

TENNESSEE 2017 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by the YMCA at Schilling Farms

A Weekend of Specialty Water Exercise Workshops

SATURDAY SEPT 16 & SUNDAY SEPT 17
At YMCA at Schilling Farms
1185 Schilling Blvd E, Collierville TN 38017

A SPECIAL INVITATION TO A SPECIAL LOCATION: The YMCA at Schilling Farms was opened in 1999. Their 6-lane shallow/deep pool offers us a great location for an educational weekend. Just 30 minutes from downtown Memphis with hotels and restaurants close by. Our thanks go to Tish Lewis and her staff for inviting us and hosting this weekend event.



THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS



Pauline Ivens has 44 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 Collierville 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.aquaerobics.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 16** **8:00am-5:00pm**

An action-packed day with high intensity deep and loads of moves!

Going for High Intensity in Deep **8:30am-12:15pm** **3.0 AEA CECs**

An advanced deep water exercise experience requires extensive knowledge about exercise refinement and application of power. Learn how to design choreography for sustained physical conditioning and optimal results. High intensity is much more than going faster. Learn how to facilitate advanced levels of challenge for the fittest participant.

Choreography with Polly **1:30pm-5:00pm** **3.0 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!

THE WORKSHOPS **SUNDAY SEPTEMBER 17** **8:00am-5:00pm**

Finally some help with those deck teaching skills! Plus the ideal class for multiple populations.

To Deck or Not to Deck **8:30am-12:15pm** **3.0 AEA CECs**

The leading practitioners in the water exercise industry advocate the best teaching position from the pool deck. However, it is impossible to lead effectively from the deck unless you have some deck teaching skills. This workshop will provide a hands-on training for all instructors who want to demonstrate water simulation, manage and facilitate better, improve body awareness, motivate, build sequences of moves with good transitions, and look after your own body. It's also great fun!

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



Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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