

As aquatic professionals, we recognize the importance of teaching people aquatic skills that will keep them safe in water and allow them to participate in a wide variety of aquatic activities, which will help to improve their emotional and physical fitness. The aquatic community offers diverse programming that appeals to people of all ages, fitness levels and needs. Successful aquatic administrators, directors and instructors welcome training that can help them improve their current skill sets and learn new skills that they can use to increase their client base.

Unfortunately, many aquatic professionals and programs have ignored a very large population of people who usually do not participate in any aquatic activities as a result of their fear of water. "Fearful Swimmers", more often than not, will not experience success in traditional learn-to-swim or water exercise programs, and as a result, will avoid spending time in the water for fun and fitness. Their fear will prevent them from feeling comfortable and safe in water, which must happen before they can learn how to swim properly and be able to enjoy the many benefits from leading an aquatic lifestyle.

Helping these individuals overcome their varying degrees of fear requires the help from professionals who are able to deal with the very different and unique cognitive, emotional and physical challenges that fearful swimmers provide. Without the proper training to handle these very specific needs, most aquatic programs will fail in their efforts to attract these individuals to their pool and most swim instructors will fail in their efforts to help them, if and when they do find their way to your pool.

WaterPhobias LLC has been turning their client's aquatic fear into fun and fitness in the water for over thirty years and is now offering S.O.A.P. (Strategies Overcoming Aquatic Phobias) Instructor Training for aquatic professionals who want to expand their skill sets in order to be able to offer efficient and effective programming to fearful swimmers.

This fifteen hour training program offers important cognitive information regarding fear, behavior modification, desensitization and relaxation techniques that will enable instructors to provide critical emotional support, both in and out of the water, to their clients. Program participants will also learn aquaphobic specific water adjustment skills, in addition to more traditional learn to swim techniques, that will allow fearful swimmers to wade into the aquatic environment that they have feared in the past and learn how to learn to love their time spent in the water. They will learn how to turn their fear into fun and fitness and financial profit for you.

This training is unique and special and will not only help instructors raise the "Aquatic IQ" of their clients and their families and friends, but Instructors will help reduce the ever increasing risk of drowning in their communities.

WaterPhobias LLC is proud to announce that a SOAP Instructor Training Program will be offered in conjunction with the National Swimming Pool Foundation's World Aquatic Health™ Conference to be held in Indianapolis this October.

The schedule for the WaterPhobias LLC Instructor Training class is as follows:

Wednesday, 10/16-6:00-9:00 pm- Downtown Hyatt Regency Pool

Thursday, 10/17- 6:00-10:00 pm- Natatorium at IUPUI

Friday, 10/18-6:00-10:00 pm- Natatorium at IUPUI

Saturday, 10/19- 9:00 am-1:00 pm- Natatorium at IUPUI

The cost for this unique and exciting training program \$395.00 per person.

For additional information on this program, please contact WaterPhobias LLC President, Jeff Krieger, MS at JeffKrieger@WaterPhobias.com or 727-741-3088.

Register online as part of the World Aquatic Health Conference registration, or contact Jeff Krieger to register for this event only.