

# CEDAR RAPIDS IOWA 2017 AQUA DAY

Organized by Pauline Ivens and Aqua Aerobics Unlimited  
Hosted by The M.A.C.

## A Day of Specialty Water Exercise Workshops

**SATURDAY OCTOBER 14**  
At **The M.A.C.**, 4700 Tama Street SE,  
Cedar Rapids, Iowa 52403

### A SPECIAL LOCATION IN CEDAR RAPIDS:

The M.A.C. Xtreme has all the amenities needed to facilitate this educational day, including an 85-degree lap pool. Cedar Rapids is located on the NE side of town 5-10mins from interstate 380. The club is in a fast-paced location with multiple hotels and restaurants close by and right across the street from Lindale Mall. We thank Rachael McCaughey and the staff for hosting this educational opportunity in this area.



### THE PRESENTER FOR THIS SPECIAL EVENT: 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 Cedar Rapids for this event packed with aquatic education. All levels of instructor are welcome to attend – you do not need to be certified. Certified instructors will receive 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-filled day of aqua!



### SEE BELOW FOR THE SPECIALS:

Pauline's events always offer you good deals. One day of education will provide 6.0 AEA CEC's! AEA Members receive discounts!  
Early registrants receive discounts! Don't delay – **register NOW!**

**Register for Moline IL October 15 and/or Springfield IL October 21, and earn up to 12 more credits!**

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 6.0 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 **6.0 credits** available for each instructor who attends the whole day.

Read all about our workshops on this page, and then make your selections on the **Registration Form**.

## THE WORKSHOPS      **SATURDAY OCTOBER 14**      **8:00am-5:00pm**

**Two popular workshops from Pauline!** Boot Camp is a buzzword! Start the day with a very high intensity workshop. Then delve into some detailed teaching skills by increasing your understanding of exercise purpose & benefits.

### Power Moves Boot Camp

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

**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!



### Purpose

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

**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 will truly help.



Organizer



Equipment Sponsor



FITNESS SOUND EXPERTS

Equipment Sponsor

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

<http://aquaerobics.com/events/iowa-aqua-day/>

PHONE: 808-375-2362, E-mail to [Waterpolly@gmail.com](mailto:Waterpolly@gmail.com)