

OREGON SPECIALTY AQUA SEMINAR 2008

This training is being held at The Athletic Club of Bend,
61615 Athletic Club Drive, Bend, Oregon 97702
ON SEPTEMBER 27 & 28, 2008

Organized by Pauline Ivens MS,
AEA Training Specialist, Owner Aqua Aerobics Unlimited
Hosted by Karen Creasey at The Athletic Club of Bend

A Weekend of Specialty Water Exercise Workshops, with AEA Aquatic Fitness Professional Certification

Join Pauline for a 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 water exercise classes.



A SPECIAL INVITATION TO A SPECIAL LOCATION:

September is an ideal month for a trip to Bend! The Athletic Club of Bend has all the amenities needed to facilitate this educational weekend, including two indoor pools and an outdoor pool. This will be a great location and environment for instructors to receive optimal education. Bend is a true Northwest destination for outdoor activities. Bring the whole family for a late summer weekend! We thank Karen and the staff for hosting this educational opportunity in this area.

FRIDAY SEPTEMBER 26

AEA Aquatic Fitness Professional Practical & Skill Applications Review
+ Certification Exam. It is time to get certified!

THIS IS A CLOSED CERTIFICATION. THIS MEANS "BY INVITATION ONLY." IF YOU WANT TO BE A CANDIDATE FOR THIS CERTIFICATION YOU MUST EMAIL KAREN CREASEY AT kcreasey@bendbroadband.com FOR SPECIAL INSTRUCTIONS.

SATURDAY SEPTEMBER 27 & SUNDAY SEPTEMBER 28

A selection of specialty workshops taught by Pauline Ivens all day Saturday and Sunday morning. Cardiovascular training, interval training, core and upper body strengthening, deep & shallow applications.

All workshops include detailed notes and music recommendations.

Up to 9.0 AEA CEC's available

SEE WORKSHOPS REGISTRATION FORM

Discounts on workshop fees for AEA Members
Discounted fees for attendees who register EARLY!

These workshops are organized by Aqua Aerobics
Unlimited, www.aquaaerobics.com

AQUA AEROBICS UNLIMITED, 2124 NE 78th Avenue, Portland, OR 97213
PHONE: 866-737-7031, E-mail to Waterpolly@aol.com



Equipment Sponsor

THE SAT/SUN WORKSHOPS

► Up to 9.0 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 **9.0 credits** available for each instructor who attends the whole weekend.

ACE and AFAA credits can be earned by Petition.

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

Pauline Ivens MS has 35 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. Pauline is frequently published in the AKWA magazine. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.

THE WORKSHOPS SATURDAY SEPTEMBER 27 8:00am-5:00pm

Focus on cardiovascular training and core strength

Going For High Intensity in Deep Workshop 8:30am-12:15pm 3.0 AEA CEC's

An advanced deep water exercise experience requires extensive knowledge about exercise refinement and application of power. Learn how to design choreography for sustained physical conditioning and optimal results. High intensity is much more than going faster. Learn how to facilitate advanced levels of challenge for the fittest participant.

(BRING A HEART RATE MONITOR FOR THIS WORKSHOP, OR ORDER ONE.....SEE REGISTRATION FORM)

Vertical Core Conditioning Workshop 1:30pm-5:00pm 3.0 AEA CEC's

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. We will not be going supine!

BUY A WATERPROOF HEART RATE MONITOR WITH THIS WEEKEND

The waterproof heart rate monitor is the ideal tool for cardiovascular training in water! You can buy a POLAR Waterproof Heart Rate Monitor for only **\$40!** A \$60 value! See **Registration Form**.

THE WORKSHOP SUNDAY MORNING SEPTEMBER 28 8:15am-12:30pm

Focus on muscle strengthening & buoyant equipment

Being Effective with Buoyant Equipment Workshop 8:30am-12:15pm 3.0 AEA CEC's

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!

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

These workshops organized by Aqua Aerobics Unlimited, www.aquaerobics.com

AQUA AEROBICS UNLIMITED, 2124 NE 78th Avenue, Portland, Oregon 97213

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

OREGON SPECIALTY AQUA SEMINAR 2008 WORKSHOPS REGISTRATION FORM

Earlybird Pricing applies to all Registrations emailed, faxed or
postmarked by **SEPTEMBER 12**

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

USE THIS FORM TO REGISTER FOR SAT/SUN WORKSHOPS

<u>CHECK YOUR FEES:</u>	<u>BEFORE SEPT 12</u>	<u>AEA MEMBER*</u>	<u>AMOUNT DUE</u>	<u>AFTER Sept 12</u>
BEST VALUE All 3 workshops (9 credits)	\$140	\$120*	\$ _____	+ \$40
SPECIAL DISCOUNT for all day Saturday	\$110	\$94*	\$ _____	+ \$30
Sat AM Going for High Intensity (3 credits)	\$59	\$49*	\$ _____	+ \$20
Sat PM Vertical Core (3 credits)	\$59	\$49*	\$ _____	+ \$20
Sun AM Being Effective (3 credits)	\$59	\$49*	\$ _____	+ \$20
POLAR Heart Rate Monitor	\$40 (must be pre-ordered)		\$ _____	

*Discount for AEA Members is not valid without **attached** proof of current AEA Membership – **NO EXCEPTIONS**
 Membership is separate from Certification. **DO NOT** send your Certification card.

IMPORTANT – PAULINE’S 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 12 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after September 12.

This event is approved for continuing
education credits with AEA

For travel, local 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:** _____

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**

HOW TO SEND THIS REGISTRATION FORM:

Scan and Email to: Waterpolly@aol.com

By Mail to: AQUA AEROBICS UNLIMITED,
2124 NE 78th Avenue, Portland, Oregon 97213

By Fax: 503-256-0570