

## ATRI 2021 Continuing Education Providers

### **Aquatic Exercise Association 1503**

[www.aeawave.com](http://www.aeawave.com)

AEA Online Courses 2021 - all

AEA Live 2021 Workshops – all

IAFC 2021 – 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](http://www.atri.org)

[atri@atri.org](mailto:atri@atri.org)

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

561-828-8150 FAX

### **Flavia Bayron 1627**

[flaviabayron@hotmail.com](mailto:flaviabayron@hotmail.com)

Bad Ragaz

### **Burnell, Anne Pringle 1524**

**Peyow Aqua Pilates, [education@aquapilates.net](mailto: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

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](mailto:laurie@waterexercisecoach.com)

Website: [WaterExerciseCoach.com](http://WaterExerciseCoach.com)

*Courses Provided:*

Aqua Yoga Strength

*Online Education:*

Move in More Directions: A Game Changer  
Strength is Balance  
HIYO™ Aqua HIIT  
HIYO™ Cardio Interval Challenge  
HIYO™ Fantastic Four  
Wavemakers® Basic Moves Made Better  
Wavemakers® The 6-7 Formula  
Wavemakers® Be an Intensity Coach  
Wavemakers® The Science of Water Exercise  
Wavemakers® The Ultimate Water Workout Planner  
Wavemakers® Deep 360  
Wavemakers® Smooth Transitions  
Wavemakers® More Behind the Moves

**Fitness Learning Systems 1507**

June Chewing - Primary contact

[june@FitnessLearningSystems.com](mailto:june@FitnessLearningSystems.com)

Correspondence Courses Provided:

Kinesiology for the Fitness Professional  
The Issue of Aging  
Applied Anatomy: Land and Water  
Super Abdominals: Essential Rules of Excellence  
PNF in the Pool  
Breast Cancer Recovery; on Land and in Water  
Exercise and Sleep  
Buoyancy Stretches  
Functional Training for All Ages  
A Simple Study of Exercise and Caloric Consumption  
Pilates Based Exercise Philosophy for Land and Water  
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  
Aqua Magic Moves 3  
Aquatic Options 1: Special Populations & Post Rehab Fitness Training  
Aquatic Options 2: Special Populations & Post Rehab Fitness Training  
Gravity vs Buoyancy: Friend and Foe  
The Functional Foot and Ankle: Part 1  
Biomechanics for Low Back Pain  
Essential Aqua Pilates  
Advanced Aqua Pilates  
Determining Intensity with Aquatic Target Heart Rates  
BackSplash: Post Rehabilitation for People with Back Pain  
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  
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 Program 1  
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  
A Modern Approach to Exercise during Pregnancy  
Blood Pressure, Hypertension, and Exercise  
Nutrition and Disease  
Heart Rate-Based Training for All Applications

#### 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™

#### **Huey, Lynda 1522**

LyndaHuey.com

Lynda Huey's Aquatic Rehab Online Course

#### **Humaran, Yara / Vargas, Luis 1728**

[yara.humaran@gmail.com](mailto:yara.humaran@gmail.com)

Certification Prep for ATRI

#### **Jasinskas, Connie**

**For the Love of Fit 1521**

www.FortheLoveofFit.com

**Courses Provided:**

AquaStretch™ for People in Pain  
AquaStretch™ Foundations  
Aquatic Exercise Post Breast Cancer  
Arthritis – Restoring Form and Function  
Balance and Core Progressions  
Benefits of Buoyancy Control  
Client Empowerment  
Core Techniques for Spinal Post-Rehab  
AquaBility – Exercise Progressions Post-Rehab  
AquaNatal – Pre/Post Natal Aquatic Exercise  
Hip Strategies  
Optimizing Range of Motion  
Open Kinetic Chain – Challenges and Benefits  
Shoulder Strategies  
Solutions for Cervical Pain  
Vertical Techniques for Persistent Pain  
SAS: Self-AquaStretch, Self-Assisted Stretch for Water and Land  
Pain Education for Patients  
Taking Laughter Seriously

**LaBarre, Mary 1936**

[mary.labarre@my-chp.com](mailto:mary.labarre@my-chp.com)

Balance and Fall Prevention  
Complex Medical Conditions  
Intro to Aquatic Therapy  
Knee Rehab  
Neurological Disorders  
Orthopedic Conditions  
Parkinson's Disease

**Lewen, Donna 1501** [donnalewen@icloud.com](mailto:donnalewen@icloud.com)

Courses provided:

Ai Chi – Basic course

Ai Chi - Certification

Ai Chi Body/Mind/Spirit

Ai Chi Land

Ai Chi Meridians

Ai Chi – with Nidra Principles

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™ for the Lumbar Spine & Hips

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  
Unpredictable Command Technique  
Restore & Rejuvenate for Seniors (Land and water exercises for the mind using the MMSE and then followed by mediation for the mind/body. This hits 3 of the 4 pillars to preventing Alzheimer's and dementia.)  
Neck & Shoulder Release Points  
Tech Neck  
Alternative Methods to Assist Clinical Outcomes

**Meno, Julia**

**Therapeutic Aquatics, LLC. 1508**

[aquadiva.julia@gmail.com](mailto: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](http://www.atri.org))  
Myofascial Aquatics©  
Myofascial Aquatic Body Work  
AquaStretch™ Skill Enhancement  
Neuro Strategies  
Pediatric Handling  
Sensory Aquatics

**Mitchell, Terri**

**Aquatic Ms. Fit 1506**

[texterri@austin.rr.com](mailto:texterri@austin.rr.com)

[www.aquafit.com](http://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  
Aqualogix Training  
Water You Doing?  
Deep Water Bootcamp  
Asymmetrical Loading  
Ai Chi Diagonals  
Water Bridges the Gap  
Pre and Post Rehab Specialty Classes

**Passmore, Jonette 1520**

[jonette@okstate.edu](mailto:jonette@okstate.edu)

**Course Provided:**

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

**Petronio, Cesar 2137**

[cesarpetronio@hotmail.com](mailto:cesarpetronio@hotmail.com)

**Courses Provided:**

Ai Chi  
Ai Chi Ne

**PhysicalTherapy.com 1733**

[amartin@physicaltherapy.com](mailto: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  
Aquatic Interventions for Fibromyalgia  
Decreasing Fall Risk with Aquatic Therapeutic Interventions  
Using Aquatics for Functional Improvements in Older Adults  
Documentation and Billing for Aquatic Therapy  
What the Doctor Never Told You About Osteoporosis and Aquatics  
Introduction to Aquatic Therapy-Back to Basics  
Aquatic Interventions for the Upper Quadrant

**Beth Scalone 1517**

[www.waterpt.com](http://www.waterpt.com);; [beth@waterpt.com](mailto:beth@waterpt.com)

Courses Provided:

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

Aquatic Rehabilitation for the Runner's Knee

Lumbar Stabilization Linking land and pool for the aging population

Lower extremity release techniques

Ten 'go to" hip and back exercises

Manual Therapy Techniques for UE

Integration for Outcome Obstacles

Athletic drills

Correcting Psoas and gluteal imbalance

Hip, back and lower leg techniques

Balance for Function

Pain Science: aquatic applications

Successful Business management

Loaded Movement Training

Facilitating Ideal movement

Shoulder pathology and protocols

Balance and mobility protocols

Correctional and functional lower back exercises

Effective balance and mobility protocols

Advanced knees

Advanced hip

Asses, correct and enhance for ortho

Facilitating functional movement

Marketing

Burdenko Method

Neurological cross training for orthopedics

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

Checklist for knee rehab

Foundations for Functional movement

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

ACL rehab  
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*

Pain science applications  
Burdenko Method  
Corrective and functional lower back exercises  
Assess Correct and Enhance  
Business side to Aquatic Therapy  
Shoulder pathology and protocols  
Optimal techniques for neck and shoulder  
Effective balance and mobility protocols  
Thoracic Spine: The Missing Link in Rehab  
Total joint  
Upper quarter connections and aquatic therapy progressions  
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](mailto:mmassih59@hotmail.com) Mina Massih, contact  
Aquatic Therapy Program – Swim focus (4 CEUs)  
Applying an Orthotic Girdle for the Treatment of Sciatic  
Knee Injury, Knee Bracing and Rehabilitation  
Orthotics and Prosthetics in Relation to Rehab  
[Aquatic Therapy Module Bundle Course \(scratchbackgolfapparel.com\)](http://scratchbackgolfapparel.com)

**Sova, Ruth 1510**

[ruthsova@ruthsova.com](mailto:ruthsova@ruthsova.com)  
[www.ruthsova.com](http://www.ruthsova.com)

**Courses Provided:**

Ai Chi I – Flowing Aquatic Energy  
Ai Chi II – Cultivating the Chi  
Ai Chi III – The Visualization Journey  
Ai Chi Balance and Trunk Stabilization  
Ai Chi for Fall Prevention  
Ai Chi for Ortho  
Ai Chi or Neuro  
Ai Chi Certification  
Ai Chi – Range of Motion  
Ai Chi Ne  
Aquatic Therapy for Non-Therapists  
Emerging Trends  
BackHab  
BackHab Certification  
Balance and Pain Treatment Techniques  
Balance in Preparation for Function  
Corrective Exercise Programming  
Exercises and Progressions for Balance  
Extension and Function  
Functional Circuits  
The Heavy Concept  
Loaded Movement Training (LMT)  
Optimal Techniques for Aging Issues  
PNF Stretch for Ortho and Neuro  
Post-Stroke Protocol  
Progressions for Horizontal, Vertical and Seated Exercises  
Seated Balance  
Shoulder, Hip and Knee Progressions/Modifications  
Slow Motion Walking (SMW)  
Standing Balance

Suspension Training  
Vertical and Seated Hip and Back Protocols

*Available Through Online Education at [www.atri.org](http://www.atri.org)*

Ai Chi I – Flowing Aquatic Energy  
Ai Chi II – Cultivating the Chi  
Ai Chi III – The Visualization Journey  
Ai Chi Balance and Trunk Stabilization  
Ai Chi Certification  
Ai Chi Ne  
Evidence-Based Fall Prevention Using Ai Chi  
BackHab I  
BackHab II  
BackHab Certification  
Shoulder, Hip and Knee Progressions/Modifications  
Vertical and Seated Hip and Back Protocols

**Wykle, Mary 1516**

[MWykle@aol.com](mailto: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](http://www.mwaquatics.com)