

NEW JERSEY 2009 AQUA SEMINAR

OCTOBER 3 & 4

IN VOORHEES, NEW JERSEY

**TAKE YOUR AEA CERTIFICATION ON FRIDAY
OCTOBER 2, AND THEN STAY FOR TWO FULL
DAYS OF CONTINUING EDUCATION WORKSHOPS
WITH PAULINE IVENS!**



Pauline Ivens MS has 36 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. Pauline is frequently published in the AKWA magazine. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.

SEE INSIDE FOR THE WORKSHOP 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!

These workshops are 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

NEW JERSEY SPECIALTY AQUA SEMINAR 2009

**At William G. Rohrer Center for HealthFitness
2309 EVESHAM ROAD, VOORHEES, NJ, 08043
ON OCTOBER 2, 3, 4, 2009**

**Organized by Pauline Ivens MS,
AEA Training Specialist, Owner Aqua Aerobics Unlimited
Hosted by Heather Weiler at William G. Rohrer Center for HealthFitness**

A Weekend of Specialty Water Exercise Workshops, with AEA Aquatic Fitness Professional Certification

COME AND JOIN US IN VOORHEES FOR THIS WEEKEND!

Join Pauline for a 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 water exercise classes.



FITNESS SOUND EXPERTS
Equipment Sponsor

A SPECIAL INVITATION TO A SPECIAL LOCATION:

The William G. Rohrer Center for HealthFitness has all the amenities needed to facilitate this educational weekend, including an 85-87 degree group exercise pool. The William G. Rohrer Center for HealthFitness is located in Voorhees, NJ just 20 minutes outside Center City Philadelphia and 30 minutes from Philadelphia International Airport. There are several hotels and restaurants within walking distance of the facility. We thank Heather Weiler and the staff for hosting this educational opportunity in this area.

FRIDAY OCTOBER 2

**AEA Aquatic Fitness Professional Practical & Skill Applications Review
+ Certification Exam. It is time to get certified!**

**AEA recommends 8-12 weeks of advance study for this exam
Or take the Review for 7.0 AEA CECs if you are already certified
SEE SEPARATE AEA REGISTRATION FORM FOR THIS DAY
CANDIDATES MUST REGISTER EARLY FOR CERTIFICATION**

SATURDAY & SUNDAY OCTOBER 3 & 4

**A selection of specialty workshops taught by Pauline Ivens. Cardiovascular & strength training, drag power moves, choreography, & mind/body formats.
All workshops include detailed notes and music recommendations.**

Up to 12.0 AEA CEC's available

SEE WORKSHOPS REGISTRATION FORM

SPECIAL FEATURES & DISCOUNTS

**Discounts on workshop fees for AEA Members!
Discounted fees for attendees who register EARLY!
ONLINE REGISTRATION NOW AVAILABLE**

THE SAT/SUN WORKSHOPS

► Up to 12.0 AEA Continuing Education Credits available for certified instructors

Each workshop 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.

ACE and AFAA credits can be earned by Petition.

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

THE WORKSHOPS

SATURDAY OCTOBER 3 8:00am-5:00pm

T is for Triceps

Workshop

8:30am-12:15pm

3.0 AEA CEC's

Toning and strengthening the back of the upper arms is very popular, so this "How To" workshop will teach you all the moves to target the triceps. Understand how to challenge this muscle in water without using equipment. Then learn the important differences in muscle activation when drag and buoyant equipment are added.

Drag Power

Workshop

1:30pm-5:00pm

3.0 AEA CEC's

Drag opposes every move we do in the pool, so a full understanding of this principle gives instructors greater options for higher intensity exercises. Adding hand-held drag equipment and using power moves will enhance the full body workout and improve results for those seeking further fitness benefits. Learn it all in this high intensity workshop, where we will be using some of the hardest drag equipment available in our industry! Be ready to work your muscles hard!

THE WORKSHOPS

SUNDAY OCTOBER 4 8:00am-5:00pm

Healthy Back

Workshop

8:30am-12:15pm

3.0 AEA CEC's

The aquatic exercise specialist needs to be able to guide clients with back issues through a safe and effective water program. This workshop will provide clear guidelines for the use of the properties of water to reduce the effects of gravity on the spine, strengthen abdominal muscles and back musculature. The emphasis will be on postural awareness, dynamic stabilization, and kinesthetic cuing. The content is applicable for all ages, but is particularly valuable if you teach older adults.

Flow Factor

Workshop

1:30pm-5:00pm

3.0 AEA CEC's

Alternative class formats are becoming more and more popular, but are often associated with slower movement styles. This workshop will specifically offer a way to move mindfully in cooler water, and still include elements of Tai Chi, Yoga, Pilates, Graham Technique, and flowing aquatic energy principles. Learn 10 movement phrases that use higher energy, strength and power, and still incorporate creative movement elements, self-expression, and enhanced body awareness.

SPECIAL REGISTRATION NOTES

If you receive the mailed version of the weekend brochure, please note that there are separate Registration Forms for the AEA Certification on Friday and the AAU Workshops on Saturday and Sunday. Please make sure you complete the correct forms. If you copy the forms for fellow instructors, please make sure to copy both sides of the brochure pages!

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

These workshops organized by Aqua Aerobics Unlimited, www.aquaerobics.com

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

NEW JERSEY SPECIALTY AQUA SEMINAR 2009 WORKSHOPS REGISTRATION FORM

Earlybird Pricing applies to all Registrations emailed, faxed or postmarked by **SEPTEMBER 16**

Name (please print) _____ Phone _____

Home Address _____

City _____ State _____ Zip _____

E-mail Address: _____ (required for confirmations)

ATTENTION!

To register for the AEA Professional Certification, use the AEA Registration Form, NOT this form

USE THIS FORM TO REGISTER FOR SAT/SUN WORKSHOPS

CHECK YOUR FEES:

- T is for Triceps (3 credits)
- Drag Power (3 credits)
- Healthy Back (3 credits)
- Flow Factor (3 credits)

BEFORE SEPT 16

- \$59**
- \$59**
- \$59**
- \$59**

AMOUNT DUE

- \$ _____
- \$ _____
- \$ _____
- \$ _____

AFTER SEPT 16

- + \$20
- + \$20
- + \$20
- + \$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

\$ _____

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

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 September 16 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after September 16.

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:** _____

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

HOW TO SEND THIS REGISTRATION FORM:

NEW! Register Online at: www.aquaaerobics.com

Or Scan and Email to: Waterpolly@aol.com

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL

By Mail to: AAU, 7198 Mountain View Lane, Eureka, CA 95503
By Fax: 707-441-9102