

NEW MEXICO 2012 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by Joe Harris at the Los Alamos Aquatic Center

A Weekend of Specialty Water Exercise Workshops

SATURDAY MARCH 17 & SUNDAY MARCH 18
At LOS ALAMOS AQUATIC CENTER
2670 CANYON RD, LOS ALAMOS, NM 87544

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Los Alamos Aquatic Center is ideally located for an educational training. Their two beautiful pools offer warm water, and a 50 meter main pool! We can provide a variety of training in ideal conditions. Los Alamos is a small town, so the hotels, coffe shops and restaurants are all nearby. This will be a great opportunity for instructors to receive optimal education, and we are grateful to Joe Harris and his



THE PRESENTER FOR THIS SPECIAL WEEKEND:
Pauline Ivens, MS



Pauline Ivens has 39 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 licensed Nia Teacher. Pauline is frequently published in AKWA and OnSite Fitness. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.

Pauline returns to New Mexico 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.



FITNESS SOUND EXPERTS
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@gmail.com

THE WORKSHOPS

► Up to 12.0 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 **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 17

8:00am-5:00pm

A full day of choreography! Start the day with some new advanced deep water choreography. Then learn shallow and deep/suspended exercises for the core.

Deep 124

8:30am-12:15pm

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!

Choreography For the Core

1:30pm-5:00pm

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)*

THE WORKSHOPS

SUNDAY MARCH 18

8:15am-5:00pm

A day focused on unique choreography ideas. Go deep with your webbed gloves and see how much fun you can have! Then try the new fusion formatting that blends movement styles.

Webs Go Latin

8:30am-12:15pm

3.0 AEA CECs

It is unbelievable how many moves you can do with webbed gloves! But even webbing needs some careful choreography to ensure balanced conditioning of the upper body muscle groups. The many styles of webbed gloves further challenge the instructor to carefully design the exercises. This workshop will focus on the principles of resistance training in relation to using webbed gloves, and maintaining anatomical integrity around the shoulder girdle. Deep water and Latin music will set you up for a fun experience.

Liquid Fusion

1:30pm-5:00pm

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!



Organizer



Equipment Sponsor



Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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

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

NEW MEXICO 2012 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by FEBRUARY 29

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 FEB 29</u>	<u>AMOUNT DUE</u>	<u>AFTER FEB 29</u>
SAT Deep 124 (3 credits)	\$59	\$ _____	+ \$20
SAT Choreography for the Core (3 credits)	\$59	\$ _____	+ \$20
SUN Webs Go Latin (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		\$ _____	
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

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

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 February 29 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after February 29.

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)

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@gmail.com

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

By Fax: 707-441-9102 please verify that fax arrives

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

**ALL REGISTRANTS RECEIVE
WRITTEN CONFIRMATIONS
VIA EMAIL**