

TENNESSEE 2010 AQUA SEMINAR

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited

Hosted by Dana Henegar at Mercy Health & Fitness Center

A Weekend of Specialty Water Exercise Workshops

**SATURDAY OCTOBER 9, & SUNDAY OCTOBER 10
AT MERCY HEALTH & FITNESS CENTER
7540 Dannaher Way, Powell, Tennessee 37849**

A SPECIAL INVITATION TO A SPECIAL LOCATION: Mercy Health & Fitness Center is a 30-40 minute drive from the Great Smoky Mountains National Park and Gatlinburg. They have two pools: a large lap pool and a beautiful warm therapy pool – just the right mix for our workshops! There are multiple dining establishments and hotels in 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 Dana Henegar 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.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 120 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 OCTOBER 9 8:15am-5:00pm

A day focused on high intensity cardiovascular exercise, and core conditioning techniques. Lots of new moves for the deep, and then details, details, details 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!

Vertical Core Conditioning 1:30pm-5:00pm 3.0 AEA CECs

Staying vertical to do core strengthening is functional, normal, comfortable, and truly successful! Crunches make you strong at crunches, but vertical core conditioning makes you strong for every day activities. Learn how to provide the vertical core challenge in water by focusing on core stabilization techniques. We will not be going supine!

THE WORKSHOPS SUNDAY OCTOBER 10 8:15am-5:00pm

A day focused on choreography. Lots of shallow moves, plus a beautiful mind/body workshop that will show you how to offer choreography in a slightly different way.

Choreography with Polly 8:30am-12:15pm 3.0 AEA CECs

From simple to advanced, this workshop will provide 40 shallow water combinations, choreographed and ready to use in your classes! Learn how to choreograph, and structure your moves to provide logical, safe, effective exercises for all levels of participant. Transitions and cueing will also be covered in detail. Take home all the moves!

Flow Factor 1:30pm-5:00pm 3.0 AEA CECs

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.

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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TENNESSEE 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by SEPTEMBER 22

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 SEPT 22</u>	<u>AMOUNT DUE</u>	<u>AFTER SEPT 22</u>
Deep 124 (3 credits)	\$59	\$ _____	+ \$20
Vertical Core Conditioning (3 credits)	\$59	\$ _____	+ \$20
Choreography with Polly (3 credits)	\$59	\$ _____	+ \$20
Flow Factor (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		\$ _____	
*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 22 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after September 22.

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.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**