

# MOLINE ILLINOIS 2017 AQUA DAY

Organized by Pauline Ivens and Aqua Aerobics Unlimited  
Hosted by the Two Rivers YMCA

## A Day of Specialty Water Exercise Workshops

**SUNDAY OCTOBER 15**  
**At TWO RIVERS YMCA**  
**2040 53<sup>rd</sup> Street, Moline, Illinois 61265**



### A SPECIAL INVITATION TO A SPECIAL

**LOCATION:** Join us at the newly renovated Two Rivers YMCA in Moline – a town with that small feeling but big options! Their beautiful facility offers us deep & shallow water at a comfortable 84 degrees. Moline sits between the Mississippi and Rock Rivers, with walking trails, restaurants & hotels all close by. This will be a great location for our educational event. We thank Lesley Webster and the YMCA staff for hosting this educational day.



### 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. 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 Moline 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 Cedar Rapids IA October 14 and/or Springfield IL October 21, and earn up to 12 more credits!**

This event organized by Aqua Aerobics Unlimited, [www.aquaerobics.com](http://www.aquaerobics.com)

AQUA AEROBICS UNLIMITED, 2130 W. 19<sup>th</sup> Place, Eugene OR 97405

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# 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 OCTOBER 15**

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

**Two popular workshops from Pauline!** Tabata is a buzzword! Start the day with a very high intensity workshop. Then a topic that will be popular for many populations and show you the benefits of grounded movements.

### DWTT – Deep Water Tabata Training

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

**3.0 AEA CECs**

Tabata is considered one of the toughest forms of high intensity interval training. This workshop will teach you how to deliver a high intensity deep-water program based on the research of Dr Tabata. Inspired by his methodology learn the applicable moves that can be successfully executed in deep water. If you are looking for new class formats this workshop will provide a safe, effective program for your more athletic clients.



### Gentle Moves

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

**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!**

<http://aquaaerobics.com/events/moline-illinois-aqua-day/>

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