

NEW MEXICO 2008 AQUA SEMINAR

ON NOVEMBER 15 & 16, 2008

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited
Hosted by Lianne Sanchez at Larry R. Walkup Aquatic Center

A Weekend of Specialty Water Exercise Workshops

**SATURDAY NOV 15, and SUNDAY NOV 16
AT LARRY R. WALKUP AQUATIC CENTER,
2670 CANYON RD, LOS ALAMOS, NM 87544**

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Larry R. Walkup Aquatic Center is ideally located for an educational training. Their two pools offer warm water, and a 50 meter main pool! We can provide a variety of training in ideal conditions. This will be a great opportunity for instructors to receive optimal education, and we are grateful to Lianne Sanchez and her staff for hosting this weekend in New Mexico.



Equipment Sponsor

THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS

Pauline Ivens has 36 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



FITNESS SOUND EXPERTS
Equipment Sponsor

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.

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, 2124 NE 78th Avenue, Portland, OR 97213

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 NOVEMBER 15** **8:15am-5:00pm**

The Deeper the Better **Workshop** **9:00am-12:15pm** **3.0 AEA CECs**

"Ya gotta keep movin", so deep water is ideal for cardiovascular training. Learn the principles and parameters for successful deep water aerobics, with tools for higher intensity intervals, power moves, and distance running. Specific training with heart rate monitors will be included. Suitable for all age-groups, especially exercising baby-boomers who want to maintain their cardiovascular fitness. (BRING A HEART RATE MONITOR FOR THIS WORKSHOP, OR ORDER ONE.....SEE REGISTRATION FORM)

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**.

Drag Power **Workshop** **1:30pm-5:00pm** **3.0 AEA CEC's**

Drag opposes every move we do in the pool, so a full understanding of this principle gives instructors greater options for higher intensity exercises. Adding hand-held drag equipment and using power moves will enhance the full body workout and improve results for those seeking further fitness benefits. Learn it all in this high intensity workshop, where we will be using some of the hardest drag equipment available in our industry! Be ready to work your muscles hard!

BONUS – FREE copies of the Choreography with Polly DVD!

Be one of the first ten people to register for the whole weekend and receive a copy of Pauline's popular Choreography with Polly DVD.....40 shallow water combinations to use in your classes immediately!

THE WORKSHOPS **SUNDAY NOVEMBER 16** **8:15am-5:00pm**

Vertical Core Conditioning **Workshop** **8:45am-1:00pm** **4.0 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. We will not be going supine! Safety issues for the spine and core will be included.

Choreography with Polly **Workshop** **2:00pm-4:15pm** **2.0 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!

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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

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

NEW MEXICO 2008 AQUA SEMINAR REGISTRATION FORM

Earlybird Pricing applies to all Registrations emailed, faxed or postmarked by
OCTOBER 29

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 OCT 29</u>	<u>AEA MEMBER*</u>	<u>AMOUNT DUE</u>	<u>AFTER OCT 29</u>
BEST VALUE Two Full days (12 credits)	\$198	\$180*	\$ _____	+ \$40
SPECIAL DISCOUNT for all day Saturday	\$110	\$94*	\$ _____	+ \$30
SPECIAL DISCOUNT for all day Sunday	\$110	\$94*	\$ _____	+ \$30
Deeper the Better (3 credits)	\$59	\$49*	\$ _____	+ \$20
Drag Power (3 credits)	\$59	\$49*	\$ _____	+ \$20
Vertical Core (4 credits)	\$79	\$69*	\$ _____	+ \$20
Choreography with Polly (2 credits)	\$39	\$29*	\$ _____	+ \$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

AQUA AEROBICS UNLIMITED is an approved CEC Provider for the Aquatic Exercise Association

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 October 29 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after October 29.

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