

OREGON 2010 AQUA SEMINAR

On Saturday March 6 & Sunday March 7

Organized by Pauline Ivens and Aqua Aerobics Unlimited

Hosted by Multnomah Athletic Club

A Weekend of Specialty Water Exercise Workshops

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Multnomah Athletic Club is located in downtown Portland, and is a really spectacular facility. The eight-level clubhouse occupies two blocks and overlooks the 19,000 seat PGE Park. They have three pools offering shallow and deep water. With the city's MAX lightrail system stopping right outside the club, attendees will have easy access from all directions. This will be a great location for education and training, and we thank Reid Macdonald and the staff at the MAC for inviting us to their facility. We love our hosts!

THE PRESENTERS FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS & Laurie Denomme, BS

PAULINE IVENS

Pauline Ivens MS has 37 years of knowledge and experience in movement education. She travels internationally teaching and training water exercise instructors, as well as writing and designing new materials for water exercise education. Pauline is certified by AEA and ACE, and is a Training Specialist for AEA. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.

LAURIE DENOMME

Laurie Denomme, B. Kinesiology, is the Assistant Director of Operations for The Aquatic Exercise Association and a certified fitness instructor & personal trainer. She is the Director of Program Development for Aquatic Options Education and co-author of a book on special populations & post-rehab aquatic fitness. Laurie travels internationally to share her unique and personally developed aquatic training methods.



FITNESS SOUND EXPERTS
Equipment Sponsor

Join Pauline & Laurie 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 DETAILS & SPECIALS:

These weekends always offer you good deals. Two full days of education will provide up to 14.0 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 14.0 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 **14.0 credits** available for each instructor who attends the whole weekend.

SATURDAY 7:30am-4:30pm ALL DAY COURSE Laurie Denomme 8 CREDITS

A

Aquatic Options: Special Populations & Post Rehab Fitness Training

This professional certificate course will demonstrate how to create progressive exercises and design programs for de-conditioned individuals and those with post-rehab or medical conditions. Integrate simple modifications that provide options for participants with arthritis, diabetes, hypertension, low back pain, obesity and shoulder, knee and hip orthopedic considerations. CECs: AEA 8.0, ACE 0.8, AFAA 6.75, ATRI 8.0

Attendance at this 8-hour In-depth training includes:

- 2-hours of hands on learning in the pool
- An interactive lecture using case study applications
- Aquatic After Care Training Manual, 3rd Ed
- Body Basics Instructional Toolkit

"This course has been receiving rave reviews, and I am delighted to bring it to the Northwest **again**. It sold out very quickly last year, so don't miss it this time."

Pauline

SATURDAY 9am-12:30pm DEEP WORKSHOP Pauline Ivens 3 CREDITS

B

Deep 124

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!

SATURDAY 1:30pm-5:00pm SHALLOW/DEEP WORKSHOP Pauline Ivens 3 CREDITS

C

Choreography for the Core

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)

SUNDAY 8:30am-12:30pm SHALLOW/DEEP WORKSHOP Pauline Ivens 3 CREDITS

D

Proprioception & Function

Creating a connection between mind, body, spirit and emotion makes body awareness the next frontier of movement education. Water locates us sensorily, and makes the perfect environment for proprioceptive training. Learn awareness exercises and simple techniques to enhance the quest for efficient everyday movements. This workshop provides moves for all age groups and abilities, especially older adults. Proprioceptive training applies to all of us!

SUNDAY 8:30am-12:30pm SHALLOW WORKSHOP Laurie Denomme 3 CREDITS

E

Cardio Flex

Zero impact cardio combos are paired with aquatic specific stretches to create an interval-circuit blend. This training concept uses buoyancy activated core stabilization to enhance the cardio and stretch benefits. Experience the potential power of grounded and elevated movements through this cardio-flex duo.

SUNDAY 1:30pm-5:30pm SHALLOW/DEEP WORKSHOP Pauline Ivens 3 CREDITS

F

Power Moves 2: Deep & Shallow

'Power Moves' are a popular intensity variable to offer to the intermediate or advanced level exerciser, and this session will investigate the true components of power moves and their viability in water. Interval training, anaerobic HR response, rebounding, deep power, and eccentric/concentric muscle work, will all be included.

SUNDAY 1:30pm-5:30pm SHALLOW WORKSHOP Laurie Denomme 3 CREDITS

G

Stretch Fusion IV: ENDURANCE + CORE INTEGRATION

Incorporate your body and avoid joint and muscle pain by moving your arms, legs, and trunk in all potential angles of motion. This low impact training format is specifically designed to enhance core stabilization, muscular endurance and flexibility. Use of drag equipment will intensify resistance to attract all fitness levels.

OREGON 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by FEBRUARY 17

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

CHECK YOUR FEES:	BEFORE FEB 17	AMOUNT DUE	AFTER FEB 17
AQUATIC OPTIONS all day Saturday (A)	\$185 \$149 AEA Member	\$ _____	+ \$40

YOUR WORKSHOP SELECTIONS: SAT AM **B** SAT PM **C** + \$20 on each
(circle clearly) SUN AM **D OR E** SUN PM **F OR G**

If you have selected 1 workshop from **B-G** your fee is \$59 \$ _____
If you have selected 2 or 3 workshops **B-G** your fee is \$106 (\$12 discount) \$ _____
If you have selected 4 workshops **B-G** your fee is \$212 (\$24 discount) \$ _____
If you are a current AEA Member* you get a 10% discount on your fees \$ _____

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: \$ _____

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 17 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after February 17.

For travel and driving directions, and local hotels, 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.aquaerobics.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