

# \* Winning ... Certificate

**1 FREE WATERinMOTION®  
Online Certification (\$259 Value)**

Proudly Awarded to



**water<sup>in</sup>  
motion**®

**water<sup>in</sup>  
motion**  
**STRENGTH**

**water<sup>in</sup>  
motion**  
*Platinum*

**water<sup>in</sup>  
motion**  
**deep**

WATERinMOTION® is a pre-choreographed aqua fitness program featuring four formats: Original, Platinum, Strength, and DEEP. It delivers fun, effective, and easy-to-teach workouts for all ages and levels, improving strength, cardio endurance, and mobility while boosting pool programming, attendance, and instructor success.

**Sara Kooperman, JD**

CEO / Owner / Founder  
SCW Fitness Education,  
WATERinMOTION®,  
S.E.A.T. Fitness

Physical certificate required to redeem your winnings. Claim this by emailing [water@scwfit.com](mailto:water@scwfit.com).

**[waterinmotion.com](http://waterinmotion.com)**