

TEXAS 2010 AQUA SEMINAR

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited

Hosted by Shirley Woods and Eagle's Trace

A Weekend of Specialty Water Exercise Workshops

**SATURDAY OCTOBER 23, & SUNDAY OCTOBER 24
AT EAGLE'S TRACE
14703 Eagle Vista Drive, Houston, Texas 77077**

A SPECIAL INVITATION TO A SPECIAL LOCATION: Eagle's Trace is a beautiful Senior Independent Living Community located in a suburb of Houston, right off I-10 on Highway 6. Their shallow water pool is kept at a very comfortable 85 degrees – just right for our workshops! Eagle's Trace has a restaurant on site, and all the amenities we need for our event. They are delighted to be hosting this event for the area. This will be a great location for education and training, and we thank Shirley Woods and the staff for inviting us to their facility. We love our hosts!

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

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.



Equipment Sponsor

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

TEXAS 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by OCTOBER 6

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 OCT 6</u>	<u>AMOUNT DUE</u>	<u>AFTER OCT 6</u>
Choreography with Polly (3 credits)	\$59	\$ _____	+ \$20
Targeted Muscle Strengthening (3 credits)	\$59	\$ _____	+ \$20
Vertical Core Conditioning (3 credits)	\$59	\$ _____	+ \$20
Flexibility that Moves You (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 October 6 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after October 6.

For travel, 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**