

MICHIGAN 2010 AQUA SEMINAR

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited

Hosted by Erica Ripley at Evergreen Commons

A Weekend of Specialty Water Exercise Workshops

**SATURDAY NOVEMBER 6, & SUNDAY NOVEMBER 7
AT EVERGREEN COMMONS
480 State Street, Holland, Michigan 49423**

A SPECIAL INVITATION TO A SPECIAL LOCATION: Evergreen Commons is an activities and community center in Holland Michigan, and it is accredited by the National Institute of Senior Centers. They have a leisure and lap pool kept at 85 degrees - just right for our workshops! There are dining establishments and hotels within walking distance of the facility. They are delighted to be hosting this event for the area. This will be a great location for education and training, and we thank Erica Ripley 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.



SEE INSIDE FOR THE SPECIALS:

Pauline's weekends always offer you good deals. One & a half days of education will provide 9.0 AEA CEC's! AEA Members receive discounts! Early registrants receive discounts! Don't delay – register NOW!

This event organized by Aqua Aerobics Unlimited, www.aquaerobics.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 9.0 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 **9.0 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 NOVEMBER 6 8:15am-5:00pm

A day focused on specific moves for core strengthening, upper body strengthening, and lower body strengthening. Information is applicable for shallow and deep water instructors.

Choreography For the Core 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 suspended and shallow, with advanced moves requiring good body control.

(this workshop assumes that attendees know basic core anatomy)

Targeted Muscle Strengthening 1:30pm-5:00pm 3.0 AEA CECs

The popularity of buoyant and drag equipment requires instructors to have an in-depth knowledge of the effects of overload on the body. This workshop is a very specific focus on the use of drag and buoyant equipment for body strengthening. Understand how to strengthen major muscles of the body. Special focus: learn the do's and don'ts of shoulder girdle overload, with specific guidelines to avoid injury to the upper body. Understand the importance of anatomical integrity, and equipment design in achieving strength gains.

THE WORKSHOP SUNDAY NOVEMBER 7 8:15am-12:30pm

An energetic morning workshop offering a fusion format of power & relaxation. Detailed choreography so you can take home all the moves.

Liquid Fusion 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 in cooler water. Fusion formats are a hot trend right now!



Host



Equipment Sponsor



Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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MICHIGAN 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by **OCTOBER 20**

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 20</u>	<u>AMOUNT DUE</u>	<u>AFTER OCT 20</u>
SAT Choreography for the Core (3 credits)	\$59	\$ _____	+ \$20
SAT Targeted Muscle Strengthening (3 credits)	\$59	\$ _____	+ \$20
SUN Liquid Fusion (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		\$ _____	

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

*Discount for AEA Members is not valid without attached proof of current AEA Membership – **NO EXCEPTIONS**

Grand Total payment: \$ _____

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 20 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after October 20.

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: _____ (add billing address if different from above)

Billing Address: _____

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