

OREGON 2018 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by Lori Walker at Beaverton Swim Center

A Weekend of Specialty Water Exercise Workshops

SATURDAY SEPTEMBER 8, & SUNDAY SEPTEMBER 9
At BEAVERTON SWIM CENTER
12850 SW 3rd, Beaverton Oregon 97005

A SPECIAL INVITATION TO A SPECIAL LOCATION: Beaverton Swim Center is located just south of Portland with easy access from all directions. The facility was renovated a few years ago and provides everything we need. The shallow/deep L-shaped pool is kept at 86 degrees, making this a great location for an educational weekend. There are restaurants and hotels close by. Thanks go to Lori Walker and her staff for inviting us and hosting this weekend event.



THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS



Pauline Ivens has 45 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 CEC Provider for AEA. 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 education.

Pauline Ivens comes to Beaverton for this weekend packed with aquatic education. All levels of instructor are welcome to attend – you do not have to be certified. Certified instructors will receive AEA 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. Join us for a fun weekend!



SEE BELOW FOR THE SPECIALS:

Pauline's weekends always offer you good deals. Two days of education will provide 12.0 AEA CEC's! AEA Members receive extra discounts! Early registrants receive discounts! Don't delay – **register NOW!**

This event organized by Aqua Aerobics Unlimited, www.aquaaerobics.com

AQUA AEROBICS UNLIMITED, 2130 W. 19th Place, Eugene OR 97405

PHONE: 808-375-2362, 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 SEPTEMBER 8 8:00am-5:00pm**

The new very high intensity training in the morning, contrasted with an in-depth look at the purpose and benefits of our exercises.

DWTT-Deep Water Tabata Training **8:30am-12:15pm** **3.0 AEA CECs**

Tabata is considered one of the toughest forms of high intensity interval training. This workshop will teach you how to deliver a high intensity deep-water program based on the research of Dr Tabata. Inspired by his methodology learn the applicable moves that can be successfully executed in deep water. If you are looking for new class formats this workshop will provide a safe, effective program for your more athletic clients.

Purpose **1:30pm-5:00pm** **3.0 AEA CECs**

Why are you teaching that exercise? Every move must have purpose. Let's analyze a whole bunch of our water exercises and gain a better understanding about the reasons to do them. Is it cardio fitness, strength, flexibility, range of motion, balance, functional benefit, gait training, play & fun! Whatever exercises you are teaching you need to understand why and be able to explain the benefits to your participants. This workshop intends to help with that knowledge.

THE WORKSHOPS **SUNDAY SEPTEMBER 9** **8:00am-5:00pm**

Deep water choreography followed by a low impact program using grounded movements

Deep 124 **8:30am-12:15pm** **3.0 AEA CECs**

This advanced deep-water workshop uses music tempo to set the challenge. Moving to the beat, moving at half time, and including the move-pause principle, the choreography will deliver many take home combinations for your experienced deep-water clients. Latin music adds that energetic driving force to motivate everyone!

Gentle Moves **1:30pm-5:00pm** **3.0 AEA CECs**

We often need water exercise classes that can accommodate a variety of health issues, regardless of age. Gentle Moves will focus on balance training, gait training, and strength training without any bouncing on the pool floor. Learn how to keep the exercises active, but joint-friendly. Learn how to deliver a lively class full of functional movement that accommodates all ages.



Organizer



Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

AQUA AEROBICS UNLIMITED, 2130 W. 19th Place, Eugene OR 97405

PHONE:808-375-2362, E-mail to Waterpolly@gmail.com

OREGON 2018 REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by **AUGUST 28**

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

CHECK YOUR FEE: Circle one box only

# OF WORKSHOPS	EARLYBIRD FEE	LATE FEE
One	\$59	+ \$20
Two (\$12 discount)	\$106	+ \$20
Three (\$18 discount)	\$159	+ \$20
Four (\$24 discount)	\$212	+ \$20

CHECK YOUR WORKSHOPS:

SAT AM DWTT-Deep Water Tabata Training	
SAT PM Purpose	
SUN AM Deep 124	
SUN PM Gentle Moves	

This event is approved for CECs with AEA

Current AEA Members will receive a special additional discount at the event with proof of membership. Are you an AEA member? YES/NO

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 28 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after August 28.

For travel, hotels, and driving directions please use internet sites, and/or ask for assistance

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:

Register Online at: www.aquaerobics.com

Scan and Email to: Waterpolly@gmail.com

By Mail to: AAU, 2130 W. 19th Place, Eugene OR 97405

For questions prior to registering, call Pauline at 808-375-2362, or E-mail to Waterpolly@gmail.com

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL