

WASHINGTON 2010 AQUA SEMINAR

ON MARCH 20 & 21, 2010

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited

Hosted by Mary Swanson at Naval Base Kitsap-Aquatics

A Weekend of Specialty Water Exercise Workshops

SATURDAY MARCH 20, & SUNDAY MARCH 21
At NAVAL BASE KITSAP-AQUATICS
120 South Dewey Street BLDG 1017,
Bremerton WA 98311

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Aquatic Facility is on the naval base Kitsap, located in Bremerton, about 70 miles north of Seattle. This will be a great educational opportunity for this area. The pool has 6 lanes, 25 meters in length, with shallow and deep water. The naval base can provide all the amenities needed for the event, and Bremerton has hotels and restaurants. We thank our host Mary Swanson for inviting us to her facility.

THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS

Pauline Ivens has 37 years of knowledge and experience in movement education. She continues to travel nationally and internationally teaching and training water exercise instructors, as well as writing and designing new materials for water exercise education. Pauline has a Masters in Adapted Physical Education, is certified by AEA and ACE, and is a Training Specialist for AEA. She is also a Watsu Practitioner. Pauline is frequently published in AKWA. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education



FITNESS SOUND EXPERTS
Equipment Sponsor

Join Pauline for this weekend packed with education. All levels of instructor are welcome to attend. Certified instructors will receive continuing education credits. All attendees will receive in-depth education and training for advancement of teaching skills, and personal growth in knowledge for safe and effective group exercise classes.

SEE INSIDE FOR THE SPECIALS:

Pauline's weekends always offer you good deals. Two full days of education will provide 12.0 AEA CEC's! AEA Members receive discounts! Early registrants receive discounts! Don't delay – register NOW!

This event organized by Aqua Aerobics Unlimited, www.aquaaerobics.com

AQUA AEROBICS UNLIMITED, 7198 Mountain View Lane, Eureka, CA 95503

PHONE: 866-737-7031, E-mail to Waterpolly@aol.com

THE WORKSHOPS

► Up to 120 AEA Continuing Education Credits available for certified instructors

Each program provides a lecture and pool or studio practicum. Each program provides **AEA Continuing Education Credits**, with a total of **12.0 credits** available for each instructor who attends the whole weekend.

Read all about our workshops on this page, and then make your selections on the **Registration Form**.

THE WORKSHOPS SATURDAY MARCH 20 8:00am-5:00pm

A day focused on choreography. Fusion formats are a very popular trend in the fitness industry, plus we are all looking for new ways to choreograph deep water exercise.

Liquid Fusion Workshop 8:30am-12:15pm 3.0 AEA CECs

Liquid Fusion brings together the movement qualities of power and relaxation. By blending movement motifs the body is conditioned and soothed in complimentary sequences. Indulge in its fluid tranquility, and/or work hard against it! Learn new ways to incorporate power moves and relaxation techniques.

Deep 124 Workshop 1:30pm-5:00pm 3.0 AEA CECs

This advanced deep water workshop uses music tempo to set the challenge. Moving to the beat, moving at half time, and including the move-pause principle, the choreography will deliver many take home combinations for your experienced deep water clients. Latin music adds that energetic driving force to motivate everyone!

THE WORKSHOPS SUNDAY MARCH 21 8:00am-5:00pm

A day focused on specific moves for core training, with the contrast of having fun with circuit training.

Choreography for the Core Workshop 8:30am-12:15pm 3.0 AEA CECs

Core conditioning is one of the most popular areas of training. This workshop will specifically focus on a blend of core stabilization exercises with targeted strengthening exercises. The key will be safe and effective movement in a vertical position, both deep and shallow, with advanced moves requiring good body control.

(this workshop assumes that attendees know basic core anatomy)

K.I.S.S. Keep It Simple Circuits Workshop 1:30pm-5:00pm 3.0 AEA CECs

Discover how to create unique and challenging water workouts by combining the intensity of circuit training with the power of deep or shallow water. Learn the principles of circuit training as they apply to class format and workout design. Varying circuit styles will enhance flexibility, muscular and aerobic endurance. Refresh your existing program by offering station activities in a circuit style, suitable for all ages and abilities.

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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WASHINGTON 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations emailed, faxed or postmarked by
MARCH 3

Name (please print) _____ Phone _____
Home Address _____
City _____ State _____ Zip _____
E-mail Address: _____ (required for confirmations)

CHECK YOUR WEEKEND SELECTIONS: Individual workshops, whole day, or full weekend

<u>CHECK YOUR FEES:</u>	<u>BEFORE MARCH 3</u>	<u>AMOUNT DUE</u>	<u>AFTER MARCH 3</u>
Liquid Fusion (3 credits)	\$59	\$ _____	+ \$20
Deep 124 (3 credits)	\$59	\$ _____	+ \$20
Choreography for the Core (3 credits)	\$59	\$ _____	+ \$20
K.I.S.S. (3 credits)	\$59	\$ _____	+ \$20
	Your Subtotal so far:	\$ _____	
If you are a current AEA Member* you get a 10% discount on your fees		\$ _____	
If you have selected 2 or 3 workshops you receive a discount of \$12		\$ _____	
If you have selected all 4 workshops you receive a discount of \$24		\$ _____	
	Grand Total payment:	\$ _____	

Membership is not the same as Certification. Please attach correct card

This event is approved for CECs with AEA

IMPORTANT – AAU CANCELLATION POLICY:
1. All attendees must be pre-registered. No walk-ins.
2. All cancellations must be in writing to Pauline at Aqua Aerobics Unlimited.
3. Cancellations received before March 3 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after March 3.

For travel, local hotels and driving directions go to www.mapquest.com

PAYMENT METHOD: Check/Money Order or Credit Card (MC/VISA accepted)

MC/VISA Card Number: _____ - _____ - _____ / _____ Exp Date: ____ / ____

Cardholder Signature: _____ (attach billing address if different from above)

Check attached for \$ _____ (payable to AAU) Check Number: _____ **TOTAL FEES:** _____

HOW TO SEND THIS REGISTRATION FORM:

NEW! Register Online at: www.aquaaerobics.com

Scan and Email to: Waterpolly@aol.com

By Mail to: AAU, 7198 Mountain View Lane, Eureka, CA 95503

By Fax: 707-441-9102

For questions prior to registering, call Pauline at 866-737-7031, or E-mail to Waterpolly@aol.com

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL