



Aquafit Questions and Answers **Provided by Jeannie Queen, CALA Trainer**


Questions about the "Aqua Fitness Scene" in Canada's Capital City – Ottawa, Ontario...

And answers provided by Jennie Queen, CALA Trainer.


Hello, my name is G. S. (*name withheld due to privacy act*) and I am completing the NLS class at the Nepean Sportsplex. I am a Human Kinetics student at the University of Ottawa, will be finishing my undergrad in April and have plans to start my Master's this fall here in Ottawa. I am thoroughly interested in taking up Aquafitness instructing, but I have a few questions for you first.




1) What kind of demand is there for these programs/instructors?

 [Queen, Jennie] There is a huge demand for aquatic instructors throughout the Ottawa Area, and Ontario as well as throughout Canada and abroad.

2) What times are most aquafitness classes scheduled?


 [Queen, Jennie] The majority of classes are offered daytime in the mornings, and early evenings.

3) As an instructor, what is your prerogative with respect to the programming of the class?

 [Queen, Jennie] Not only have I been an instructor for over 16 years, but also a programmer for fitness and aquatic programs for nearly 10 years. There is a diverse clientele that continues to grow and a variety of programs to suit various needs and niches.



4) Are there various levels specified in programming (i.e. intensity level)?

 [Queen, Jennie] Yes, you should come out to various classes to try them all. Nepean Sportsplex and other City of Ottawa Facilities with pools offer programs for those with special needs such as Fibromyalgia, Arthritis, Back Issues and other Healing Waters programs. At the Sportsplex, we offer general fitness classes with specific focus such as Crunch (muscle) and Turbo (cardio) as well as other specialty classes: Pre-Natal, Diaper Fit and Tethered and Water Running Programs (for those not wanting choreographed classes).



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- 5) Does the City of Ottawa offer water-running classes currently? Would they be open to this program if not? (I have a lot of research outlining its benefits for nearly all demographics, including elite level athletes).



[Queen, Jennie] There is a lot of research available, and yes we across the city have sites offering these and other programs. You have to remember a large demographic is older adult, therefore the majority of programs offered are designed for this population. However, water running is very popular in many part of Canada and worldwide. This is a program that would really benefit a variety of people, no matter what their athletic inclination. The Canadian Aquafitness Leaders Alliance Inc. offers specialty training and certification in Water Running and Aqua Jogging, if you are interested in instructing in this area, I recommend you contact CALA.



- 6) What is the pay-scale for Aquafitness instructors?



[Queen, Jennie] The pay-scale varies based on where you want to work...but on average it is \$20-30 per hour at municipal or local small sites, for private instructional it could be higher. If you start your own classes in condominiums, then you can expect to earn \$40+ per class, depending on your expertise and number of clients.



- 7) Anyway, if you could email me with information regarding CALA certifications, as well as any information pertaining to my questions that would be wonderful!



[Queen, Jennie] You can search the website: www.calainc.org or call them at 1-888-751-9823 and speak in person with Charlene Kopansky, CALA Founder and President or Cate (CALA Consultant). They can give you all the details for upcoming programs in our area. There are workshops scheduled in the Ottawa and Montreal area as well as courses for certification in aquafitness and healing waters. CALA can provide the flyers and other information about these courses.