

# CALIFORNIA 2017 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited  
Hosted by City of Carlsbad – Alga Norte Aquatic Center

## A Weekend of Specialty Water Exercise Workshops

**SATURDAY APRIL 22 & SUNDAY APRIL 23**  
**At ALGA NORTE AQUATIC CENTER**  
**6565 Alicante Road, Carlsbad, California 92009**

### A SPECIAL INVITATION TO A SPECIAL

**LOCATION:** Alga Norte Aquatic Center is Carlsbad's newest aquatic center, located in Southern California. It is a state of the art facility with a 25-yard warm water pool and a 56 meter by 25-yard deep water competition pool. Located near many restaurants and convenient freeway access, making this a great location for an educational weekend. Our thanks go to Jeanette Gant and her staff for inviting us and hosting this weekend event.



### THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS



Pauline Ivens has 43 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 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 Carlsbad 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](http://www.aquaaerobics.com)  
AQUA AEROBICS UNLIMITED, 2130 W. 19<sup>th</sup> Place, Eugene OR 97405  
PHONE: 866-737-7031, E-mail to [Waterpolly@gmail.com](mailto: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 APRIL 22**

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

The new very high intensity training in the morning, contrasted with a low impact program in the afternoon. You will get new ideas for different populations.

### 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.

### 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.

## THE WORKSHOPS

**SUNDAY APRIL 23**

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

High intensity shallow followed by a special focus on vertical core conditioning moves.

### Power Moves Boot Camp

**8:30am-12:15pm**

**3.0 AEA CECs**

'Power Moves' are a popular intensity variable to offer to the intermediate or advanced level exerciser, and this session will investigate the true components of power moves and their viability in water. Interval training, anaerobic HR response, rebounding, and eccentric/concentric muscle work, will all be included. The lecture will also discuss and clarify 'plyometrics', and differentiate between true plyometrics and the plyometric derivative, the power move. In the pool we will work very hard, and include jump training!

### Vertical Core Conditioning

**1:30pm-5:00pm**

**3.0 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 everyday activities. Learn how to provide the vertical core challenge in water. We will not be going supine!



Organizer



Equipment Sponsor



Equipment Sponsor

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

AQUA AEROBICS UNLIMITED, 2130 W. 19<sup>th</sup> Place, Eugene OR 97405

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