

# TENNESSEE 2016 AQUA SEMINAR

Organized by Pauline Ivens and Aqua Aerobics Unlimited  
Hosted by Vickey Beard at YMCA of East Tennessee

## A Weekend of Specialty Water Exercise Workshops

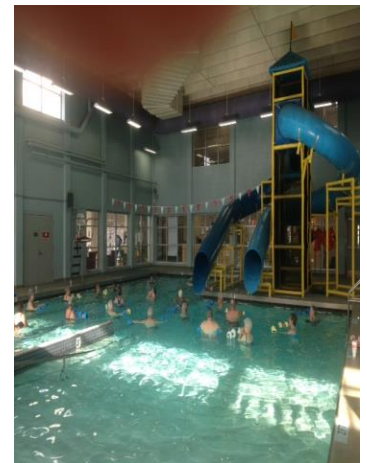
**SATURDAY OCTOBER 1, & SUNDAY OCTOBER 2**  
**At YMCA of EAST TENNESSEE**  
**616 Jessamine Street, Knoxville, TN 37917**

**A SPECIAL INVITATION TO A SPECIAL LOCATION:** The YMCA of East Tennessee is located less than one mile from downtown Knoxville which has many restaurants and hotels. The YMCA is also about 1 mile from the University of Tennessee campus. The shallow/deep lap pool is kept at 84-86 degrees, making this a great location for an educational weekend. Thanks go to Vickey Beard and her staff for inviting us and hosting this weekend event. We love our hosts!

**THE PRESENTER FOR THIS SPECIAL WEEKEND: 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. 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 Knoxville for this weekend packed with aquatic education. All levels of instructor are welcome to attend – you do not have 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 weekend!**



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

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

**AQUA AEROBICS UNLIMITED, 52 Redmond Road, Eureka, CA 95503**

**PHONE: 866-737-7031, E-mail to [Waterpolly@gmail.com](mailto: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 OCTOBER 1**      **8:00am-5:00pm**

The new very high intensity training in the morning, contrasted with a low impact program in the afternoon. You will get new ideas for different populations.

### DWTT-Deep Water Tabata Training      **8:30am-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      **1:30pm-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.

## THE WORKSHOPS      **SUNDAY OCTOBER 2**      **8:00am-5:00pm**

A fusion format for more new ideas and then invaluable tools for your deck teaching skills.

### Liquid Fusion      **8:30am-12:15pm**      **3.0 AEA CECs**

Liquid Fusion brings together the movement qualities of power and relaxation. By blending movement motifs the body is conditioned and soothed in complimentary sequences. Indulge in its fluid tranquility, and/or work hard against it! Learn new ways to incorporate power moves and relaxation techniques in a fusion workout. Take home all the choreography! You will have a new class to offer to your members.

### To Deck or Not to Deck      **1:30pm-5:00pm**      **3.0 AEA CECs**

The leading practitioners in the water exercise industry advocate the best teaching position from the pool deck. However, it is impossible to lead effectively from the deck unless you have some deck teaching skills. This workshop will provide a hands-on training for all instructors who want to demonstrate water simulation, manage and facilitate better, improve body awareness, motivate, build sequences of moves with good transitions, and look after your own body. It's also great fun!



Organizer



Equipment Sponsor



**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](mailto:Waterpolly@gmail.com)

# TENNESSEE 2016 REGISTRATION FORM

Earlybird Pricing applies to all Registrations received by **SEPTEMBER 14**

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

**CHECK YOUR WEEKEND SELECTIONS:** Individual workshops, whole day, or full weekend

**CHECK YOUR FEE: Circle one box only**

# OF WORKSHOPS	EARLYBIRD FEE	LATE FEE
One	\$59	+ \$20
Two (\$12 discount)	\$106	+ \$20
Three (\$18 discount)	\$159	+ \$20
Four (\$24 discount)	\$212	+ \$20

**CHECK YOUR WORKSHOPS:**

SAT AM DWTT-Deep Water Tabata Training	
SAT PM Gentle Moves	
SUN AM Liquid Fusion	
SUN PM To Deck or Not to Deck	

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 September 14 will be given a full refund, minus a \$20 cancellation fee. No refunds are available after September 14.

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](http://www.aquaaerobics.com)

Scan and Email to: [Waterpolly@gmail.com](mailto: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](mailto:Waterpolly@gmail.com)

**ALL REGISTRANTS RECEIVE WRITTEN CONFIRMATIONS VIA EMAIL**