

HAWAII 2017 AQUA DAY

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

A Day of Specialty Water Exercise Workshops

SUNDAY APRIL 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.



THE PRESENTER FOR THIS SPECIAL EVENT: 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. She is also a licensed Nia Teacher. 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 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 APRIL 30

9:30am-5:30pm

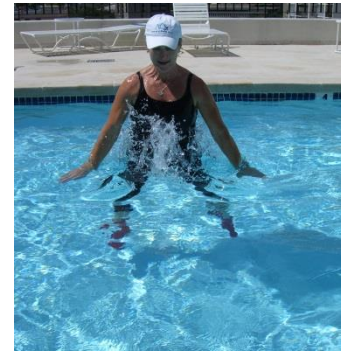
Two new workshops from Pauline! Our host at Windward has requested a focus on essential teaching skills so we will start our day delving into the purpose of our moves, both deep & shallow. Then it's choreography all afternoon. A fun and very practical day!

Purpose

10:00am-1:30pm

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. This workshop intends to help with that knowledge.



Choreography with Polly – Unplugged!

2:15-5:30pm

3.0 AEA CECs



MOVES, MOVES, MOVES! From simple to advanced, this workshop will provide 20 take home combinations: 10 for shallow, 10 for deep, 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!

Great workshop for new & experienced instructors!



Organizer



Equipment Sponsor



Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

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