

# OKLAHOMA 2008 AQUA SEMINAR

ON OCTOBER 25 & 26, 2008

Organized by Pauline Ivens MS and Aqua Aerobics Unlimited

Hosted by Brooke Rusher at St John Siegfried Health Club

## A Weekend of Specialty Water Exercise Workshops

**SATURDAY OCT 25, and SUNDAY OCT 26**  
**AT St John Siegfried Health Club**  
**1819 East 19<sup>th</sup> Street, Tulsa, Oklahoma 74104**

**A SPECIAL INVITATION TO A SPECIAL LOCATION:** The St John Siegfried Health Club is part of St John Hospital, and makes a great location for an educational weekend. They have a fitness pool and a therapy pool. The facility is ideally located for access from all directions, plus Utica Square across the street provides many shops and restaurants. Thanks to Brooke Rusher and her staff for inviting us to this facility and hosting this weekend event.



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.aquaaerobics.com](http://www.aquaaerobics.com)

AQUA AEROBICS UNLIMITED, 2124 NE 78<sup>th</sup> Avenue, Portland, OR 97213

PHONE: 866-737-7031, E-mail to [Waterpolly@aol.com](mailto: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 25**      **8:15am-5:00pm**

### I Want Results      **Workshop**      **9:00am-12:15pm**      **3.0 AEA CECs**

The benefits of cardiovascular training make it the #1 fitness component for most individuals. 99% of instructors include aerobic exercise in their class design, but how do you know if it is actually happening! Learn all the principles, parameters, and methods for successful deep water cardiovascular training, plus a practicum where the actual exercises will be tested for aerobic stimulus. Take home clearly defined guidelines to ensure your clients get results! (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 OCTOBER 26**      **8:15am-5:00pm**

### Choreography with Polly      **Workshop 9:00-11:30pm**      **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!

### Vertical Core Conditioning      **Workshop 12:30pm-5:00pm**      **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.

## **DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!**

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# OKLAHOMA 2008 AQUA SEMINAR REGISTRATION FORM

**Earlybird Pricing applies to all Registrations emailed, faxed or postmarked by  
OCTOBER 8**

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 8</u>	<u>AEA MEMBER*</u>	<u>AMOUNT DUE</u>	<u>AFTER OCT 8</u>
<b>BEST VALUE Two Full days (12 credits)</b>	<b>\$198</b>	<b>\$180*</b>	\$ _____	+ \$40
<b>SPECIAL DISCOUNT for all day Saturday</b>	<b>\$110</b>	<b>\$94*</b>	\$ _____	+ \$30
<b>SPECIAL DISCOUNT for all day Sunday</b>	<b>\$110</b>	<b>\$94*</b>	\$ _____	+ \$30
I Want Results (3 credits)	<b>\$59</b>	<b>\$49*</b>	\$ _____	+ \$20
Drag Power (3 credits)	<b>\$59</b>	<b>\$49*</b>	\$ _____	+ \$20
Choreography with Polly (2 credits)	<b>\$39</b>	<b>\$29*</b>	\$ _____	+ \$20
Vertical Core (4 credits)	<b>\$79</b>	<b>\$69*</b>	\$ _____	+ \$20
<b>POLAR Heart Rate Monitor</b>	<b>\$40 (must be pre-ordered)</b>		\$ _____	

\*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 8 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after October 8.

For travel, local hotels  
and driving directions go  
to [www.mapquest.com](http://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](mailto:Waterpolly@aol.com)

**HOW TO SEND THIS REGISTRATION FORM:**

Scan and Email to: [Waterpolly@aol.com](mailto:Waterpolly@aol.com)

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

By Fax: 503-256-0570

**ALL REGISTRANTS RECEIVE  
WRITTEN CONFIRMATIONS  
VIA EMAIL**