.org)
BackHab Certification (also available online at www.atri.org)
Balance and Pain Treatment Techniques
Balance in Preparation for Function
Corrective Exercise Programming
Exercises and Progressions for Balance and Joint Dysfunction
Extension and Function
Functional Circuits
The Heavy Concept
Loaded Movement Training (LMT)
Optimal Techniques for Aging Issues
PNF Stretch
Post-Stroke Protocol
Progressions for Horizontal, Vertical and Seated Exercises
Seated Balance

Shoulder, Hip and Knee Progressions/Modifications (also available online at www.atri.org)
Slow Motion Walking (SMW)
Standing Balance
Suspension Training
Vertical and Seated Hip and Back Protocols (also available online at www.atri.org)

White Crow Yoga 1518

Mary Irby

workshop@whitecrowyoga.com

Course Offered:

White Crow Yoga's Aqua Yoga Instructor

Wykle, Mary 1516

MWykle@aol.com

Courses Provided:

*** Can design a custom course for orthopedic back issues and spinal trauma related diagnoses

Strength & Conditioning with Drag Equipment Instructor Program

Progressive Ai Chi Ne - The Healing Power of Touch

Rehab for Injured Warriors and Athletes

Deep Water Cadence Training

Aquatic Strength Exercise for Re-Conditioning

Aqua PiYoChi

Aqua Yoga

Aqua Pilates

Risk Awareness and Safety Training (RAST)

Lumbar Stability for Spinal Fusions

Basic Ai Chi

ATRI Athletic Rehab Specialty Certificate Program

ATRI Lumbar Stabilization Certificate Program

Ai Chi for TBI and PTSD

Functional Core Stabilization for Balance and Gait (name adjustment)

Ai Chi Ne (Clinical)

Ai Chi for the Spine

Progressive Rehab for Brain Trauma and Concussions (Slowing CTE)

Corrective Exercise Training using Pilates

Gentle Strength for the Frail

Mary Wykle Online Courses:

[2607 - Ai Chi for Scoliosis and Multi-Level Fusions](#)

[1500 - Balance for MS, TBI, Orthopedic Trauma](#)

[2300 - Lumbar Stabilization for Spinal Fusions](#)

[1806 - Rehab for Injured Warriors](#)

[2240 - Rehab for Injured Warriors and Athletes](#)

RAST (Risk Awareness & Safety Training Course for Therapists) online course available at

www.mwaquatics.com