



# AAA & FIN2FIT

*Professional training  
courses designed for  
leisure, recreation and  
activity providers.*



*Emma & Krystal  
Triton Training*



**TRITON  
TRAINING**



UK

# AAA

*Aquatic Activity  
Activator*



10  
CIMSPA  
CPD POINTS





# AAA

*Aquatic Activity  
Activator*

Designed with the RLSS and endorsed by CIMSPA, this is for individuals that want to progress from their NPLQ or NRASTC to enable them to develop their knowledge, skills, and confidence to plan and deliver stand-alone aquatic activities. The course details:

**Time:** 16 hours (usually over 2 days)

**Content:** Theory (can be online or in class)

Practical in the pool

**Pre-requisites:** NRASTC or NPLQ





# AAA

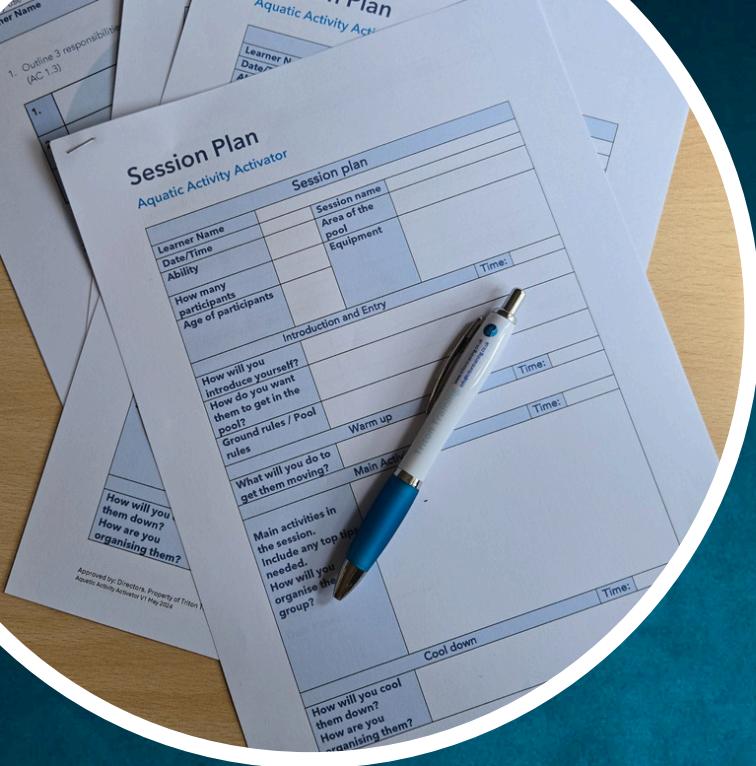
Learners will gain the knowledge and skills required to effectively plan, prepare, and deliver lesson plans for the following activities:

- Aquatic games
- Water safety session
- Mini polo
- Pool volleyball
- Pool basketball
- Mini gala (races)
- Splash Dance
- Inflatable party
- Mini Fit

Successful learners can go on to complete the Fin2Fit mermaid instructor course.



# AAA



The course is priced at £150 per person for individual bookings.

For organisations, we offer tailored group delivery, enabling more cost-effective training and the inclusion of complimentary places.

Please contact us if you would like to discuss group delivery options.

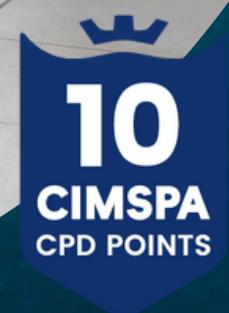




UK

# FIN2FIT

*Mermaid instructor  
course*



# FIN2FIT

*Mermaid instructor  
course*

Certificated with Swim England and endorsed by CIMSNA, this is for individuals that want to teach swimmers how to use a monofin with a tail (mermaid swimming) for either stand alone sessions (parties) or weekly sessions.

**Time:** 3 hours online (in learners time)

3 hours practical

**Content:** Theory includes homework

Practical in the pool

**Pre-requisites:** AAA or L2 Swimming Teacher



TRITON  
TRAINING

# FIN2FIT

Learners gain the skills and confidence to plan and deliver safe, engaging monofin sessions. They will learn how to:

- Use monofin equipment safely and appropriately
- Deliver monofin aquatic skills
- Plan and deliver structured, progressive sessions
- Embed water safety and risk management into every session
- Adapt activities for different ages, abilities and needs

On completion, learners are equipped to deliver high-quality, fun and fitness-focused aquatic activities in monofins and tails.



**TRITON**  
**TRAINING**

# FIN2FIT



The course is priced at £250 per person for individual bookings (including their year licence). After which the licence costs £75 per year.

For organisations, we offer tailored group delivery, enabling more cost-effective training and the inclusion of complimentary places. We can also arrange this alongside the AAA.

Please contact us if you would like to discuss group delivery options.

