

NORTH CAROLINA 2012 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by Ann Copley at Granite Falls Swim & Athletic Club

A Weekend of Specialty Water Exercise Workshops

SATURDAY MARCH 31, & SUNDAY APRIL 1
At GRANITE FALLS SWIM & ATHLETIC CLUB
800 Granite Falls Blvd, Rolesville NC 27571

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Granite Hills Swim & Athletic Club is a beautiful new facility, and will make a great location for an educational weekend. They have a fabulous fitness pool, 25 yards 8 lanes, and kept at 84 degrees. The facility is ideally located, close to UNC-Chapel Hill, Duke University and North Carolina State University. Thanks go to Ann Copley and her staff for inviting us to this facility and hosting this weekend event. We love our hosts!



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

Pauline returns to North Carolina 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. 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@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 31

8:15am-5:00pm

Start the day with a detailed look at moves that are contraindicated for the spine & core. Then plunge into high intensity shallow water interval training, including jump training!

Do No Harm – Spine & Core

8:30am-12:15pm

3.0 AEA CECs

"Why is this move being used? What is the purpose of this move? Is there a way to perform it safely? Is there an equally effective alternative?" Contraindicated moves for the spine & core will be discussed, with clear guidelines for instructors' immediate application. There is a special focus on joints, and individual assessment of high risk areas. Exercise recommendations will be provided.

Power Moves Bootcamp

1:30pm-5:00pm

3.0 AEA CECs

'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, and eccentric/concentric muscle work, will all be included. The lecture will also discuss and clarify 'plyometrics', and differentiate between true plyometrics and the plyometric derivative, the power move. In the pool we will work very hard, and include jump training!

THE WORKSHOPS

SUNDAY APRIL 1

8:15am-5:00pm

A day focused on specific moves for body strengthening with foam equipment, followed by shallow and deep/suspended exercises for the core.

Being Effective with Buoyant Equipment

8:30am-12:15pm

3.0 AEA CECs

It's made of foam, and we want to use it in the pool! The popularity of buoyant equipment requires instructors to know the effects of foam on the moving body. Submerging foam changes muscle involvement, stabilization and strengthening outcomes. This workshop will explain it all!

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)*



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

NORTH CAROLINA 2012 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by MARCH 14

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 MARCH 14</u>	<u>AMOUNT DUE</u>	<u>AFTER MARCH 14</u>
SAT Do No Harm (3 credits)	\$59	\$ _____	+ \$20
SAT Power Moves (3 credits)	\$59	\$ _____	+ \$20
SUN Effective with Buoyant Equipment (3 credits)	\$59	\$ _____	+ \$20
SUN Choreography for the Core (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 March 14 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after March 14.

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**