NEVADA 2015 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited
Hosted & Co-Sponsored by the City of Boulder City, Parks & Recreation Department, Aquatic Division

A Weekend of Specialty Water Exercise Workshops

SATURDAY MARCH 21, & SUNDAY MARCH 22
At Boulder City Pool & Racquetball Complex
861 Avenue B, Boulder City NV 89005

A SPECIAL INVITATION TO A SPECIAL LOCATION: The Boulder City Pool & Racquetball Complex is approximately 20 miles from Las Vegas and just a few miles from the grandeur of Hoover Dam. They offer a year round swimming pool in a quaint small town with historic charm. The 25 meter pool is kept at 84 degrees, making this a great location for an educational weekend. Thanks go to Sheri O'Berto and the City of Boulder City for inviting us and hosting this weekend event.

THE PRESENTER FOR THIS SPECIAL WEEKEND: Pauline Ivens, MS

Pauline Ivens has 41 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.

BOULDER CITY, NEVADA
Home of Hoover Dam

Host & Co-Sponsor

Pauline Ivens comes to Boulder City for this weekend 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.

AEA-CEC
Continuing Education Provider
Aquatic Exercise Association

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 discounts! Early registrants receive discounts! Don't delay – **register NOW!**

This event organized by Aqua Aerobics Unlimited, www.aquaaerobics.com
AQUA AEROBICS UNLIMITED, 52 Redmond Road, Eureka, CA 95503
PHONE: 866-737-7031, E-mail to 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 MARCH 21 7:45am-4:30pm

How to do vertical core conditioning blended with new choreography that will be perfect for both your older adults and the more athletic crowd!

Vertical Core Conditioning 3.0 AEA CECs

Staying vertical to do core strengthening is functional, normal, comfortable, and truly successful! Crunches make you strong at crunches, but vertical core conditioning makes you strong for everyday activities. Learn how to provide the vertical core challenge in water. We will not be going supine! Safety issues for the spine and core will be included.

Grounded, Rebounded Pyramids 3.0 AEA CECs

Grounded moves are often underrated in water exercise, and yet they require amazing body control, balance, and strength. By building progressive combinations from grounded to rebounded moves we can provide new challenges and accommodate more abilities in our classes. Integrating the pause principle and constantly shifting the requirement for body control and core strength, this workshop will give you many new ideas to take home. **PLUS:** choreography is to my NEW MUSIC CD!!!!!

THE WORKSHOPS SUNDAY MARCH 22 8:00am-5:00pm

A day of aqua contrasts: high intensity morning followed by the gentler approach to workout design

Power Moves Boot Camp 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!

Gentle Moves 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. Take home choreography ideas that you can use immediately.

AQUA AEROBICS UNLIMITED

H_2O Wear
Equipment Sponsor

AVNow
FITNESS SOUND EXPERTS
Equipment Sponsor

DON'T MISS THE EARLYBIRD DISCOUNT – REGISTER NOW!

AQUA AEROBICS UNLIMITED, 52 Redmond Road, Eureka, CA 95503
PHONE: 866-737-7031, E-mail to Waterpolly@gmail.com

NEVADA 2015 REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by MARCH 13

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

CHECK YOUR WEEKEND SELECTIONS: Whole day of workshops, or full weekend

CHECK YOUR FEE: Circle one box only

# OF WORKSHOPS	EARLYBIRD FEE	LATE FEE
One full day ($12 discount)	$106	+ $20
Both days ($24 discount)	$212	+ $20

CHECK YOUR WORKSHOPS:

SATURDAY Vertical Core Conditioning & Grounded, Rebounded Pyramids	
SUNDAY Power Moves Boot Camp & Gentle Moves	

This event is approved for CECs with AEA

Current AEA Members will receive a special additional discount at the event with proof of membership. Are you an AEA member? YES/NO

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 March 13 will be given a full refund, minus a $20 cancellation fee. No refunds are available after March 13.

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, 52 Redmond Road, Eureka, CA 95503

For questions prior to registering, call Pauline at 866-737-7031, or E-mail to Waterpolly@gmail.com

ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL