

NORTHWEST 2010 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by Kim Lehmann and Waterford Health & Fitness Club

A Weekend of Specialty Aquatic Therapy Workshops

**SATURDAY SEPT 11, & SUNDAY SEPT 12
AT WATERFORD HEALTH & FITNESS CLUB
2927 SE Village Loop, Vancouver, Washington 98683**

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Waterford Health & Fitness Club is located in Vancouver, very close to the Columbia River. They have a beautiful pool offering shallow and deep water, and for these workshops the pool temperature will be 92 degrees. Everything is on site: classroom, café, parking, and even towels! This will be a great location for education and training, and we thank Kim Lehmann and the staff at the Waterford for inviting us to their facility. We love our hosts!

THE PRESENTER FOR THIS SPECIAL WEEKEND: Julia M. Fettig, CTRS, CMT, ATRIC



Julia is the founder/owner of Therapeutic Aquatics Inc., and has 21 years of aquatic therapy program design in community and clinical settings. She presents "Aquatic Therapy Techniques & Applications" workshops around the United States. She is the author and publisher of The Bad Ragaz Ring Method Visual Instructional Manual and Video. Julia is a presenter for the Aquatic Therapy Rehab Institute, Inc and Motivations Inc, a continuing education company. She is the recipient of the ATRI 2002 Tsunami Spirit Award for her innovation, creativity and implementation of new ideas. Both national and international audiences have received her workshops enthusiastically.

Join us for this weekend packed with advanced education. Aquatic practitioners, aquatic therapists, and personal trainers are welcome to attend. Certified aquatic professionals will receive continuing education credits. Therapists will receive documentation for CEU applications. All attendees will receive in-depth education and training for advancement of teaching skills.



SEE INSIDE FOR THE SPECIALS:

Pauline's weekends always offer you good deals. Two full days of education will provide 14.0 AEA CECs! 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

AQUATIC THERAPY WORKSHOPS

► Up to 14.0 AEA Continuing Education Credits available for certified instructors

It is a great honor to bring Julia M. Fettig to the Northwest. This program is two full days of education and training. You can take a single day, or sign up for the whole course. Each day involves lecture sessions and pool labs. The information being presented provides an outstanding opportunity to enhance your understanding of the significance and specifics of Aquatic Therapy.

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

Orthopedic and Neurologic Aquatic Therapy

This two day workshop will focus on orthopedic and neurologic aquatic therapy for outpatient populations. This is an advanced workshop intended for allied health care professionals who have a working knowledge of hydrodynamics and aquatic exercise.

DAY ONE

SATURDAY SEPTEMBER 11

7:30am-5:00pm

Orthopedic Aquatic Therapy: The aquatic practitioner will learn aquatic therapy techniques to implement for select post surgical interventions and chronic conditions. Aquatic Therapy treatment protocols for Orthopedic and Arthritic conditions will be discussed. The pool labs will focus on joint and postural stabilization, strengthening, when and how to increase ROM with aquatic mobilizations and exercise, and PNF in the pool. 7 CONTACT HOURS 7 CREDITS

- Learn how to use aquatic techniques at appropriate depths, resistance, and cuing for prescribed rehabilitation
- Introduction to Halliwick Method and Bad Ragaz Ring Method
- Identify precautions and contraindications for orthopedic aquatic therapy
- Learn how to provide functional progressive aquatic exercises from acute aquatic therapy to outpatient to community aquatic programs

DAY TWO

SUNDAY SEPTEMBER 12

7:30am-5:00pm

Neurologic Aquatic Therapy: The aquatic practitioner will learn and implement aquatic techniques for neurological patients with mobility, balance and pain disorders. The pool labs will concentrate on techniques for balance, gait, coordination, ROM, sensory processing, neuromuscular re-education, and pain management. 7 CONTACT HOURS 7 CREDITS

- Understand precautions and contraindications for aquatic therapy and exercise programs for neurological conditions
- Learn and practice aquatic postural assessment skills
- Learn how to make aquatic activity accommodations for individuals with spasticity
- Practice aquatic techniques and hands on cuing for balance and gait restoration

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@aol.com

NORTHWEST 2010 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by AUGUST 25

Name (please print) _____ Phone _____
 Home Address _____
 City _____ State _____ Zip _____
 E-mail Address: _____ (required for confirmations)

CHECK YOUR WEEKEND SELECTIONS: Whole day, or full weekend

<u>CHECK YOUR FEES:</u>	<u>BEFORE AUG 25</u>	<u>AMOUNT DUE</u>	<u>AFTER AUG 25</u>
SAT Orthopedic Aquatic Therapy (7 credits)	\$170	\$ _____	\$200
SUN Neurologic Aquatic Therapy (7 credits)	\$170	\$ _____	\$200
Your Subtotal so far:		\$ _____	

If you are a current AEA Member* you get a 10% discount on your fees \$ _____
 If you have selected both days you receive a discount of \$12 \$ _____

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

Membership is not the same as Certification. Please attach correct card

Grand Total payment: \$ _____

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 August 25 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after August 25.

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: _____ (include billing address if different from above)
 Billing Address: _____

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@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