



31st Annual International Aquatic Fitness Conference



IAFC2018
Hydrated Education & Training
Palm Harbor, Florida | May 14-19

IAFC2018



AEA SPONSORS



AQUASTRENGTH



HYDRORIDER
PROFESSIONAL AQUATIC EQUIPMENT



AEA TABLE TALK - Industry in a Minute

Designed to promote networking & camaraderie among ALL conference attendees, this Thursday afternoon session will feature industry experts. EVERYONE is invited and encouraged to attend this casual, round-table session. This is your opportunity to ask questions and get answers from the pros in this fast-paced "speed dating for knowledge" format. All attendees will be entered into a drawing for great prizes.

6 days of education and training

MONDAY, MAY 14 - AEA AND HOSTED SPECIALTY PROGRAMS

- AEA Aquatic Fitness Practical Applications
- BioExercise™
- Aqualogix Instructor Training Course
- HYDRORIDER® Diamond AquaJump Training
- Mini Product Demos
- Shopping Excursion to Wesley Chapel Shopping. Limited Availability. Reserve your spot now!

TUESDAY, MAY 15 - AEA AND HOSTED SPECIALTY PROGRAMS & IAFC GENERAL SESSIONS BEGIN

- General Sessions (Workshops, Lectures, Labs)
- Master Classes and Product Specifics
- Specialty Programs:
 - LaBlast Instructor Training
 - AEA Arthritis: Program Leader Development
 - Aquastrength Professional Training Course
 - HYDRORIDER Level 2 Aquabike Training
- Marketplace Grand Opening at 4:30
- Meet & Greet fellow delegates, meet new friends & catch up with old ones! Snacks & beverages offered around 6:00p.

WEDNESDAY, MAY 16

- Lunch provided
- In-Depth Equipment Specific Training
- General Sessions (Workshops, Lectures, Labs)
- Master Classes and Product Specifics
- IAFC Pub Night at Turnberry! Join in the fun for a good old fashion Pub gathering, cards, games and more!

THURSDAY, MAY 17

- Lunch provided
- General Sessions (Workshops, Lectures, Labs, Master Classes)
- AEA Table Talk
- Sponge Docks Outing RSVP in advance.

FRIDAY, MAY 18

- Lunch provided
- Marketplace Last Day
- General Sessions (Workshops, Lectures, Labs, Master Classes)
- IAFC Global Awards, Dinner & Party

SATURDAY, MAY 19

- Aqua Zumba® Specialty Training
- SAF AQUA Drums Vibes Specialty Training
- General Sessions (Workshops, Lectures, Labs)
- IAFC Finale Class
- IAFC Farewell Reception (RSVP required)

Share the Magic!



Interested in attending IAFC but don't want to go alone?

Promote IAFC with your students because...

- IAFC is a dream trip for aqua enthusiasts
- Anyone can register for conference sessions
- Many instructors attend with a student
- IAFC is an aqua fitness retreat

Bring family & friends who...

- Love to play golf
- Enjoy fishing
- Want to relax on gorgeous Gulf of Mexico beaches
- Like to take nature walks and beautiful bike rides

Enjoy a spa day!

The Indaba Spa offers world class amenities at competitive prices. Relax & unwind.

IAFC Companion Complete

\$349.00

- Group Meal Functions (Tuesday-Friday)
- Attend 2 Interior Only Sessions Daily (excluded AWS, AMC, AMCX, WWS)

Why bring family & friends to IAFC?

- One of America's most celebrated Florida golf resorts featuring world-renowned courses where guests can play where the world's finest professionals love to play!
- Six different pools, including the Loch Ness Monster pool – a favorite with kids who love water slides, plunge pool and waterfalls.
- Minutes away from some of the country's finest beaches on the beautiful Gulf of Mexico. Courtesy transportation to & from Caladesi Beach, rated America's #1 beach in 2008.
- Bring your life into balance at the Indaba Spa, featuring an extensive treatment menu and a variety of spa packages.
- Adjacent to the spa, the 4,800 square foot fitness facility features cardio and strength equipment.
- Enjoy the natural beauty of this 900-acre resort as you walk, jog or bike along the winding roads and walkways.
- Fishing enthusiasts will find largemouth bass, catfish and bluegills in Lake Innisbrook.
- Innisbrook's Tennis Center offers 11 Har-Tru® courts (seven lighted for night play) a pro shop and 3 racquetball courts.
- Experience cuisine ranging from light, organic salads to steaks & seafood in one of the 6 restaurant choices.

Welcome to Innisbrook Resort & Spa

After checking out the Innisbrook website, book your room early as the suites will sell out fast.

Hotel Room Rates start at \$126.00++ per night (Inclusive of Resort Fee)

RESERVE EARLY. Call Toll-Free at 800-492-6899.

[CLICK HERE TO RESERVE ONLINE](#)

Session Types



Choose a mix of pool, lectures, labs, workshops and land classes for an invigorating & educational IAFC experience!

The guide below will help you select your sessions.

AQUATIC WORKSHOP (AWS) POOL & LECTURE

Enjoy both practical applications & theory with a 90-minute workshop! Sessions will alternate between pool & lecture, with some sessions starting in pool and some starting with theory.

LECTURES (LEC) NO POOL ACTIVITY

Dry off, give your body a break and stimulate your brain with a 90-minute session delivered by some of the industry's top professionals.

MASTER CLASSES AQUA (AMC) OR LAND (LMC)

Sometimes you just want the moves! These 45-minute sessions are offered for water (AMC) and land (LMC). They feature practical applications only.

MASTER CLASSES - PRODUCT SPECIFIC AQUA (AMCX) LAND (LMCX)

An opportunity to try out equipment, products and programming.

LAB (LAB) CLASSROOM EDUCATION

90 minutes. No pool is required. Enhance your skills as an aquatic professional/leader WITHOUT getting your hair wet! Designed to provide educational content specific to fitness, leadership and health & wellness applications, labs are delivered through interactive theory and hands-on practical experiences in a classroom setting.

LAND THEORY/MOVEMENT (LWS) WORKSHOP

90 minutes. Teach land fitness or curious about cross training? IAFC includes land fitness workshops that include practical applications and discussion.

WATER WORKSHOP (WWS) POOL ONLY

75 minutes. Session involves theory and practice directly in the pool in addition to deck discussion and limited poolside aide. This session type should provide an educational platform for a specific training, technique, format or methodology.

IAFC AFFILIATES & SPONSORS



Registration Fees



IAFC Full Conference Registration

AEA Member Rise & Shine Exclusive **\$435.00**

Includes Tuesday evening snacks-all meal functions and Saturday Farewell Reception pass.
Register by February 28

AEA Member Early Bird Full Conference **\$445.00**

Register between March 1-March 31

Late Members or Non Members **\$550.00**

(after March 31)

IAFC Day Only Registrations

Tuesday	\$159.00
Wednesday	\$179.00
Thursday	\$179.00
Friday	\$209.00
Saturday	\$159.00

AEA Certification Self-Study Bundle **\$385.00**

Includes: Seventh edition AEA AFP Manual* (digital or hard copy), AEA AFP Online Prep Course, AEA AFP Learning Objectives, sample exam, examination fee, one-year AEA eMembership (includes Akwa magazine [digital] and access to the Members Only area of the AEA website)

*International attendees are provided the digital version only.

Specialty training for professionals

Specialty Programs

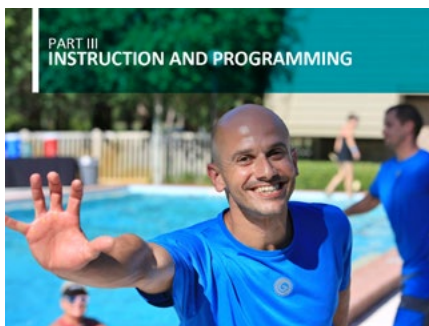
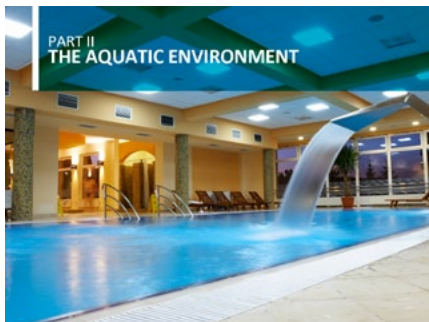
	AEA Member, Early bird & full conference	Late or non Member
AEA Aquatic Fitness Practical Applications FREE for IAFC Full Conference & Certification Self-Study Bundle registrants	\$99.00	\$129.00
AEA Arthritis Blended Package AEA Arthritis Program Online Training Course & AEA Arthritis Program Leader Development Course Exclusive price for full conference AEA member delegates.		\$99.00
BioExercise™	\$89.00	\$129.00
Aqualogix Instructor Training Course	\$99.00	\$149.00
HYDRORIDER® Diamond AquaJump Training	\$79.00	\$99.00
LaBlast Instructor Training Click here to register directly with LaBlast		
AEA Arthritis Program Leader Development Course	\$75.00	\$99.00
Aquastrength Professional Training Course	\$99.00	\$149.00
HYDRORIDER® Level 2 Aquabike Training	\$99.00	\$129.00
Aqua Zumba® Training By Zumba® Click here to register directly with Zumba		
SAF AQUA Drums Vibes Specialty Training	\$135.00	\$150.00

AEA Certified Fitness Professional

**PURCHASE
A BUNDLE
& SAVE**

**AEA USA Certification
Self-Study Bundle**

\$385⁰⁰



AEA Aquatic Fitness Professional Certification

Become a recognized leader in your community with the AEA Certification! Obtaining AEA Certification is considered the highest level of achievement for those leading aquatic group fitness and personal training. The AEA Certification tests a standard level of theoretical and practical competence in aquatic fitness program design and leadership for general populations approved for independent exercise. Group fitness instructors and personal trainers who hold the AEA Certification are prepared to assist participants meet health and fitness objectives through safe, effective, and enjoyable water exercise. The AEA Certification reinforces guidelines for developing and delivering aquatic fitness programs in the community.

AEA Aquatic Fitness Professional Online Prep Course

This interactive online education, developed by AEA experts, is an excellent resource to build the skills necessary to lead aquatic group exercise and personal training. Utilizing additional reading resources, various quiz formats, video demonstrations, and audio voice over content, the 101 learning objectives provide in-depth education for aquatic exercise leadership and knowledge. Also included is a sample test with question format similar to the AEA Certification Examination. This course is highly recommended, but not required, for those seeking AEA Certification and is designed to reinforce the 2018 Seventh Edition AEA Aquatic Fitness Professional Manual. Topic areas follow the seventh edition manual.

PART I: Foundations of Fitness and Exercise

- Physical Fitness
- Exercise Anatomy
- Exercise Physiology
- Movement Analysis
- Exercise Motivation and Behavior

PART II: The Aquatic Environment

- The Physical Laws as Applied to the Aquatic Environment
- The Pool Environment and Design

PART III: Instruction and Programming

- Shallow-Water Exercise
- Deep-Water Exercise
- Aquatic Exercise Leadership
- Exercise Programming
- Special Populations

PART IV: Safety, Scope of Practice, and Legal

- Safety, Emergencies, Injuries, and Instructor Health
- Basic Nutrition and Weight Management
- Business Issues and Legal Considerations

Specialty Programs



AEA Hosted Sponsor and Affiliate Specialty Training Programs Monday, Tuesday and Saturday

These specialty programs are offered in association with IAFC and additional fees apply.

Monday May 14

101-AEA AQUATIC FITNESS PRACTICAL APPLICATIONS FEATURING JACKIE LEBEAU

8:00A – 3:15P

AEA MEMBER EB FC: \$99.00 / LATE OR NON MEMBER: \$129.00

CECS: AEA 7.0*, AEA AF 7.0, ACE 0.6, AFAA 5.5, ATRI 6.0

This hands-on workshop, designed to strengthen the practical skills needed as an aquatic group fitness instructor or personal trainer working with clients in the water, includes both classroom and pool learning. This interactive course features lecture, video examples, worksheets, movement skill practice, and practical demonstrations. Reinforce your practical knowledge of safe and effective aquatic fitness programming and instruction, with topics that include applied anatomy, muscle actions and equipment, altering exercise intensity, program design, and deck teaching. This course is designed for those seeking AEA Certification to reinforce the recommended practical skills needed to be an AEA certified fitness professional.

Focusing on practical applications only, this program does NOT cover all areas of the AEA Aquatic Fitness Professional Learning Objectives. Additional advanced study is highly recommended for the examination, including the AEA AFP Online Prep Course.

*AEA CECs issued to individuals who obtain AEA Certification within 180 days of course completion date.

**FREE for Full Conference registrants &
Certification Self-Study Bundle registrants**

Monday May 14

102-BIOEXERCISE™ FEATURING LAURIE DENOMME & KATRIEN LEMAHIEU

9:00A – 4:00P

AEA MEMBER EB FC: \$89.00 / LATE OR NON MEMBER: \$129.00

AEA/AEA AF 6.0, ACE 0.6, ATRI 6.0

Although technology makes things easier, the resulting convenience allows people to think and move less. BioExercise™ is an innovative new program that is grounded in science, yet exploding with new ways to move and engage all senses. Combine activities for the body and mind to improve total body functionality, while learning to define and track outcomes to personalize results. Learn key strategies that incorporate brain boosters with purposeful movement to fast-track results. The comprehensive approach makes BioExercise™ especially beneficial for people over 50, while the flexibility of the program makes it easy to apply to existing formats you may already teach. Strengthen the body. Sharpen the mind. Do BioExercise™!

Learning Objectives:

- Learn what common weaknesses and movement dysfunctions affect people over 50.
- Use principles of Applied Functional Science (AFS) to develop purposeful physical exercises.
- Improve brain-processing speed for better physical results using seven brain-boosting activities.
- Apply the WECOACH formula based on six-directional movement to personalize exercises.
- Use graded intervals to help identify optimal working intensity.

Specialty Programs



Monday May 14

103-AQUALOGIX STRENGTH & CONDITIONING INSTRUCTOR COURSE FEATURING MARY WYKLE & TERRI MITCHELL

8:30A – 3:30P

AEA MEMBER EB FC: \$99.00 / LATE OR NON-MEMBER: \$149.00

CECS: AEA 7.0, ACE PENDING, NASM PENDING

The Aqualogix Strength and Conditioning Instructor Course provides a comprehensive introduction to Aqualogix equipment, exercises, and the research on which it is based. This program teaches correct selection and use of the equipment and options to add into your current aquatic programs to meet the needs of a wide range of demographics. This course will help you:

- Learn the correct way to use Aqualogix Bells and Fins
- Compare and practice with the differences in drag resistance
- Experience the resistive equipment and learn proper movements for participants of all abilities
- Learn to integrate flexibility, stability, balance, and core strength in the exercises
- Develop and analyze sample programs and learn ways to integrate into current programming

Experience the Aqualogix advantage for yourself and learn all the skills required to introduce it to your clients to provide an aquatic workout like no other.

104-HYDRORIDER® DIAMOND AQUAJUMP TRAINING FEATURING GIORGIA COLLU, IVAN DELUCA & MANUELA RAGNOLI

3:00P – 8:00P

AEA MEMBER EB FC: \$79.00 / LATE OR NON-MEMBER: \$99.00

CECS: AEA 5.0

This extended training course presents the technical characteristics of the HYDRORIDER® aquatic trampoline and the versatility with which it can be implemented in a variety of aquatic fitness programs, younger to older, beginner to advanced. Take away a variety of instructional approaches, as well as basic steps and exercises so that you can plan a perfect class with the AquaJump.

Course includes:

- Use & safety recommendations for the aquatic trampoline
- Tips for creating circuit programs and integrating other equipment
- Skills and training for cardio, plyometric, balance and more
- Teaching methods for integrating multiple fitness levels in one class

Tuesday May 15

105-LABLAST INSTRUCTOR TRAINING FEATURING LOUIS VAN AMSTEL & MEGAN COOPERMAN

8:00A – 4:15P

REGISTER DIRECTLY WITH LABLAST FOR THIS PROGRAM

CECS: AEA 7.0, ACE 0.7, AFAA 7.0

Learn how to teach LaBlast Splash, based on all the dances you see on Dancing with the Stars. LaBlast Splash was created by Louis Van Amstel, professional 3-time world ballroom dance champion and Dancing with the Stars ballroom star. Learn how to teach this exciting, fun and fast-growing program that is in high demand. LaBlast Splash teaches true ballroom dance steps in the pool including a variety of formats such as quick step, lindy hop, fox trot, waltz and more. Learn how to fuse dance and strength endurance all while having a “BLAST.”

106-AEA ARTHRITIS: PROGRAM LEADER DEVELOPMENT FEATURING KIMBERLY HUFF

8:30A – 3:30P

AEA MEMBER EB FC: \$75.00 / LATE OR NON MEMBER: \$99.00

CECS: AEA/AEA AF 7.0, ACE 0.4, AFAA 6.0, ATRI 7.0

Best value! \$99.00 blended AEA member package includes THE program leader development course and the Online Ed Prep Course and Exam for A SAVINGS OF \$100.00!

This in-person workshop provides both theoretical knowledge and movement practice pertinent to class design, exercise performance and leadership skills that will benefit all AEA Arthritis Foundation Program Leaders. Exercises for both the AFAP and AFEP are covered in addition to lesson plan development, programming & presentation tips, and a quick review of the aquatic environment. Even if you are not currently a Program Leader, this workshop provides beneficial continuing education on exercise and arthritis that is applicable to all fitness professionals.

- Arthritis Theory – Essential Teaching & Leadership Skills
- Interactive Exercise Review & Practice
- Lesson Plan Practical Implementation
- Aquatic Environment & Safety

Take the next step in your career with a unique opportunity to help others enjoy a more active lifestyle!

Specialty Programs



Tuesday May 15

107-AQUASTRENGTH PROFESSIONAL TRAINING COURSE FEATURING KATRIEN LEMAHIEU

8:00A – 3:30P

AEA MEMBER EB FC: \$99.00 / LATE OR NON-MEMBER: \$149.00
CECS: AEA 7.0, ACE 0.7, FITNESS AUSTRALIA 6.0, NASM 7.0

Aquastrength is changing the way people workout across the world with their aquatic training system and now you can too! The Aquastrength Professional Training Course will give you the essential knowledge and applied practical experience to help you create dynamic, fun and functional aquatic training programs for both individuals and groups, of all ages, abilities and fitness levels. Upon completion of the program you will be able to:

- Understand water properties and maximize them for client benefit
- Safely and correctly utilize the Aquastrength bells, fins and barbell
- Use music, cadence and exercise progressions for program creativity & enjoyment
- Design, lead and cue an Aquastrength fitness program for your clients

The Aquastrength Fitness System and equipment is deeply rooted in evidence based practice. All exercises have been designed based upon the latest research and with over 25 years of practical aquatic rehabilitation, conditioning and fitness experience. Don't miss this opportunity to join Katrien Lemahieu and become an Aquastrength trainer at this special IAFC rate.

108- HYDRORIDER® LEVEL 2 AQUABIKE TRAINING FEATURING GIORIA COLLU

10:00A – 4:00P

AEA MEMBER EB FC: \$99.00 / LATE OR NON MEMBER: \$129.00
CECS: AEA 5.5

HYDRORIDER® has updated their training program with new teaching and technical skills that can be used in basic aquatic cycling classes or for combined workouts with other water activities. This course will introduce advanced positions and various intervals/circuit workouts. Take away recent research on aqua cycling, as well as various training methods and techniques for monitory intensity. Course includes:

- New & improved teaching methods for aqua cycling classes
- Techniques for introducing balance exercises with aqua cycling
- Additional ideas for incorporating circuit training with the hydro bikes
- HIIT- Interval formatting for aqua cycling
- Tips for aqua cycling & special populations

Saturday May 19

109-AQUA ZUMBA® TRAINING BY ZUMBA® FEATURING TONY WITT

8:00A – 6:00P

REGISTER DIRECTLY WITH ZUMBA FOR THIS DAY LONG PROGRAM
CECS: AEA 6.0, ACE 0.7 AND AFAA 8.0

This course is the "pool party" workout for all ages. You'll learn how to teach safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines. Cost Includes an Aqua Zumba Training DVD, music CD, the Aqua Zumba Instructor Manual and an Aqua Zumba Certificate.

Prerequisite: Attendees must be a current Zumba Instructor and member of the Zumba Instructor Network (ZIN™). AEA certification is recommended.

110-SAF AQUA DRUMS VIBES SPECIALTY TRAINING FEATURING ANDREA VELAZQUEZ

8:30A – 4:30P

AEA MEMBER EB FC: \$135.00/LATE OR NON MEMBER: \$150.00
CECS: AEA 8.0 AND ATRI 8.0

SAF AQUA Drums Vibes concept is a unique aqua fitness program which combines drums rhythms, excellent fun and fabulous training. The design of the SAF AQUA Drums Vibes program is to use equipment that increases resistance to upper limbs through lengthening the leverage. A lot of the exercises from SAF AQUA Drums Vibes program use isometric muscle contraction which allows the participants to control the movement and increases the intensity of the training. Moreover, water turbulences created by those who exercise additionally builds a need for tensing all muscle groups including postural muscles. SAF AQUA Drums Vibes is a lot of fun! During this training your clients may succumb to the sounds of rhythmical music, relieve their stress, unleash emotions, have fun not feeling how hard their muscles work. During each lesson you may also introduce exercises which will allow your clients to focus on movement and consciously participate in the training.

SAF AQUA Drums Vibes certification is a unique program composed of meticulously selected grips, positions, exercises and variations. The program is designed to exploit creativity and help you create a truly special lesson via a skillful combination of all its elements which will amaze and fully engage your clients.

Session Selection Descriptions



TUESDAY 7:30AM – 9:15AM **Select (1) One Session From 201-206**

201 AQUA FLUID PILATES VS. THAI FIT WATER **GIORGIA COLLU & SILVIA SENATI**

AMC

Opposites attract! Join Silvia and Giorgia and explore a fusion class of two types of programs with different characteristics and goals. Experience cardio and pure energy with Thai Fit Water and postural training and blissful flow with Aqua Fluid Pilates. Don't miss this exclusive IAFC training mix!

202 COMBAT LONDON STYLE **SARAH WINDIBANK**

AMC

Designed to increase cardiovascular fitness and decrease stress levels for all abilities, this combat style workout uses a mixture of land speed and water tempo exercises. The high-energy punches and kicks are designed to optimize the water's viscosity, creating maximal resistance and a fun and challenging workout.

203 NO SLEEP IN DEEP **ELSON DOS SANTOS**

AMC

Join Elson from the Netherlands for an enjoyable, yet challenging deep water class designed with powerful choreography. Discover strict inertia training in the deep as basic exercises are combined with the Start-Stop principle. Take away ideas that combine travel and stationary work.

204 PEDALING CAN BE FUN **MANUELA RAGNOLI**

AMC

Join Manuela from Italy for an aqua cycling class that features the magical combination of water, bike and music. Pedal your way to fitness in a fun hydrobike class that includes continuous and interval training. Various training methods will be reviewed and practiced in this session.

205 TAEKWON TABATA II **SANG-JUNG AN**

AMC

Recent hot topics in human science and sports & rehabilitation fields include core, functional training, facial fitness, bio-exercise and PNF patterns. Learn how to design a workout program that includes these hot topics in a Tabata format with cardio, resistance training and stretch exercises. Take away some fun ideas to add to your classes.

206 BOOT CAMP UPGRADE: JUST ADD EQUIPMENT **PEDRO SANTOS**

AMC

Aqua boot camp vs. military training. When was the last time you challenged yourself in an aquatic boot camp format with equipment? Upgrade your class with new ideas for HIIT and different methods of cross training. If it doesn't challenge you it doesn't change you.

TUESDAY 9:30AM – 11:30AM **Select (1) One Session From 207-213**

207 AQUABIKE HIIT PROGRAM **JOÃO SANTOS**

AWS

Learn how to program and present dynamic aquabike lessons in accordance with the latest HIIT trends in water. Topics to be discussed include: choosing a HIIT format, class structure, arm & legs patterning, music and motivation. Avoid falling into monotony and instead innovate and diversify the cycling experience for your students.

208 HYDRORIDER SPARTAN **ROXANA BRASIL**

AWS

Get ready to mix up the action on the bike and improve physical fitness with AMRAPs (as many repetition as possible). This water bike cross-training session includes resistance training off the bike and how to organize this cross training structure – the muscle groups, intensity, recovery, music and more.

209 H2O: STOP AND GO **MARLIES SCHELLEN-DE JONG**

AWS

Join Marlies from the Netherlands for an aquatic experience that includes a lot of water specific elements, such as inertia, acceleration, drag resistance, turbulence and more. Learn how to maximize the properties of the water to achieve maximal fitness and health benefits.

210 POST-REHAB FITNESS **LINDA HUEY**

AWS

Feel confident working with people who have just finished physical therapy and are eager to join your aquatic class. Learn the Do's and Don'ts that pertain to the most common injuries and surgeries. Find out how to protect post-surgical hip, knee, and back patients who become students in your post-rehab class.

Session Selection Descriptions



211 WWW – WATER WALL WORKOUT **DEBORAH BENETTI**

AWS

The best and least expensive equipment in the pool (other than the water) is the pool wall. Discover how to approach it, how to use it and how to make an aquatic workout challenging with it. Take away a total body workout and a variety of ways to use the pool wall as equipment.

212 ULTIMATE FATIGUE **CRAIG YANIGLOS**

AWS

This workshop will show you how to work specific muscle groups to the ultimate fatigue! Our goal is to pinpoint muscles and work them until they will not work anymore and then move on. Learn how to create a unique blend of cardio and simple exercises to freshen up your routines yet leave your class feeling exhausted.

213 CHOREOGRAPHY LABORATORY **MARK GREVELDING**

LEC

Choreography challenged? Feeling brain-dead trying to come up with new routines? Head back to the lab with Mark and explore various techniques for creating and recreating class routines. Which comes first – the music or the routine? How do you document and store routines for endless recreation? Take away tips on class design, movement selection, music pairing, note writing and more.

TUESDAY 11:45AM – 2:30PM **Select (1) One Session From 214-223**

214 AQUASENSATIONS **VANINA MARIANA DELFINO**

AMC

Soak into a session that integrates relaxing bodywork in the water with the assistance of floatation devices. Using breath control, Watsu and Aqua Relax properties, you will experience total mind & body relaxation. Submerge into an amazing sensation adventure surrounded by warm water.

215 ACQUAPOLE® ELASTIC POLE **ACQUAPOLE/ANDREA GILARDONI**

AMC

Experience what the BUZZ is all about in this new accessory to the Acquapole station. Join Andrea, assisted by Antonio Russo, and learn new ways to engage your class participants with different body positions and exercises. Create a dynamic Acquapole class with all new upper & lower body workout options.

216 THIRTY SOMETHING HIIT CONNECTION GOES DEEP **MUSHI HARUSH & JAVIER BERGAS DEL RIO**

AMC

Join Mushi & Javier and explore new ways to challenge participants in deep water using different forms of HIIT Training. Based on 30... Seconds? Minutes? Times? Intervals to work? To rest? To enjoy? Take away ideas for altering intensity of cardio and strength by using acceleration, levers, power moves and more.

217 STRECHCORDZ® TRAINING TOOLS **NZ MANUFACTURING/ANNE PRINGLE BURNELL**

LMCX

Stretch, strengthen, lengthen and recover while discovering the versatility of StretchCordz® Gear for land and aquatic fitness training. Vertical and Horizontal tools for core training, cardio and more - guaranteed to fill your toolbox and heat classes both in and out of the pool.

218 AQUA3 **JAVIER GARCIA & ANDREA MORICONI**

AMC

Join Andrea & Javier, assisted by Gabriela Demarco in an aquatic workout that combines aerobic and anaerobic training and highlights isotonic strength. Explore a variety of movement progressions that feature variations in speed and range of motion. Get ready for a fun and explosive Argentinian master blast in the pool.

219 ACQUAPOLE® ATHLETES **ACQUAPOLE/JEANNIE BROWN JOHNSON**

AMC

Aqua athletes "let's get physical"...vertical...horizontal...and everything in between! Join Jeannie, assisted by the Acquapole Team and take your Acquapole TONE workout to the next level with high intensity ab, upper and lower body strength training using Italy's #1 new aqua workout station...Acquapole!

220 THAIFIT® WATER KOMBAT **SILVIA SENATI**

AMC

The revolution of aquacombat in the pool advances once again with ThaiFit Water Kombat. Join Silvia and experience an innovative and fun way to train the entire body. Take away new techniques for improving coordination, speed, cardio endurance and agility.

221 NEKDOODLE® **NEKDOODLE/LORI TEMPLERMAN**

AMCX

The duo buoyant and resistive qualities in the Nekdoodle® product line are ideal for a wide range of exercises for all abilities. In this pool session, you'll experience creative ways to use the Nekdoodle and Nekdoodle Pool Noodle for cardio, strength, and balance. Don't miss this opportunity to experience why Nekdoodle® Makes Sense Every Time You Swim!

Session Selection Descriptions



222 AQUASTRENGTH® POWER AQUASTRENGTH/DENISE GRAEF

AMCX

Take your workout to the next level and maximize your results by integrating Aquastrength drag resistance equipment into your classes. Aquastrength equipment and programs are designed to cater to all ages and fitness levels. From high intensity circuit training, right through to active rehabilitation and recovery, this is one workout that won't disappoint. Come experience the next evolution with Aquastrength drag resistance.

223 DUAL DEPTH PYRAMIDS MARK GREVELDING

AMC

Pyramid choreography allows instructors to increase or decrease intensity and intricacy. Simply put – pyramiding makes you look like a polished pro. Whether you teach deep or shallow, you will take away several combinations that start simple and then become wet & wild as the roller coaster of repetition reduction culminates in a blitzkrieg of aqua fun and fitness.

TUESDAY 2:45PM – 4:45PM Select (1) One Session From 224-230

224 MATURE MOVES - MOBILITY MATRIX STEPH TOOGOOD

AWS

Explore interesting progressive movement patterns to ease orthopedic issues and take away an exercise prescription to improve joint mobility and ROM. Learn challenging, multi-planar routines that help improve functionality and the ability to cope with ADLs. Joint issues and conditions caused by aging will be discussed, along with current research statistics and recommendations for exercise.

225 WET BARRE™: TOP SHELF KATINA BROCK

AWS

Designed for seniors! This aqua workout starts with a long dynamic warm up, includes lighter cardio and focuses on overall improved strength. It will target the posterior chain for better posture, the core for improved trunk stabilization, balance and proprioception and it ends with a long stretch.

226 SURF AND SKIM IT - KICKBOARDING MARIETTA MEHANNI

AWS

Kickboards may not be new, but Marietta's ideas for ways to use them certainly are. Using the oldest and most common aquatic tool, this session will delight you with how creative, fun and effective a kickboard can be. Surf it, skim it, scoop it – the kickboard is highly versatile and easy-to-use. Discover how 'kickin' the board can be!

227 UP AGAINST THE WALL LINDSAY MONDICK

AWS

No pool space, no problem! This total-body workout uses the wall to challenge every part of the body. Explore how to add more diversity to your movement options by using the wall as a piece of equipment. Get ready for an interval style class that will have you hitting your wall.

228 LET'S BE EFFECTIVE CRAIG YANIGLOS

AWS

Let's learn to be effective in the water. This workshop shows instructors what exercises work best in the water and focuses on proper use of music and tempo. Do you ever ask participants to perform a movement and it "doesn't work"? It may not be them. Let's analyze different exercise and music tempos to ensure our participants are winning.

229 CHOREOGRAPHY CONCEPTS JOÃO SANTOS

LEC

The biggest difficulty an instructor can face is the creation of new routines for aqua fitness classes. The basic movements are always the same. However, knowing how to progress basic steps to more challenging ones will help you be a better aqua fitness instructor. Take away ideas for choreography skills, progressions, transitions and more.

230 TOTAL MASSAGE & RELAXATION NORMA SHECHTMAN

LWS

Take a break from the pool sessions and enjoy a total massage and release using stretch bands, small balls and your own body weight. Norma will show you how to compliment your workouts with well deserved and needed stretching ideas and programming.

Session Selection Descriptions



WEDNESDAY 6:30AM – 7:00AM

Wake Up Sessions for Early Risers Only!

300 AI CHI RISE & SHINE KATRIEN LEMAHIEU

WAKE/AMC

Only for early risers – enjoy the sunrise as you wake up with Ai Chi to begin your daily journey. Experience balance, breath and awareness to strengthen your mind, body and soul. Leave refreshed and ready to begin your IAFC Wednesday!

301 WALK ABOUT AM OUTDOOR

WAKE/LMC

Only for early risers – get your day started with an invigorating power walk around the Innisbrook Resort. Enjoy Florida at its finest, connecting with nature, wildlife and sunshine in a morning fitness stroll.

302 WAKE UP TAI CHI (LAND) DONNA LEWEN

WAKE/LMC

Only for early risers – wake up to a graceful Tai Chi experience at IAFC. Join Donna for 'meditation in motion' and experience serenity with gentle movements. Use this quiet time in the morning by learning how to reduce stress, anxiety and aches & pains with soothing Tai Chi movement.

WEDNESDAY 7:30AM – 9:30AM

Select (1) One Session From 303-310

303 2 MORE 4 CORE ELSON DOS SANTOS

AWS

The sagittal plane, the frontal plane and the transverse plane reflect the directions of movement that we use a lot. But to really engage the core we need to focus on compound rotational movement. Take away exercises designed to recreate the way we move in daily activities.

304 DOUBLE NOODLE STRETCH & RELEASE NORMA SHECHTMAN

AWS

Learn how to use two noodles to stretch your muscles, align your body and help you relax in the water. Join Norma and learn and experience the many benefits of doubling up noodles to stabilize the body so that various stretching strategies can be utilized.

305 HIIT HIDROTREINAMENTO NINO ABOARRAGE

AWS

Hidrotreinamento is a water training methodology with a periodized exercise program aimed at better planning and organization of the aquatic training process. The movements and exercises proposed are demonstrated with simplicity and correct form. The emphasis is on posture, breathing and range of motion, using the aquatic properties to achieve success and results.

306 AQUA RESISTANCE CHALLENGE LORI TEMPLEMAN

AWS

Planning to use equipment in class but don't have enough for everyone? This teachable format allows two types of equipment to be used simultaneously. Safe and effective use of drag and buoyant equipment will be discussed and directly compared in the pool. Which type of equipment is "preferred?" You decide by evaluating the pros and cons of each!

307 YOGA IN THE DEEP JACKIE LEBEAU

AWS

How can you ground a yoga pose when there is no ground? We'll build strength and abdominal strengthening from within, while experiencing suspended yoga flow with the aid of buoyant equipment. Leave with ready-to-use choreography to teach in your classes.

308 AQUA FUN-CTIONAL TRAINING JAVIER BERGAS DEL RIO

AWS

Experience a training system that combines exercises of strength, power, endurance and "extreme" physical conditioning adapted to all fitness levels. The main objective in this station format is to create a challenge; but not against others because this is not a competition. The goal is to challenge oneself to improve in every exercise and in every training session.

309 HIIT EXTRAVAGANZA: 10 NEW PROGRAMS LEN KRAVITZ

LEC

The latest research examining high-intensity intermittent exercise indicates numerous benefits for cardiovascular health, fat loss, insulin resistance and cardiovascular performance. The physiological, metabolic, and biological mechanisms underlying all of these responses and adaptations will be discussed. Len has scoured the research and will present 10 trailblazing HIIT programs.

Session Selection Descriptions



310 ADAPTIVE ATHLETES: PRE/POST STRETCHING **DONNA LEWEN**

LAB

Learn how to integrate an adaptive athlete into your aquatic classes or personal training. Water skills – vertical, horizontal and breath control - will be brought to light to show them what they CAN do, not what they cannot do. Myofascial stretching will also be reviewed.

WEDNESDAY 10:00AM – 12:00PM

Select (1) One Session From 311-318

311 FUNCTIONAL AQUA TRAINING **ANDREA GILARDONI**

AWS

Join Andrea from Italy and learn the difference between functional aquatic training and more traditional water programming. Explore the characteristics, topics, skills and movement selection of functional training. A single hand buoy will be used to challenge core, coordination and the entire kinetic chain.

312 4 F'S FOR SENIOR INDEPENDENCE **KIM HUFF & LORI SHERLOCK**

AWS

Exercise can help maintain mobility, improve cognitive function, encourage socialization and keep seniors independent. Let's kick it up a notch by focusing on the 4 F's of Independence: Fitness, Facts, Fraternalize and Foster. These fun and effective techniques will help you introduce, modify and progress function focused exercises that will safely meet the daily activity needs of seniors.

313 STRETCHTENSION – SUSPENSION TECHNIQUE **ANNE PRINGE BURNELL**

AWS

"StretchTension" is traditional suspension training plus Pilates Tower training. Developed by Anne and Ruth Sova using elastic bands secured to a post or pole, this water workout can run the gamut of therapeutic stabilization training for older adults and special groups, to sheer power and strength training for the athlete without the wear and tear of land training. Try working out Spring Loaded!

314 5 ELEMENTS **VALERIA PERELOMOVA**

AWS

In this session, we will strive to feel the energy of five elements: earth, water, fire, wood, metal. We will use five physical qualities: strength, endurance, velocity, agility and flexibility to feel the harmony of the body. And we will explore five elements: concentration, control, accuracy, imagination and fluency for the harmony of mind.

315 AQUATIC WARRIOR MILITARY STYLE **MARK WYKLE**

AWS

Aquatic Warrior Military Style provides regimented instruction encouraging all to work at their maximum effort. Drill sergeant leadership interspersed with some fun will leave attendees wanting more. In order to achieve the cardiorespiratory and cardiovascular training provided by a high intensity workout that attracts athletes to attend aquatic classes, no music will be used because of its influence on intensity.

316 HEAL YOUR KNEES & HIPS **LINDA HUEY**

AWS

Let students with knee and hip problems come to a class specifically designed for them. Students with knee pain start with straight-leg exercises. Students with hip pain start with deep water running. This session includes stretches for main knee and hip conditions, partial and non-weight bearing fitness exercises and strengthening exercises for the muscles around sore knees and hips.

317 EXERCISE IS MEDICINE **EDUARDO NETTO**

LEC

You probably know that exercise is good for you, but did you know that it could both improve the quality of your life and reduce the risks of developing diseases? The ultimate vision is to make physical activity and exercise a standard part of a global disease prevention and treatment medical paradigm - from physician to fitness professional to customer achievement.

318 PLAYING WITH A FULL DECK **TERRI MITCHELL**

LAB

Teaching aquatic fitness classes from the pool deck has both advantages and disadvantages. From instructor safety, to leading effective classes, to using the pool as your tool, to being seen and heard, to moving at the proper speed - this activity lab will increase your awareness of your surroundings and improve your teaching skills from the pool deck.

Session Selection Descriptions



WEDNESDAY 2:30PM – 4:00PM

Select (1) One Session From 319-325

319 WATER LOGIC MARYBETH DZIUBINSKI

LEC

Do you create a lesson plan? Are you prepped? Are you executing the proper exercises to facilitate the desired response stated in the name of your class? In this session you will develop lesson plans, discuss a variety of training styles and the methodology behind how to initiate and deliver the style of class you select and name.

320 HOW TO GET NEW EQUIPMENT CRAIG YANIGLOS

LEC

Who wants new equipment? We all do right? Let's take some time to explore how to make the best sales pitch to management so we can keep changing the industry. Hear true stories of what works and what doesn't. Sometimes we have to take risks reap the benefits. Together we can change this industry.

321 LET'S ROLL! ASHLEY BISHOP

LAB

Take your self-care to the next level! Learn the importance of instructor daily self-care. Obtain a deeper understanding of myofascial release and how to use different tools like foam rollers, yoga balls, and/or tennis balls to roll out your muscles to help with chronic pain and preventive therapy. (Packing your own yoga ball/foam roller is welcomed).

322 THE FUNCTIONAL CORE MARIETTA MEHANNI

LWS

This session will explain what the core is, how it functions and how to put it all together so that the trainer is confident that their core exercises are appropriate and functional for the client or group. Using a video of real time ultrasound to demonstrate what really happens below the surface, this session will provide explanations that make sense.

323 MORE THAN WALKING GIORGIA COLLU

WWS

Experience striding, sliding, running and more with the Aqua Treadmill. Together we'll evaluate how some simple and well known motor gestures can become a practical training targeted to people of all ages. From the basic steps to the different gaits and exercises, you will learn how to create effective and enjoyable classes with this unique tool.

324 AQUA IMPROV JACKIE LEBEAU

WWS

This is an interactive workshop where Jackie will challenge your ability to improvise on the spot! Like a mystery box of ingredients on a competitive cooking show, you will be given a mystery box of exercises, equipment, and teaching scenarios to carry out. No pressure (and no prize money), just fun!

325 CORE TRAINING WITH THE BALL MIMI RODRIGUEZ ADAMI

WWS

Experience a workout built around traveling in deep water holding onto a ball that is submerged in the water. Alternating upper and lower body moves while blocking the core stabilizers with the ball you'll enhance your proprioceptivity and be able to control your body in deep water. The traveling moves will encourage thoracic breathing to facilitate proper posture.

WEDNESDAY 4:15PM – 7:00PM

Select (1) One Session From 326-336

326 INTERMITTENT TRAINING ANDREA GILARDONI

AMC

Discover benefits and skills used in intermittent training for athletic training and learn how to adapt them to an aquatic fitness class that utilizes the Aqua Jump (trampoline). This workout combines aerobic and anaerobic training. Take away easy skills to design a very challenging but simplistic training.

327 STRECHCORDZ® AQUATIC APPLICATIONS NZ MANUFACTURING/JACKIE LEBEAU

AMCX

Stretch your limits through with innovative resistance tubing. StrechCordz training tools improve stamina, posture, core power and overall fitness. Join in this demo and explore vertical aquatic resistance training options that work well in and out of the water!

328 ABC2 EXTREME JOAO SANTOS & PEDRO SANTOS

AMC

Join Joao and Pedro from Portugal for a high-energy aquatic boot camp adventure with a teamwork twist. Experience circuits and intervals paired up with a partner in the pool. Take away circuit, interval and partner ideas using foam dumbbells and kickboards.

Session Selection Descriptions



329 STRONGER LEGS & GLUTES **EDUARDO NETTO**

LMC

What's the best way to get better legs and glutes? What about variety? Exercise selection isn't always "one size fits all" and you must know they need a number of exercise variations to match the different ability levels of clients. You will learn and practice lots of exercises options that will improve the strength of your lower body.

330 DIAMOND PLYOMETRIC **MANUELA RAGNOLI**

AMC

The latest research suggests that plyometric skills can be trained in water just as on land. Why not improve the explosive forces of plyometric training in the safe environment of the water? Using the Diamond Aqua Jump by Hydronider®, explore a powerful plyometric workout in the water.

331 ACQUAPOLE® BOXING **ACQUAPOLE/ ANDREA GILARDONI & CRAIG YANIGLOS**

AMCX

Give your water workout a PUNCH! Join Craig and Andrea, assisted by Antonio Russo and experience a truly unique workout designed to reduce fat, strengthen your core and tone the arms and legs. This high-energy workout is also great for improving coordination and flexibility.

332 AQUALOGIX® WORKOUT **AQUALOGIX/ JENNI LYNN PATTERSON-LACOUR**

AMCX

The Aqualogix Fitness System is a one stop shop for drag resistance and high intensity fitness programming. The omni-directional drag resistance equipment maximizes your natural movements in the water, allowing you to train at full potential. With high intensity resistance provided in all planes of movement – there is no wasted motion. Whether you are looking for recovery and rehabilitation, or challenging total body workout, Aqualogix is the answer.

333 BASIC MOVES MADE BETTER **LAURIE DENOMME**

LMC

Want the secret to injury prevention and natural pain elimination? Basic moves are made better in three simple steps. Weight shifting, 6 directional reaching and a touch of speed help the body move better. Your body will feel the difference as it moves better. Take home 3 exercise routines you can do anytime any place. Move better to feel better!

334 AQUAJUMP REVOLUTION **IVAN DE LUCA**

AMCX

Using the Aqua Jump from Hydronider, explore a trampoline class with a 360° approach. Discover all the possibilities, from the basic skills to more targeted conditioning exercises. This revolutionary aquatic exercise is an amazing aerobic workout and is sure to be a hit at IAFC.

335 LABLAST SPLASH MASTER CLASS **LOUIS VAN AMSTEL & MEGAN COOPERMAN**

AMCX

LaBlast Splash, created by Louis van Amstel is based on all the dances you see on Dancing with the Stars. Come experience true ballroom dance patterns in the pool, including a variety of styles, such as quickstep, Lindy hop, Fox trot, Waltz and more. Learn how to fuse dance and strength endurance all while having a "BLAST."

336 ACQUAPOLE STRENGTH & TONING **JEANNIE BROWN JOHNSON**

AMCX

AcquaPole Strength & Toning is an endurance and strengthening workout performed with the AcquaPole, one of the most innovative tools we can use in the pool. This workout targets the muscles of the core, upper body and lower body. Experience a fun training that develops strength, endurance, coordination and flexibility.

THURSDAY 6:30AM – 7:00AM

Wake Up Sessions for Early Risers Only!

400 ALMOST SILENT AI CHI AWAKENINGS **DONNA LEWEN**

WAKE/AMC

Wake up to a soothing Ai Chi pool experience at IAFC. Relax and calm the body, mind and spirit. Feel the flow of energy from fellow participants in the class as you experience the healing effects of having a group of like-minded individuals participate in this experience with you.

401 WALK ABOUT AM **OUTDOOR**

WAKE/LMC

Only for early risers – get your day started with an invigorating power walk around the Innisbrook Resort. Enjoy Florida at its finest, connecting with nature, wildlife and sunshine in a morning fitness stroll.

Session Selection Descriptions



402 3D YOGA FOR REJUVENATION **LORI TEMPLEMAN**

WAKE/LMC

Explore a different approach to traditional yoga. This gentle class combines the stability of a pose with mobility by moving fluidly through all three planes of motion. Discovering movements in these different angles and directions will help each participant find the stretch they need. What a great way to start your busy day!

THURSDAY 7:30AM – 9:30AM **Select (1) One Session From 403-410**

403 PLANK CHALLENGES 2 **ANNE PRINGLE BURNELL**

AWS

Take the Plank Challenges to a new level using the core stabilizers for front, side, and reverse plank positions, while performing one-sided movements and stabilizing with the other side. Pilates based Plank Challenges intensify strength workouts by adding trunk stabilization, balance challenge and body & mind integration.

404 WATERCYCLING HIIT TOUR **VANINA MARIANA DELFINO**

AWS

Explore WaterCYcling programming with Vanina and Adriana Melotto from Argentina. This session highlights stationary (biking) and dynamic (deep water) formatting using HIIT methodology. Submerge into a functional high intensity training session guaranteed to burn calories. Join us for the IAFC WaterCyCling Tour & Deep Running Grand Prix!

405 AQUA REJUVENATE **MARK GREVELDING**

AWS

Creating an effective and enjoyable fitness experience for older adults isn't arrived by happenstance. Rather it is planned, purposeful and based on science. Explore a refreshing pool workout that combines healthy aging protocols with mind & body movement. Experience invigorating choreography that awakens cognitive function, joint mobility, flexibility, muscular endurance and more.

406 WET BARRE™: OM (ORGANIC MOVEMENT) **KATINA BROCK**

AWS

Inspired by the 3-dimensional movements of Gyrokinesis, Gyrotonic, Nia, yoga and more, this program helps undo faulty movement patterns and muscle maladaptation from being sedentary. It incorporates rotation and fluidity that creates a feeling of length and openness. Ideal for warm up, cool down, mind-body formats, seniors, warm water classes and recovery workouts.

407 DIMENSIONAL DEEP **LINDSAY MONDICK**

AWS

This workshop will bring research to practice with current theories on mental toughness techniques as they relate to aquatic training and how to use movement planes to challenge the body in multiple dimensions. We will explore exercises meant to motivate and challenge the mind and body through a series of deep water training movements that will inspire, challenge and ignite.

408 5 4 LIFE **KIM GEEROMS**

AWS

Learn 5 different ways of organizing a challenging deep-water workout: 1) suicide drills 2) pyramid 3) time 4) distance 5) start-stop. Take away lots of ideas for traveling and for creating combinations for deep water. We will also discuss how these 5 principles can be modified for different populations.

409 ON THE SPOT PROGRESSIONS **RUTH SOVA**

LEC

Have you ever been on your 32nd knee lift and NOTHING new or different comes to mind? Do you think you've done enough jumping jacks but can't think of a good exercise to switch to? This course will give you ideas to vary, progress or regress exercises on the spot. You'll never be left hanging again.

410 WHAT DO SENIORS WANT? **KIM HUFF**

LWS

Seniors want to maintain mobility, cognitive function and balance. Let's give them what they want, all in one class! Take away new exercises to improve functional mobility and balance. We'll make it more fun by adding cognitive challenges to each of the exercises for a complete workout that can be done on land or in the pool.

THURSDAY 10:00AM – 12:00PM **Select (1) One Session From 411-418**

411 AQUA CROSS FOR SENIORS

ROXANA BRASIL, CRISTINA DARAHEM, TINOCA SENRA **AWS**

Discover an excellent option for seniors to improve cardiovascular conditioning and mind & soul using both depths, different types of equipment and a variety of exercises. Expend lots of energy, challenge yourself and experience the amazing benefits of cross training and HIIT.

Session Selection Descriptions



412 HAND BUOY ABCS **STEPH TOOGOOD**

AWS

Join Steph for a triple training tutorial that features Aerobic, Balance and Core segments. The three segments offer contrasting use of hand buoys ensuring a variety of fitness challenges. The aerobic segment demonstrates power moves. The balance section uses the buoyancy to practice destabilizing functional poses. And the core finale emphasizes proper alignment and posture.

413 C.I.A. TRAINING FOR SENIORS **MONIQUE ACTON**

AWS

Circuit & Interval Aquatic Training (C.I.A.) will focus on the awesome power provided by the water in these two training formats. Learn how to harness water as a piece of equipment to challenge the entire body. Discover how to customize circuit and interval training programs to meet your senior's needs.

414 AQUA EBB & FLOW **JACKIE LEBEAU**

AWS

Experience functional and mindful movement with an emphasis on improving balance, coordination and flexibility. Review and experience joint actions for all major joints. This class is for all abilities and those who are willing to slow down, let go and move with the water's ebb and flow.

415 TRANSFERRING DRILLS TO SKILLS **LORI SHERLOCK**

AWS

Enhance life skills with aquatic drills! Manipulate aquatic exercises to mirror daily life activities throughout the age spectrum. Both young and old individuals need to train in order to live well through movement. Create programming that can diversify and improve life's necessary skills.

416 AQUA FITNESS SWIM **VANINA MARIANA DELFINO**

AWS

Dive in and experience the power of swimming in vertical position. This session will integrate swimming and fitness and provide a way of teaching swimming to people who are fearful of water. Swimming is a good workout and can be used as a tool to get more people exercising and in the water.

417 SECRET LIFE OF A FAT CELL **LEN KRAVITZ**

LEC

This profoundly researched presentation covers numerous topics, including the purposes of fat in the body, the role of fat for energy production and athletic performance, fat metabolism, gender differences in fat metabolism, health issues with fat and countless myths and misconceptions about fat. Leave with eight calorie-burning workouts and countless practical ideas to reduce fat.

418 MOMENTS **DONNA LEWEN**

LWS

Learn teachable research-based moments for your clients to increase adherence in your class. Join Donna in a chair class that focuses on posture, seated balance work and stretching. Have fun and learn to work with aging adults with grace.

THURSDAY 2:30PM – 4:00PM **Select (1) One Session From 419-426**

419 AQUATIC FITNESS PROFESSIONAL RISK MANAGEMENT **LINDSAY MONDICK**

LEC

As aquatic activities pose special risks, we have a legal responsibility during our aquatic fitness instruction. Learn about the role of safety procedures in the standard of care and safety checklists for facilities and instructors, to make you better prepared for your role in providing a safe environment for your participants.

420 THE HEART OF THE MATTER **JUNE CHEWNING**

LAB

Monitoring and understanding heart rate responses in the aquatic environment during exercise is no longer a luxury but a necessity. As medical fitness explodes, the population ages and people live longer, you will have clients with chronic disease in your training sessions. Advance your level of skill and expertise by having the ability to totally understand and practice aquatic heart rate responses.

421 T.H.I.N.K. TANK **MARYBETH DZIUBINSKI**

LEC

Are you THRIVING, HEALTHY, INTUITIVE, NUTURING, KIND? Let's get together and THINK and chat. This session is designed to provoke ideas, set goals, and help you discover yourself. Leadership and skill building exercises will be introduced to help you find and foster your inner strengths and strengthen your relationships.

422 SLEEP: HOW MUCH DO YOU KNOW? **KATINA BROCK**

LEC

Do you really have insomnia? Gain new insight into the latest research on sleep. Understanding sleep issues requires knowing how your mind affects your sleep and your sleep affects your body. What you don't know could make a big difference in improving your overall sleep.

Session Selection Descriptions



423 THEMED CLASSES: START TO FINISH **SUSAN ABEL SULLIVAN**

LAB

Tired of the same old class themes? Not sure how to design your own class? Explore how to brainstorm outrageously creative class themes by thinking outside the box, along with a step-by-step process to design a fun, yet effective, uniquely themed experience, including music, choreography, social interaction, play and the use of props and costumes.

424 AQUATIC CROSS TRAINING **GIORGIA COLLU & IVAN DE LUCA**

WWS

Challenge your inner athlete in this mixed circuit-training program that features different exercises combining land and aquatic equipment. Learn how to achieve a perfect and functional workout for cardio, toning and core and take away many new ideas for your classes.

425 STRETCH YOUR STRETCHING KNOWLEDGE **TERRI MITCHELL**

WWS

Stretching techniques are commonly used in aquatic fitness classes to promote long-term flexibility and to enhance both active and passive range of motion (ROM) in order to improve motor performance and aid rehabilitation. This session will show you new ways of using different types of stretching, including PNF stretching in the pool to improve ROM in your class participants.

426 NOODLE A.R.T. CARDIO HITS **LAURIE DENOMME**

WWS

Go beyond noodle basics. This full-body aquatic interval program personalizes the group exercise experience with movements to burn more calories and improve how you move. Learn cardio-boosting combinations that are easy to follow and fun to do. ASSIST-it, RESIST-it, TARGET-it. Noodle A.R.T. – Cardio Hits is a workout guaranteed to fire-up your metabolism!

THURSDAY 4:15PM – 7:00PM **Select (1) One Session From 427-438**

427 B & B. BIKE: BURST & BURN BIKING **DEBORAH BENETTI**

AMC

The hydro bike classes are always popular at IAFC but wait until you join Debbie and her Italian style cardio blast on the bikes. Experience bike drills that enhance coordination and cardiovascular endurance. Get lost in the music, have fun and enjoy the international flair of IAFC.

428 H2O CHOREOGRAPHY & CIRCUITS TO GO **MUSHI HARUSH**

AMC

The best recipe for teaching an aquatic choreography class is choosing the right music with movements that are easy to follow but challenging at the same time. This session will showcase technique, good alignment and progressive transitions. Show your students that water is the best tool ever!

429 TOTAL BAND **CRISTINA DARAHEM**

AMC

Join Cristina from Brazil for a shallow water session that showcases rubberized resistance. Borrowing methods from the Fartlek style of training, several techniques for training muscular strength, endurance and cardiorespiratory fitness will be demonstrated. Get ready to target fitness goals with a total body, total band workout.

430 LABLAST FITNESS MASTER CLASS (LAND) **LOUIS VAN AMSTEL & MEGAN COOPERMAN**

LMC

Welcome to LaBlast® Fitness, a revolutionary dance fitness program, based on all the dances you see on Dancing with the Stars. This program fuses dance into a serious calorie-burning workout that will get you into the best shape of your life. Take your mind, body and soul on a journey through ballroom-based dances from different countries, cultures and characteristics.

431 AEA TABLE TALK – INDUSTRY IN A MINUTE **GUEST PRESENTERS** **ROUND TABLE**

Back for the 3rd year this is a must attend session! Designed to promote networking & camaraderie among ALL conference attendees, this Thursday afternoon session will feature industry experts answering your questions and aquatic-related companies! EVERYONE is invited and encouraged to attend this fast-paced session.

432 TRIBAL ACTION **GIORGIA COLLU & IVAN DE LUCA**

AMC

Cycling and choreography are combined for a creative approach to hydro bike training. Let your body and soul be guided by the percussion of tribal rhythms as segments of cycling are alternated with combinations of choreography. Enjoy a mix of training and expressiveness while learning new strategies for your classes.

Session Selection Descriptions



433 SLOW MOTION POWER

AI OHTA

AMC

Discover how to create a challenging aquatic workout with slow movements. The slower the movements are under water the more pressure you feel, thus creating a balanced core outcome. This workout is appropriate for all ages and can also be used for injury rehabilitation.

434 DEEP & SHALLOW INTENSE TONING

EVA RÝZKOVÁ

AMC

Experience a challenging workout that combines toning exercises with high intensity bursts of cardio. Toning segments in both deep and shallow will maximize drag resistance with webbed gloves, followed by deep and shallow bouts of intense cardio that will push students to their limit.

435 CREATIVE CIRCUITS – FUN & EFFECTIVE

EDUARDO NETTO

LMC

Enhance performance and physical condition with a skillfully planned circuit with stations. Experience different movements that focus on power and precision to develop speed, agility and quickness. Discover how easy it is to develop an exciting, yet practical circuit for groups of any size. Take away effective and efficient tips for better program design using circuits. Come ready to work!

436 SHALL WE DANCE

MIMI RODRIGUEZ ADAMI

AMC

If you love to work out in the water and love to dance, this class is for you. Have fun while moving in time to the music and with the rhythms that it inspires. Enjoy easy-to-follow choreographed sequences that will “entertrain” you rather than stressing your brain.

437 ONLY JUMPING JACKS

JAVIER BERGAS DEL RIO

AMC

At some point, an aquatic fitness instructor feels limited, like they are always doing the same thing. Good news! This session has lots of tools to avoid this. In fact, you will learn how to change moves in endless ways, even creating an entire class using one move – a jumping jack.

438 TONE UP TRAINING METHODS

PEDRO SANTOS

AMC

Join Pedro and discover multiple options for improving your toning classes using various types of training methods, including super sets, pyramids, agonist/antagonist, bi-sets, tri-Sets and much more. Advance your training and challenge your students with new methods. No pain...no gain. Get ready!

FRIDAY 7:30AM – 9:30AM

Select (1) One Session From 503-510

503 GENTLE STRENGTH FOR THE FRAIL SENIOR

MARY WYKLE

AWS

Gentle Strength offers a progression for the frail at an increased risk of falling. As people age, frailty and sarcopenia increases the risk of falls. Sarcopenia is the gradual loss of muscle mass. Research shows that muscle mass can be increased in even the very elderly. Ai Chi adding gentle resistance with Aqualogix fins on the wrists provides strength improvement.

504 THE ACRONYM WORKOUT

STEPHANIE THIELEN

AWS

AMRAP, EMOM, and RBT are all workout protocols used to describe a specific style of training. Don't know what they mean? Decode these and other fitness acronyms and experience small segments that you can use for the WOD (workout of the day) in any of your more intense aquatic classes.

505 ARTHRITIS & BEYOND

KIM HUFF

AWS

The slow gentle movements of an arthritis class are fine for some, but what about those people that need a little bit more? New studies are showing the benefits of higher intensity exercise for people with arthritis. Let's wade through these new studies in the classroom and then splash around with some higher intensity exercises in the pool.

506 KIDS ENERGY BOOST

TINOCA SENRA

AWS

Cross training is an excellent method for training kids and teens. This session features circuits with equipment, hi-lo training with intensive aerobic skills and a final stretch that includes yoga postures. Learn how to create a fun class that will give them confidence and challenge them physically, psychologically and socially.

507 KEEP THEM MOVING – KEEP THEM YOUNG

MUSHI HARUSH

AWS

Are you ready to discover the power and potency of a class that mixes aerobics, HIIT and strength training using a Frisbee? Learn techniques for safe strength training and smooth transitions. The Frisbee will motivate participants to work at their maximum levels while enjoying every moment!

Session Selection Descriptions



508 COACH & COMMAND **JENNI LYNN PATTERSON-LACOUR**

AWS

Learn and experience effective coaching techniques to help command the attention of your classes and to push them to achieve their fitness goals. Take your boot camp class to the next level, or just learn how to get those talkers to actually pay attention and possibly get their hair wet!

509 PARKINSON'S DISEASE AND EXERCISE **JUNE CHEWNING**

LEC

Fitness professionals who work with the general public and older adults will encounter participants with Parkinson's disease. Understanding the basics of the disease allows professionals to recognize disease progression and numerous possible symptoms. Millions of family members will find themselves as care partners to those with this debilitating disease, needing information, education, and patience to provide support and care for their loved one.

510 THE KEY TO BALANCE **MARLIES SCHELLEN-DE JONG**

LAB

Take a break from the pool and join Marlies in this LAB session that is designed to help aquatic fitness professionals improve their balance. When teaching from deck, we often experience problems with our own balance when trying to demonstrate the moves. Take away balance strategies to polish your deck presence.

FRIDAY 10:00AM – 11:45AM **Select (1) One Session From 511-518**

511 TAEKWON FUN & FUNCTION CHOREO **SANG-JUNG AN**

AMC

Taekwon Fun & Function Choreo is a choreographed style workout with martial art flair. Enhance the power of moves with the purpose of defense and attack. Experience a different kind of workout that enhances awareness and empowerment and leaves you with a feeling of mental and physical accomplishment.

512 AQUA ZUMBA® POOL PARTY **TONY WITT**

AMC

It's party time in the Pool! Check out this non-stop Latin splash party that will have you moving and grooving with the music and the moves, otherwise known as the Zumba Experience. Make waves in this sizzling workout and discover just how HOT exercising in the water can be.

513 NOODLE DEEP CORE **SARAH WINDIBANK**

AMC

Join Sarah for a deep-water noodle workout – English style. Experience a safe and effective, yet challenging deep-water noodle class that targets the core. By the end of the session the instructor will have a greater understanding of deep core moves and deck demonstration of these moves.

514 STRONGER SENIORS™ CHAIR YOGA **ANNE PRINGLE BURNELL**

LMC

Take a break from the pool and join Anne in a chair fitness class. Experience yoga poses and deep breathing in a chair. Modifications will be offered for challenging yoga postures. This program is suitable for seniors, persons with limited mobility and beginners.

515 BIOEXERCISE™ TOTAL BODY TUNE-UP **LAURIE DENOMME & KATRIEN LEMAHIEU**

AMC

What separates a good workout from a truly unforgettable exercise experience? Meet BioExercise™ – an innovative new way to stimulate neuroplasticity through combined physical and cognitive challenges. This interval workout uses structure with variance to command your full attention and deliver a demanding (yet fun) whole-body workout. Strengthen your body. Sharpen your mind. Do BioExercise™!

516 PARTY TIME **VALERIA PERELOMOVA**

AMC

Join Valeria from Russia for some international party time in the pool. Designed for fun and joy, this class will also feature the challenge of total body intervals. Lighten up your IAFC experience with some happy smiles and fun!

517 C TABATA **SILVIA SENATI**

AMC

'C' stands for core, cardio and coordination. Join Silvia for a powerful shallow water master class and discover a creative approach to Tabata training. Expand your HIIT teaching skills and develop programming that is guaranteed to improve cardio, core and coordination.

518 PILATES ABC **CLAIRE BARKER HEMINGS**

LMC

Join Claire from Australia and experience the flow of Pilates in a fluid mat class that focuses on the ABCs - Alignment, Breath and Centering – all while keeping the flow of the class. Teach your students to control the work in their own bodies - moving without strain or stress.

Session Selection Descriptions



FRIDAY 1:15PM – 3:15PM Select (1) One Session From 519-526

519 AQUABALANCE JUMP DEBORAH BENETTI

AWS

IAFC is all about trying new things and if you haven't tried the trampolines yet this is your chance. Experience stabilization and destabilization with jumping techniques inside and outside the pool. This total body workout is fun and especially effective for balance & stability.

520 PARTNER UP MARTI PETERS

AWS

Partner classes/training encourage camaraderie, adherence, and fun! Beginning with the warm up and continuing through cardio, strength and stretch, "Partner Up" is a safe, effective and fun workout that uses noodles and tubing. Examine pros, cons and options for a partner class.

521 4 STEPS TO BUILD CLASSES PEDRO SANTOS

AWS

Interested in gaining more information on how to build a class? What steps should you follow? Join Pedro and learn four steps to build classes -choose, organize, prepare and teach. Explore how to choose the methods and exercises, organize the material, prepare the environment and ultimately teach the class.

522 AQUA ALLEGRO ASHLEY BISHOP

AWS

Allegro means "fast and lively". In Aqua Allegro, the focus is on stamina and strength using movements like those that can be found in an allegro section of a typical ballet class. Using choreography combinations to music, the body is challenged to perform familiar aqua fitness movements with a ballet twist

523 FREESTYLE FLOW JENNI LYNN PATTERSON-LACOUR

AWS

Struggle with getting the 32 count 'choreography' phrases? Do you feel like more of a freestyle kind of instructor? You've found the right workshop. This session will help you feel more confident and educated on the Freestyle/Non-Linear form of choreographed teaching while giving your students a safe and well-balanced workout.

524 MATURE MOVES – SMART CIRCUITS STEPH TOOGOOD

AWS

Ensure fitness improvements with various motivational methods in this triple treat for sociable seniors. Working in two groups will encourage interaction. The circuits will feature a tri-focus targeting 1) cardio 2) muscular endurance and 3) balance & range of motion. Toogood to be true – travel, level changes and motivation will keep your students coming back for more.

525 8 BEST ANAEROBIC CIRCUIT PROGRAMS LEN KRAVITZ

LEC

Based on scientific studies by Dr. Len Kravitz and colleagues, experience a multi-media journey on the physiology of anaerobic conditioning and the unique responses to various circuit-training protocols. Learn 8 original HIIT-Circuit, Cluster-HIIT-Circuit and Peripheral Heart Action programs and why they work. This is a must-attend for personal trainers to optimize their clients' workout experience.

526 LET THE GAMES BEGIN! STEPHANIE THIELEN

LWS

Breakaway from the typical structure and routine of your classes with easy-to- implement games and interactive class formats that bring out the 'kid' in every adult. Household items like playing cards, dice and the red solo cup add great fun and help bring the idea of 'recess' back into adult lives to reduce stress and maintain social well-being.

FRIDAY 3:30PM – 5:30PM Select (1) One Session From 527-534

527 GREAT BALLS OF FIRE! TRIPLE DELIGHT

AWS

Goodness gracious great balls of fire! Sculpt, tone and balance your whole body with this intense aqua cardio workout that includes ball work. Engage upper body, core stability, and lower limbs for a total-body toning workout that will have your participants coming back for more!

Session Selection Descriptions



528 ACTIVATE – DEACTIVATE **LORI SHERLOCK**

AWS

Get more out of your workout by activating the muscles you want to focus on and deactivating the muscles that usually want to take over the work. Learn simple exercises that can create a better line of communication between your nervous and musculoskeletal systems. Doing so creates the perfect environment for improving strength, muscular endurance and overall movement quality.

529 FUNCTIONAL CIRCUITS FOR AGING CLIENTS **RUTH SOVA**

AWS

This course is all about fun. It's also full of exercise ideas for varied functional issues our clients have. Take away circuit ideas for balance/core, agility, posture, reaching & turning skills and more. Exercise selection includes posterior chain, CET, LMT, Suspension, HIIT, the Heavy Concept, SMW, variable squats, games and rotation.

530 AQUATIC WARM-UPS & DOWNS **KIM GEEROMS**

AWS

Learn how to "claim" your students from the beginning and how to trigger them to come back the next time. Take away inspiration and practical ideas for creating a variety in your warm up & warm down routines. Learn how to adapt the beginning & ending to class content, population and goals of the class.

531 H2FLOW YOGA FRUITION **TINOCA SENRA**

AWS

Reach inside your mind and soul and recognize your full potential. Feel the power of movement and breathe while allowing your body to flow through the water. Be present, precise and allow yourself to balance your mind, body and soul. The true feeling of flow to fruition.

532 ONLY ONE **MARIETTA MEHANNI**

AWS

This workshop will cover the 7 ADL patterns (Activities of Daily Living) and how to incorporate them into an aqua workout. Using only one dumbbell, Marietta will demonstrate how to integrate ADL patterns with creative aqua choreography to provide a well-rounded workout. Instructors will take away choreography, clever ideas using one dumbbell and fully functional movement patterns.

533 ARE YOU HEADED TOWARDS BURNOUT? **STEPHANIE THIELEN**

LEC

Generally, fitness professionals are known for their upbeat, can-do attitude. But if you are feeling exhausted, lack motivation and find yourself skipping meals or getting sick more than usual, these could be signs of burnout. Understand how burnout can impact your health and job performance and learn how you can take steps to keep yourself inspired and motivated.

534 H2O & O2 **KATRIEN LEMAHIEU**

LAB

It is more than just breathing. Discover why oxygen intake can enhance the quality of your training, especially for neurologic improvement. Review hydrostatic pressure, the science of the oxidative system, EPOC and more. Experience and explore in this exclusive IAFC classroom session.

SATURDAY 8:00AM – 10:00AM **Select (1) One Session From 601-607**

601 AI CHI FOR HIPS & BACKS **RUTH SOVA**

AWS

Learn how to use and apply Ai Chi for pain, spine health, core, LE function, and difficulty with balance. The Ai Chi applications in this course will focus on clinical issues as opposed to relaxation. Enjoy discussion time with Ruth and an opportunity to address your problem populations.

602 AQUA BALLET BEATS **CLAIRE BARKER HEMINGS**

AWS

Experience an interval format that integrates the grace and strength of ballet with cardio moves. Ballet techniques and concepts will target balance, core muscles, mobility and body awareness. Cardio moves will burn calories and keep the body warm during the session. Take away an easy to use format that can be implemented straight away.

603 AQUA COMPLEX **ROXANA BRASIL**

AWS

Join Roxana and discover a more advanced strategy of training. Aqua Complex reveals a deeper layer of movement variations designed to excel energy expenditure and improve physical fitness, cardiorespiratory health and muscle endurance.

Session Selection Descriptions



604 NEWTON GETS WET! **LORI TEMPLEMAN**

AWS

Jump in and review Newton's Laws from the "wet" perspective. Learn how to modify and apply intensity alterations specific to the aquatic environment using the principles of inertia, acceleration and action/reaction. Expand your ability to provide effective progressions and regressions that fully utilize the water's unique properties. It may seem simple, but there's a lot beneath the surface to know and understand.

605 ROCK BOTTOM **TRIPLE DELIGHT**

AWS

Triple Delight's gonna start at "rock bottom!" Get ready to add elements of strength, intensity and flexibility that specifically target the lower body. This workshop caters to all the areas that most of our students want to firm up - toned thighs, a tight booty and a chiseled core!

606 EPIC FARTLEK **JAVIER BERGAS DEL RIO**

AWS

Experience a creative and challenging session that places stress on both the aerobic and anaerobic systems. Different from traditional interval training because it is unstructured with intensity and/or speed varying as the music changes for motivation. Learn how to use all kinds of music to surprise your students.

607 ANATOMY OF A HIIT CLASS **LORI SHERLOCK**

LEC

We all know that high intensity interval training works, but how do you create a class that will wow your participants while reaping all of the benefits that HIIT has to offer? Learn the anatomy of a HIIT class and how to create HIIT workouts that will keep your classes coming back for more.

SATURDAY 10:30AM – 12:30PM **Select (1) One Session From 608-613**

608 ACTIVE AGING STRATEGIES **MARYBETH DZIUBINSKI**

AWS

Are you ready to attune yourself with the needs of the active aging population? Our bodies are the vehicles we travel in and they need to be well tuned, to live an independent, meaningful life. Learn how to program the body and mind in a way that will meet the needs and desires of this age group.

609 THE MEMORY WORKOUT **MIMI RODRIGUEZ ADAMI**

AWS

Discover the perfect workout for healthy and active aging. Use symmetric combination aquatic choreography to train cardio, upper and lower body muscles, core stabilization, flexibility and hip & shoulder mobility. Simultaneously use the brain for short-term memory and verbalize the names of the steps in the sequences. Challenging but fun - keep your mind, memory and body in shape!

610 EMOTION AND MOTIVATION FOR SENIORS **JAVIER GARCIA**

AWS

In order to follow instructions, focus and do many things at the same time, the brain needs to process different functions. This aquatic session allows participants to regulate emotions and remember movements. With motivation and encouragement, all of these capacities can be improved.

611 STRENGTH VS. FLEXIBILITY **SILVIA SENATI**

AWS

Join Silvia and discover an all-new approach to hi-lo training in which segments of strength and flexibility training are alternated. First use the water's resistance to train the muscles and then use the water's support to stretch and improve joint mobility.

612 RHYTHMICALLY DYNAMIC **ASHLEY BISHOP**

AWS

Let the music motivate the movement as you rhythmically cool down your classes. Using choreography patterns, dynamic combinations and feel good song choices you will create the optimum environment for effective cool downs that will leave your participants feeling elongated and energized.

613 10 KEY RULES FOR LONGEVITY **LEN KRAVITZ**

LEC

The increasing life expectancy has generated intense focus on the biological mechanisms of old age and longevity. In this research-driven presentation, Len unveils the 10 key rules to slow down aging, extend lifespan and live optimally. If you work with a mature population, this lecture will give you inspiring new interventions to share with these clients.

Session Selection Descriptions



SATURDAY 1:00PM – 3:00PM **Select (1) One Session From 614-620**

614 AQUASHOP: THEME-ING OUTSIDE THE BOX **SUSAN ABEL SULLIVAN**

AWS

Experience a uniquely themed class brainstormed by workshop attendees at a previous IAFC. Workshop participants were challenged to think outside the box for a creative theme and music to go with it. AquaShop was the result. Discover how the AquaShop theme was expanded upon and developed into a fun and effective class with themed choreography, games, equipment, props and costumes.

615 LIFE ON MARS **ANDREA RONCHI**

AWS

Will there be life on Mars? Join Andrea from Italy and improve skills related to matching movement with music. Enjoy creative movement sequences that combine playful elements with intense aerobic exercise. Take away knowledge to advance coordinated and fluid movement with specific musical accompaniment.

616 METHODS OF CHOREOGRAPHY **EVA RYZKOVÁ**

AWS

Join Eva and discover how play with different teaching methods in order to achieve enjoyable blocks of choreography. In this session, various types of choreography and teaching methods will be explored and experienced. Learn how to program, teach and present movements step by step in an easy to follow manner.

617 ENGAGING SENIORS **TINOCA SENRA**

AWS

Explore older adult programming with Tinoca and discover how to create an attractive, efficient and safe program to engage seniors in your fitness programs. The focus is on balance, range of motion and functional performance. By adding social interaction you will definitely make a difference in their lives.

618 9 ROUNDS AQUATIC KICKBOXING **STEPHANIE THIELEN**

AWS

From Muhammad Ali to Sugar Ray Leonard, boxers exhibit grace, strength, power and speed. Train like a fighter! Punch off the pounds and sculpt a knockout body with this 45-minute workout that targets strength, cardio kickboxing and core in a 9-round circuit style format.

619 READY-SET-STOP: STABILITY IMPROVEMENT FOR SENIORS **KIM GEEROMS**

AWS

Discover various options for integrating stability training in your senior classes. Stability is very important in Activities of Daily Living (ADL's) and there are many ways you can practice and improve stability, especially in the water. Take home lots of new ideas using the water's principles to challenge your senior students in a fun and effective way.

620 PROGRAM DESIGN FOR DIABETIC CLIENTS **EDUARDO NETTO**

LEC

Diabetes continues to be a growing health threat. This condition continues to be the sixth leading cause of death in the United States. As fitness professionals, we are tremendously important in fighting the diabetes epidemic. Every health-fitness professional will encounter diabetic clients. This lecture will help prepare you to effectively work with these clients on many levels.

SATURDAY 3:30PM – 4:20PM **Limited Space**

Please do not select unless you plan on attending.

621 IAFC 2018 FINALE CLASS IN POOL

622 IAFC 2018 FINALE CLASS ON DECK



Being an AEA Member gives you the leading edge as a professional. Not only will you stay up to date with current industry topics and informative educational access and privileges, you will also help AEA increase awareness of aquatics worldwide.

Benefits Include

- Akwa magazine print or digital
- Exclusive access to eAkwa & Akwa quizzes
- Discounts on AEA hosted educational events
- Discounts from select industry affiliates
- MEMBERS ONLY access at the website
- 20% discount on Akwa Shop products
- 20% discount on AEA online education
- Unlimited classified listings & job postings
- FREE CEC petitions if AEA certified or AFAP/AFEP Program Leader
- Resources (forms, evaluations, surveys & more)

Members Only aeawave.com

- Akwa extra
- Pool Tools
- Forum discussions
- Membership Directory
- Professional profile
- DVD tips & library

Membership Options

- One-Year eMember **\$48⁰⁰** - Includes digital Akwa magazine
- Two-Year eMember **\$96⁰⁰** - Includes digital Akwa magazine
- One-Year Pro Member **\$68⁰⁰** - Includes print and digital Akwa magazine
- Two-Year Pro Member **\$120⁰⁰** - Includes print and digital Akwa magazine

Join now!

Empower your career!
Become an AEA Member today!

Presenter Biographies



NINO ABOARRAGE

Nino Aboarrage is the director and a professor of Hidroesporte Water Activities Center. He teaches aquatic exercise, swimming and biomechanics at the University Center of Rio Grande do Norte in Brazil.

MONIQUE ACTON

Monique Acton is an international presenter, AEA Training Specialist, certified personal trainer, aquatic & group fitness instructor and the president of The Personal Health Trac.

SANG-JUNG AN

Sang-jung An has a background in aquatic fitness, Taekwondo and dance. He is a staff member of the Korean Aquatic Exercise Association (KAEA). San-jung has presented at KAEA events and at IAFC 2017.

CLAIRE BARKER-HEMINGS

Claire Barker-Hemings is an international AEA Training Specialist with many years of experience teaching fitness in the UK and Australia.

DEBORAH BENETTI

Deborah Benetti is an Italian fitness professional that teaches various fitness formats. Deborah presents at international conventions.

JAVIER BERGAS DEL RIO

Javier Bergas, BS, is a primary school teacher, international AEA Training Specialist and the fitness director and product manager of Ego Wellness Resort in Lucca, Italy.

ASHLEY BISHOP

Ashley Bishop, originally from Canada, worked for many years as an international professional dancer. Now living in Northern California, she is an AEA Training Specialist and fitness director for uforia studios.

ROXANA BRASIL

Roxana Brasil has been an AEA International Training Specialist since 2000 and is the coordinator at Velox Fitness and the owner of Universidade Fitness at Rio in Rio de Janeiro.

KATINA BROCK

Katina Brock, MEd, is the creator of Wet Barre™ and a 25 year fitness industry veteran. She is an international presenter and was featured on VH-1's Couple's Therapy, The LA Times and Shape.com.

JUNE M. CHEWNING

June Chewning has worked in numerous roles in the health-fitness industry including facility owner, consultant, presenter and author. She is currently the owner of Fitness Learning Systems.

GIORGIA COLLU

Giorgia Collu is an International AEA Training Specialist, a Hydorrider and FIN Master Trainer and was awarded the 2012 AEA Global Award for Aquatic Fitness Professional.

MEGAN COOPERMAN

Megan Cooperman began her career in aquatics while was completing her master's degree at the University of Maryland. Megan is certified by the AEA, ACE and AFAA. She has extensive experience managing group and aqua fitness programs, and looks forward to sharing LaBlast Splash with you!

MARIA CRISTINA DARAHAM

M. Cristina Darahem, MS, is an AEA International training Specialist. She is a coordinator at Nado Livre and the owner of a swimming school at Ribeirão Preto in San Paulo, Brazil.

VANINA MARIAN DELFINO

Vanina Delfino is an international AEA Training Specialist, swim instructor, trainer and presenter for WaterCYCLing in Argentina. She was the recipient of AEA's 2017 Global Award for Aquatic Fitness Professional.

IVAN DE LUCA

Ivan De Luca, BS, teaches at some of the most prestigious sports facilities in Rome. Ivan is a presenter for FIN (Swim Italian Federation) and a master trainer for Hydorrider.

LAURIE DENOMME

Laurie Denomme, Kinesiologist and Fellow of Applied Functional Science through the Gray Institute, is an international fitness educator and founder of WECDACH. Top consumer magazines including Self and Weight Watchers have called upon her expertise.

Presenter Biographies



ELSON DOS SANTOS

Elson dos Santos, is a presenter, master trainer and program developer for Kataqua in the Netherlands. He was chosen as Best Presenter at the 2017 European Aquatic Fitness Conference (EAFC).

MARYBETH DZIUBINSKI

MaryBeth Dziubinski is a global aquatic training specialist and a well-respected industry leader who provides education for aqua wellness, health, strength and self-management for all ages.

JAVIER GARCIA

Javier Garcia is a national fitness presenter in Argentina, specializing in older adult programming and other formats including Zumba, water cycling, Hidro Pilates and more.

KIM GEEROMS

Kim Geeroms is a group fitness instructor, personal trainer and an international presenter. In addition to personal training, she teaches 15 classes a week in Belgium - land & water.

ANDREA GILARDONI

Andrea Gilardoni is an international presenter and the technical director for Virgin Academy in Milan, Italy. For the past 10 years he has been a master trainer for the European Aquatic Association (EAA).

DENISE GRAEF

Denise Graef lives in Missoula, Montana, and holds multiple certifications in a wide array of fitness formats. She is an Aquastrength Master Trainer, a double-certified personal trainer and has her Blackbelt in Taekwondo.

MARK GREVELDING

Mark Grevelding is an AEA Training Specialist & consultant and the founder of Fitmotivation.com, an online video education resource for aquatic fitness professionals.

MUSHI HARUSH

Mushi Harush, MS, has been an international AEA Training Specialist since 1994 and is the chairperson of the Israeli Aquatic Exercise Center.

LYNDA HUEY

Lynda Huey pioneered the use of water rehab with Olympic and professional athletes, has authored six books on water exercise & water rehab and currently offers 19 Waterpower Workout classes each week in Los Angeles.

KIMBERLY HUFF

Kimberly Huff, MS, CSCS, CHES, is a fitness director in a continual care retirement community and is certified through ACSM, NSCA, AEA, ATR & ACE and a certified health education specialist.

LEN KRAVITZ

Len Kravitz, PhD, is the program coordinator for exercise science and a researcher at the University of New Mexico where he won the "Outstanding Teacher of the Year" award.

JACKIE LEBEAU

Jackie Lebeau is the assistant director for fitness at Johns Hopkins University, an AEA Training Specialist, a frequent contributor to Akwa Magazine and the owner of JLA Fitness.

KATRIEN LEMAHIEU

Katrien Lemahieu is the CEO of Kataqua, a Netherlands organization that provides education & certification for aquatics. She also is co-owner of ProOZo, for Survival & Swimming Programs and is head of Aquastrength Europe.

DONNA LEWEN

Donna Lewen, BA, ATRIC, has 25+ years teaching therapeutic aquatics and currently specializes in AquaStretch™. She works with geriatrics, pediatrics and clients with health challenges.

MARIETTA MEHANNI

2016 NZ Educator of the Year, Marietta Mehanni is an Australian multi-award winning presenter and Australian Fitness Network Ambassador with over 27 years of experience.

TERRI MITCHELL

Terri Mitchell, BA, PTA, ATRIC, has committed her livelihood to aquatic fitness, therapy and wellness for more than 30 years with older adults, baby boomers and college students.

LINDSAY MONDICK

Lindsay Mondick is the YMCA of the USA National Senior Manager of Aquatics and is a presenter and continuing education provider for the YMCA, ACE, and AEA.

ANDREA MORICONI

Andrea Moriconi presents at national conventions in Argentina and specializes in choreography and movement. She is also an international Les Mills instructor.

Presenter Biographies



EDUARDO NETTO

Eduardo Netto, MS, is an author, an international fitness presenter, a university professor and the fitness director of the Body Tech Health Club in Rio de Janeiro.

AI OTA

Ai started her water career as a synchronized swimmer at the age of seven. After completing her degree as a P.E. teacher, she became a fitness instructor (aqua & yoga) and now teaches workshops in Japan.

JENNI LYNN PATTERSON-LACOUR

Jenni Lynn Patterson-LaCour is an AEA Training Specialist, NSCA-CPT, AEA, AFAA and NASM CEC Provider, AKWA contributor and has been teaching aquatics in New York City for over a decade.

VALERIA PERELOMOVA

Valeria Perelomova is an international presenter and a master trainer & developer for AquAdvance Russia. She has a degree in sports & health management and has been in the fitness industry since 2003.

MARTI PETERS

Marti Peters is the owner of MartiFit In-Home Personal Training in Fort Myers, FL., and has traveled the world providing continuing education.

ANNE PRINGLE BURNELL

Anne Pringle Burnell is a national presenter for conferences including IAFC, ATRI, Midwest Mania, National Council on Aging. Anne created the Peyow™ Aqua Pilates™ and Stronger Seniors™ programs.

MANUELA RAGNOLI

Manuela Ragnoli is a presenter and teacher for FIN (Italian Federation of Swim), Virgin Active and Hydrorider. She works as a Top Trainer for Virgin Active in Rome.

MIMI RODRIGUEZ ADAMI

Mimi Rodriguez Adami, an American born European, lives in Rome and is the director of Italy's only EU accredited training provider for fitness professionals.

ANDREA RONCHI

Andrea Ronchi graduated with a degree in physical education and is a professor of physical education at the Highlands Institute- Rome. He is the creator and teacher of the Wave Walk®, Wafro® and Energy System programs.

EVA RÝZKOVÁ

Eva Rýzková, a PhD. student at Comenius University in Bratislava, Slovakia, has numerous aquatic fitness certifications and is an international presenter.

JOÃO SANTOS

João Santos, MS, is an international presenter and is currently a PhD student in Sport Training at FCDEF – University of Coimbra (Portugal). He was the recipient of AEA's 2016 Global Award for Aquatic Fitness Professional.

PEDRO SANTOS

Pedro Santos, BS, is a master trainer and international presenter for Mundo Hidro and is a coordinator, coach and instructor for PHIVE Health & Fitness Center in Portugal. He holds many certifications and has authored two DVDs.

MARLIES SCHELLEN-DE JONG

Marlies Schellen-de Jong is a master trainer and education specialist for Kataqua in the Netherlands. She is an energetic and positive aquatic fitness professional and teaches a wide range of classes with more than 250 participants every week.

SILVIA SENATI

Silvia Senati is an AEA International Training Specialist, author and a master trainer for aquatic fitness since 1998. She currently is a master trainer for ThaiFit Water Kombat and teaches at a sports university in Milan.

CRISTINA (TINOCA) SENRA

Cristina (Tinoca) Senra is a trainer and the CEO of Mundo Hidro in Portugal. She is an AEA International Training Specialist and presenter, an Ai-chi trainer and a Star 2 International trainer for Anti-Gravity.

NORMA SHECHTMAN

Norma Shechtman, M.Ed, M.A./Kinesiology, is an international presenter and author that has been involved in fitness and education for over 35 years. She teaches a full array of classes in Irvine, California.

LORI A. SHERLOCK

Lori A. Sherlock, Ed.D., is an associate professor in the School of Medicine at West Virginia University, where she teaches the aquatic therapy curriculum within the division of Exercise Physiology.

Presenter Biographies



SUSAN ABEL SULLIVAN

Susan Abel Sullivan is a two-time IAFC presenter, an SCW Atlanta Mania water fitness presenter and an AEA continuing education provider. She holds a degree in exercise science from Auburn University with an emphasis in adult fitness and dance.

TRIPLE DELIGHT AQUATICS, LLC

Triple Delight Aquatics, LLC is a multi-talented powerhouse team of three dedicated instructors with over 34 years experience leading group exercise and personal training classes in water and on land.

RUTH SOVA

Ruth Sova, founder and president of the Aquatic Therapy and Rehab Institute, is an international speaker, has received numerous awards and has authored 18 books and over 50 DVDs and CDs.

LORI TEMPLEMAN

Lori Templeman, BA, is the owner of Fitness Temple in Sacramento, CA. She is a group fitness instructor, AquaStretch™ facilitator and personal trainer. Lori is also an AEA Training Specialist.

STEPHANIE THIELEN

Stephanie Thielen is dedicated to quality education and travels nationally presenting continuing education workshops that help instructors develop their professional teaching skills.

STEPH TOOGOD

Steph Toogood, based in the UK, is an AEA Training Specialist and a well qualified and highly recognized international educator and presenter of water fitness.

LOUIS VAN AMSTEL

Louis van Amstel is a Dutch-American ballroom dance champion, professional dancer, and choreographer. He is the creator of LaBlast Fitness, Splash and Line Dance Fitness through dance.

ANDREA VELAZQUEZ

Andrea has been immersed in the world of Aquatics for over 20 years. She is AEA Certified and a Master Trainer for Acquapole (Italy), AquaStrength (New Zealand) and SAF Vibes (Poland).

SARAH WINDIBANK

Sarah Windibank has been teaching aqua fitness since 1997 and currently teaches 11 classes a week in the London area. She is a YMCA Aqua Tutor and an AquaStrength master trainer

TONY WITT

Tony Witt is owner of Dizzy T Dance in Overland Park, KS. One of the first 13 ZES for Zumba, he has been instrumental in the growth of Zumba worldwide.

MARY WYKLE

Mary Wykle, PhD, is president of MW Associates and head of training & fitness for AquaLogix. She has won numerous awards, including AEA's Global Award for Lifetime Achievement (2010).

CRAIG YANIGLOS

Craig Yaniglos is the aquatic director of the Hubbard Community Pool in Northeast Ohio. He is also an AEA Training Specialist and an AEA Continuing Education Provider.