



Josh Fraser – Graduate Certificate III in Fitness.

active
TRAINING

WE ENERGISE PEOPLE TO WORK WITH US

We are a committed team of experts, delivering quality training since 2008.

By energising all that train with us, we are creating a community of active people learning, teaching, and contributing to our industry. We strive to bring out the best in our students, preparing them to shine in their chosen field.

We provide training to the aquatics and fitness industry and are proud to provide vocational training to Cornerstone College, Trinity College, Blakes Crossing Christian College, Pedare Christian College and Tyndale Christian School in South Australia. Over 17,000 people have started their active journey with us, including athletes who have progressed to play sport at a high level for our state.

We are proudly South Australian owned and operated.

FIND OUT MORE



AQUATICS

We provide accredited training for Swimming and Water Safety Instructors, Pool Lifeguards, Pool Plant Operators, Infant Swimming Instructors, Swimming Coaches, Aqua Fitness Instructors, Specific Needs Swimming Instructors, Aquatic Emergency Procedures and Certificate III in Aquatics and Community Recreation.

If you own, manage, maintain or teach in a pool, we can train, upskill and keep your team accredited.

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FIRST AID

Active Training delivers nationally recognised First Aid courses to complement our aquatic and fitness courses. Our First Aid courses include Provide First Aid, CPR , Advanced Resuscitation, Low Voltage Rescue, First Aid Management of Anaphylaxis and Emergency Response in an Education and Care Setting.

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I completed the Certificate III in Fitness through Active Training in 2021. I found that the course provided me with a qualification and great and interesting way to learn about fitness programs, anatomy, physiology and healthy eating.

The training was conducted at school as part of PE and was very hands on. We learnt real skills that we could take into the workplace. My local gym even mentioned that once I finished my Certificate III in Fitness, they would welcome me to be employed to run Body Pump classes! On a personal level, I have found the knowledge I have gained has even helped my football, as it has allowed me to understand my body better and how to get the best out of it.

**Amelie Borg
Port Power
AFLW**



FITNESS

Active Training has been delivering vocational training to year 10, 11 and 12 students for many years. We currently deliver at Cornerstone College, Trinity College, Blakes Crossing Christian College, Pedare Christian College and Tyndale Christian School in Adelaide.

Students begin an active career path and gain credits towards their SACE. Some of our previous students are now professional athletes and fitness instructors.

Certificate III in Fitness is a perfect pathway to start a career as an Instructor for group, aqua and gym programs.

Certificate III in Sport (Athlete) reflects the role of individuals who apply the skills and knowledge to undertake a career as an athlete at a regional, state or national level in a specific sport in the Australian Sports Industry.

Certificate III in Aquatics and Community Recreation reflects the role of individuals who work in aquatic facilities or environments, and recreation facilities.

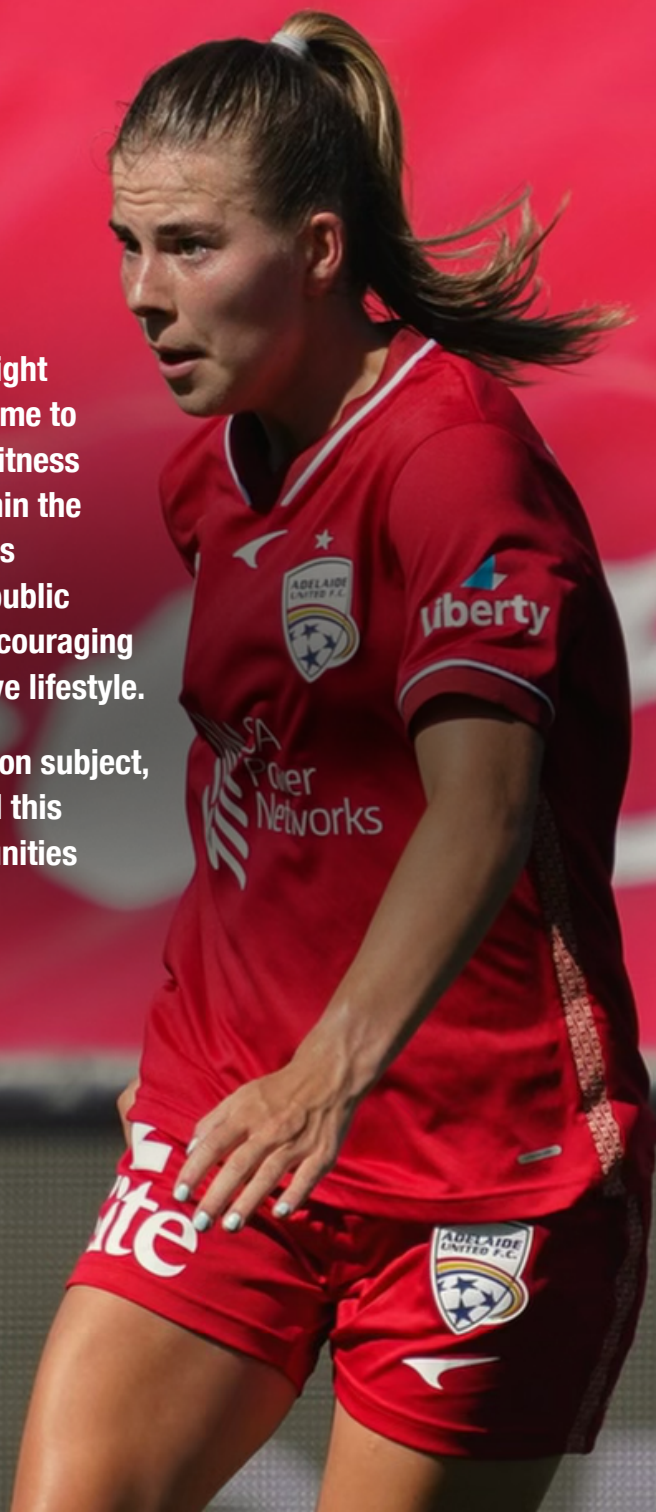
FIND OUT MORE



Certificate III in Fitness was a highlight of my year 11 education. It allowed me to combine my passion for sport and fitness with a qualification recognised within the fitness industry. As an athlete, it was interesting for me to see the more public side of fitness including ways of encouraging others to pursue a healthy and active lifestyle.

For those looking for a more hands on subject, I would wholeheartedly recommend this course as a way to open up opportunities within the fitness industry.

Emily Hodgson,
Adelaide United
W-League





AQUA FITNESS

With increasing awareness of the benefits of low impact exercise for strength building, fitness and injury recovery, water-based fitness programs are in high demand.

Active Training worked with industry experts to develop a new aqua fitness instructor skill set. Three and a half years in the making in consultation with [AUSactive](#), and [SkillsIQ](#), this course now provides a structured program to ensure instructors have appropriate professional qualifications to meet the increasing demand and ensure the safety of participants in the water.

READ MORE HERE



The new streamlined skill set aims to meet the growth in industry demand for Aqua Exercise Instructors. These professional instructors contribute significantly to our vision of activating everybody, every way, every day.

AUSactive is encouraged by the engagement and proactive work of Active Training to support the aqua exercise sector.

**Chris Alexander,
General Manager at AUSactive**

READ ARTICLE HERE



MORE ABOUT US



Julie Stevens

“My passion for education and sport and fitness aligns perfectly with my role as CEO of Active Training – a registered training organisation delivering vocational training in aquatics, fitness, sport and first aid. Working with people with a thirst for knowledge makes my job enjoyable and rewarding. Our goal is to continue to build Active Training as a high quality, outcome-driven organisation that cares for the people we work with and strives to be the best we can in everything we do.”

active TRAINING



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We acknowledge the Traditional Owners of the Land where we work and teach.
We recognise the importance of Country – not just as a place,
but how it maintains the communities who work and live on this land.