

HAWAII 2018 AQUA DAY

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted by Windward YMCA in Kailua

A Day of Specialty Water Exercise Workshops

SUNDAY SEPTEMBER 30
At Windward YMCA, Kailua Oahu
1200 Kailua Road, Kailua HI 96734



WINDWARD YMCA is one of our favorite locations for our aqua workshops. Their large pool with deep & shallow water provides just what we need for a day of aquatic education & training. Special thanks go to Jenny Ostlind for hosting the event again.



THE PRESENTER FOR THIS SPECIAL EVENT: 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 Hawaii.

Pauline Ivens returns to Oahu for this event packed with aquatic education. All levels of instructor are welcome to attend. 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!

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 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 **SUNDAY SEPTEMBER 30** **9:00am-5:00pm**

ONE FULL DAY covering a variety of topics! Our host at Windward is providing pool time in the afternoon so our day together will be one continuous workshop with lecture in the morning and then shallow & deep-water applications in their lovely pool.

Topics to be included:



TRANSITIONS

One of the hardest skills to perfect is the smooth linking of moves into a non-stop workout. Instructors need to understand joint actions and ranges of motion to make the sequencing of exercises safe and effective. Disjointed movement in water does not feel good, so we have to plan how we will join our moves together. There are simple strategies and then the more advanced 'choreographic' variations that will add challenge while still staying safe.

BALANCE

Water increases the challenge to postural muscles, stabilizing muscles, and vertical positioning. Water is constantly moving, so proprioceptive mechanisms have to continuously respond to body position, re-set spatial parameters, redefine equilibrium. Basically, water will keep pushing you off-balance, so even the simplest moves in water will have direct benefits for balance improvements. We will review our understanding of the importance of balance tasks in our classes.

ARM VARIATIONS

While training new instructors I notice that they struggle with different arm actions to add variety to moves like jogging and cross-country ski. In deep-water the arms are always immersed so this is a great place to maximize the different arm patterns and constantly challenge the upper body muscles. Varying the plane of motion with the arms also challenges stabilization and core strength.

EXERCISE MODIFICATIONS

In every water exercise class we meet participants varying in age. In every class we meet participants with movement limitations. We teach 'group exercise' but within any group we have to accommodate all these individual differences. We cannot diagnose or do rehabilitation but we all want to help each person have a successful, safe workout. Lets review the exercise modifications that we can (and should) teach in our classes.



DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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HAWAII 2018 REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by **SEPT 19**

Name (please print) _____ Phone (____) _____
Home Address _____
City _____ State _____ Zip _____
E-mail Address: _____ (required for confirmations)

CHECK YOUR FEE: Circle one box only

YOU MUST BE ABLE TO ATTEND ALL DAY	EARLYBIRD FEE	LATE FEE Applies after Sept 19
All day Sunday	\$106	+ \$20
All day Sunday – current AEA Member <i>Only available with attached AEA Member card</i>	\$99	+ \$20

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 September 19 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after September 19.

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.aquaaerobics.com

Scan and Email to: Waterpolly@gmail.com

By Mail to: AAU, 2130 W. 19th Place, Eugene or 97405

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

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL