

# OHIO 2017 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited  
Hosted by McConnell Heart Health Center

## A Weekend of Specialty Water Exercise Workshops

**SATURDAY SEPT 23 & SUNDAY SEPT 24**  
**At McConnell Heart Health Center**  
**3773 Olentangy River Rd, Columbus OH 43214**



**A SPECIAL INVITATION TO A SPECIAL LOCATION:** McConnell Heart Health Center is part of a complex of medical facilities that include the Spine, Sport & Joint Center, Kobacker and Big Red's Lodges. Their shallow lap pool and shallow/deep warm water therapy pool provide excellent options for our educational event. Our thanks go to Lisa Drugan & Debra Rumberger 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 Columbus 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: 808-375-2362, 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 SEPTEMBER 23**

**8:15am-5:00pm**

### 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 workshop 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 discuss plyometrics and the plyometric derivative, the power move. Jump training is included in the high intensity pool session.

### Analyze It, Add Water, Strengthen It

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

**3.0 AEA CECs**

To strengthen our participants instructors need to have an in-depth knowledge of the effects of overload on the body. This workshop is a specific focus on the use of drag and buoyant/resistant equipment for strengthening. Learn the do's and don'ts of shoulder girdle overload, with specific guidelines to avoid injury. Understand the importance of anatomical integrity, and equipment design in achieving strength gains.

## THE WORKSHOPS

**SUNDAY SEPTEMBER 24**

**8:15am-5:00pm**

### Choreography for the Core

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

**3.0 AEA CECs**

Core conditioning is one of the most popular areas of training. This workshop will specifically focus on a blend of core stabilization exercises with targeted strengthening exercises. The key will be safe and effective movement in a vertical position, both suspended and shallow, with advanced moves requiring good body control. *(this workshop assumes that attendees know basic core anatomy)* Take home lots of fun vertical moves for your classes.

### 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



FITNESS SOUND EXPERTS

Equipment Sponsor

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

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