

CALIFORNIA 2018 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by The Claremont Club

A Weekend of Specialty Water Exercise Workshops

SATURDAY OCTOBER 20 & SUNDAY OCTOBER 21
At THE CLAREMONT CLUB
1777 Monte Vista Ave, Claremont CA 91711

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Claremont Club is Southern California's world-class health club, fitness and wellness center located on 19 beautiful acres in the City of Claremont. The outdoor pool offers shallow & deep water for our workshops. Located near local restaurants this will be a great venue for an educational weekend. Our thanks go to Antionette Mara and her staff for inviting us and hosting this weekend event again.



THE PRESENTER FOR THIS SPECIAL WEEKEND:
Pauline Ivens, MS



Pauline Ivens has been teaching movement education for 46 years. From physical education teacher to land aerobics maniac in the 80's and 90's, to a dedicated educator for water exercise instructors for the last 20 years, Pauline has shared her passion for knowledge across the United States. It has been an amazing journey. Pauline will retire at the end of 2018 and this will be the last training event in California.

Pauline Ivens returns to Claremont 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 OCTOBER 20** **8:15am-4:30pm**

A whole lot of deep-water choreography followed by an in-depth analysis of why we teach some of our most popular moves.

Deep Explorations – Follow the Mermaid! **8:30am-12:15pm** **3.0 AEA CECs**

More moves for deep! The demand for more deep-water movement variations is the motivation behind this workshop. From simple to advanced, you will learn deep water combinations, choreographed and ready to use in your classes! The music flavors the moves, from jazz to eastern European, and the ukulele! Movement design creates the challenge.

Purpose **1:30pm-4:30pm** **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.

THE WORKSHOPS **SUNDAY OCTOBER 21** **8:15am-5:00pm**

Very high intensity training followed by flowing aquatic energy in a mind-body format.

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.

The Flow Factor **1:30pm-5:00pm** **3.0 AEA CECs**

Alternative class formats are becoming more and more popular but are often associated with slower movement styles. This workshop will specifically offer a way to move mindfully in cooler water, and still include elements of Tai Chi, Yoga, Pilates, Graham Technique, and flowing aquatic energy principles. Learn 10 movement phrases that use higher energy, strength and power, and still incorporate creative movement elements, self-expression, and enhanced body awareness.



Organizer



Equipment Sponsor



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

CALIFORNIA 2018 REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by **OCTOBER 6**

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 Deep Explorations | |
| SAT PM Purpose | |
| SUN AM DWTT-Deep Water Tabata Training | |
| SUN PM The Flow Factor | |

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 October 6 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after October 6.

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 or text Pauline at 808-375-2362, or E-mail to Waterpolly@gmail.com

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL