



25th
International Aquatic Fitness Conference

IAFC 2012

*May 14-19 • Wyndham Orlando Resort
Orlando, Florida*

IAFC 25th Anniversary

PUTTIN' ON THE RITZ IN AQUATICS



We are Puttin' on the Ritz and adding some glitz to IAFC 2012, our 25th Silver Anniversary Celebration! Join delegates and presenters from across the globe and participate in celebrations starting on Monday and ending on Saturday. We invite you to join us in Orlando to celebrate 25 years as the leading conference in aquatic fitness education and training.

IAFC is so popular that we seem to extend it every year. Be sure to get there early for the Welcome Reception and Aquatic Entertainment Revue on Monday evening.

Whether you are an IAFC regular or attending for your first time, we are confident that you will be awed by the stellar line-up of presenters, programs, product showcases, shopping, special events and more. Join us for the 25th International Aquatic Fitness Conference May 14-19.

On behalf of Julie and myself, I want to thank each and every one of you for your incredible support and loyalty.

See you in Orlando!



WYNDHAM ORLANDO RESORT Orlando, Florida

Surrounded by 42 acres of winding lagoons and lush, tropical gardens, the Wyndham Orlando Resort is located on International Drive and within

walking distance & shuttle to restaurants, shopping and many of Orlando's major entertainment attractions!

For hotel registrations call 800-421-8001 or internationals call 407-351-2420.

Hotel reservations must be made by April 11.

Rates: \$89.00 single to quad.

Junior Suites \$119.00 per night based on availability.

Reserve Early!

For online registrations go to the official AEA/IAFC Reservations Page at the Wyndham: http://www.wyndham.com/groupevents2011/mcowd_iafc12/main.wnt

EARN CONTINUING EDUCATION CREDITS (CECs/CEUs)

AEA, ACE, AFAA, ATRI and BOC

IAFC SPONSORS



IAFC AFFILIATE PARTNERS



IAFC FAVORITES

IAFC Expo Hall

Shop and explore for the latest in programming, equipment, music, clothes and more.

IAFC Innovations Research Lounge

What's the latest in aquatic fitness research? Grab a seat and find out!

Product Demonstrations

Join in as AEA Sponsors and Affiliates showcase their products in the pool. See pages 6 and 7 for descriptions.

Hosted & Pre/Post Conference Programs

These are programs that are offered by AEA & Affiliates in addition to the regular IAFC sessions. See pages 4 and 5 for descriptions.

Additional registration fees are required for most of these programs. See page 3 for details.

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MEALS, SPECIAL EVENTS & MORE

NEW **Cool Pool Performance & IAFC 25th Anniversary Welcome Reception**

Monday, May 14 4:30pm-7:00pm
Check out the aquatic talent and enjoy a Ritz & Glitz aquatic performance featuring familiar faces from the past 25 years! The reception includes munchies and a cash bar. An additional fee of \$12.00 will be required to attend.

NEW **The IAFC Awesome Auction-bidding starts Wednesday!**

Of course we are still doing the ever-popular 50/50 drawing but new this year, you can help AEA help those less fortunate and have a chance at bidding on great auction items from AEA, Sponsors, Affiliates, Exhibitors and more! The Awesome Auction (similar to a Chinese Auction) is sure to be a fun way for attendees to win! The auction catalog and bidding information will be available at IAFC registration! Be on the lookout for advanced information and bidding ticket savings in March!

NEW **Cooking Classes at IAFC?** Yes, you read correctly! Join Adita Lang as she shares a few sessions of healthy, creative and quick ideas to help your nutritional intake. Experience quick breakfast ideas, smoothies, salads and more and learn that it's not so hard to eat healthier after all.

Lunch Buffet – Thursday, May 17 11:30am-1:30pm
Brunch Buffet – Friday, May 18 8:00am-9:30am
Brunch Buffet – Saturday, May 19 10:30am-12:30pm

Puttin' on the Ritz – Global Awards, Semi-Formal Dinner & Dance
Friday, May 18 7:30pm-11:00pm

Last year we rocked with beehives & bell bottoms; this year, prepare to rock your finest as we go glam! We are rolling out the red carpet and inviting you to join us in celebrating 25 years of IAFC. What guy can pull off the best black & white? What lady will walk in turning heads?

KPH Silver Anniversary Global Finale & 50/50 Drawing
Saturday, May 19 6:00pm-7:30pm

Wrap up your IAFC experience with a global class staged by presenters from around the world as we wrap up a very special year and conference.



SESSION TYPES AT A GLANCE

AWS	90-minute aquatic workshop. Includes both classroom & pool
LWS	90-minute land fitness workshop with practical applications
LEC	90-minute of classroom education & theory
DRY	90-minute of classroom aquatic education, theory & practical applications
AMC	45-minute aquatic master class
LMC	45-minute land master class
DEMO	Product demonstration, may include lecture (LEC) as well as pool
UNWIND	30-minute PM cool down sessions

IAFC CONFERENCE SESSION TYPES

Choose a mixture of pool, lecture and land classes for the most invigorating & educational IAFC experience! The guide below will help you when selecting your sessions.

Aquatic Workshops (AWS) Pool & Lecture

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

Dry Dock (DRY) Classroom Aquatic Education

Take away solid aquatic fitness leadership skills and concepts. These "NO POOL REQUIRED" fitness training platforms may include movement; therefore, sneakers are required.

Land Workshops (LWS) Land Fitness

Whether you currently teach land fitness or are curious about cross training, IAFC includes 90-minute land fitness workshops that include practical applications and discussion.

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.

Product Demos – (DEMO) Aqua & Land

These sessions provide hands-on opportunities to test out sponsor and affiliate equipment or formats in master class or practical skill applications.

Unwind Sessions (UNWIND) Mind Body/Warm Water Sessions

Scheduled at the end of the day, these sessions typically feature mind & body programming or slower and relaxing movement.

Important IAFC Registration Information

Please visit the IAFC Page at the AEA Website.

IAFC Registration Fees

AEA Member Early Bird Full Conference received on/before March 23	\$399.00
Late OR Non Member	\$499.00
Wednesday Only	\$175.00
Thursday Only	\$205.00
Friday Only	\$245.00
Saturday Only	\$205.00

AEA Member Early Bird Deadline is March 23

IAFC Cancel Policy:

I understand that all IAFC registration fees are non-refundable if I cancel my registration AFTER April 23, 2012. I understand I can pay a \$75.00 transfer/cancel fee if I cancel or transfer in writing to AEA no later than April 22, 2012. I understand that any membership fees or manuals purchased are not refundable.



Please visit the IAFC Page at the AEA Website.

Helpful Information to Complete Your IAFC Registration

Get the Most Out of Your IAFC Registration!

- Read through the entire E-brochure and select the sessions you wish to attend
- Click through the "IAFC '12 Register Now" Banners on the AEA Website or register directly from the IAFC Page
- Register as soon as possible, as sessions fill up fast.

IAFC Registration Assistance

- Visit the IAFC page of the website for more detailed directives
- Call toll-free in the US or Canada 1.888.232.9283, ext. 222
- International Callers, 941.486.8600, ext. 222
- Email Donna at donna@aeawave.com



Become an AEA Member When You Register For IAFC



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 & Digital options available depending on membership type)
- Exclusive access to E-AKWA & AKWA Quizzes
- Discounts on AEA Hosted Educational Events & Conferences
- Discounts from Select Industry Vendors & Affiliates
- MEMBERS ONLY Area of the Website
- 20% Discount on AKWA Shop Products
- 20% Discount on AEA Online Education
- Unlimited Classified Listings & Job Postings

Members Only @ www.aeawave.com

- E-AKWA (Additional resources, digital video, class notes, choreography & more)
- Class Tips (Choreography, toning & stretching ideas)
- Resources (Class forms, evaluations, survey samples, program descriptions and vendor discounts)

Membership Options:

- **One-Year Pro Member**
\$65.00 USA/\$75.00 International
 - Includes print and digital AKWA Magazine
- **One-Year E-Member**
\$45.00 USA or International
 - Includes all Pro Benefits except AKWA Magazine is in digital format only
- **Two-Year Elite Member**
\$110.00 USA/\$135.00 International
 - Includes print and digital AKWA Magazine
 - Receives FREE Submittal of 5 AKWA Magazine CEC Quizzes valued at \$50.00

AKWA Magazine

Published 6 times per year, AKWA is the most widely read resource in the industry, offering in depth articles, featured columns, product information and continuing education to provide an edge in a competitive market.

AKWA is available in print and digital format which includes Google translation capabilities.

Hosted and Pre/Post Conference Programs

These are programs that are in addition to the regular conference sessions.

Additional registration fees are required for these programs unless otherwise noted.

Tuesday, May 15

- PC1-Aquatic Fitness Professional Practical & Skill Applications Course – 8 Hours**
Attend the hands-on workshop to help you become a certified professional
AEA Member Early Bird: \$65.00
Late or Non-Member: \$105.00
CECs: AEA 7.0*, ACE 0.6, AFAA 5.0, ATRI 6.0, BOC 6.0



This hands-on workshop, taught by AEA Trainers, is designed to reinforce the recommended self-study resources. This workshop provides theoretical review, classroom movement and pool application that can help you enhance your level and skill! Bring the study materials to life! This course targets muscles, equipment & movement; techniques for altering intensity; programming & leadership skills including deck instruction – all in an easy to understand format. **This program does NOT cover all examination objectives and advanced study is highly recommended.**

The AFP day-long course outline can be downloaded from the website or directly from your event confirmation.

* AEA CECs issued to individuals who are currently AEA Aquatic Fitness Professional Certified ONLY, and not to those sitting for the Certification Examination.

- PC 3-AEA Aquatic Fitness Professional Certification Examination**
4:00pm-6:00pm
Become a true industry leader and obtain your AEA Certification today!
Examination Fee: \$145.00



Increase your credentials and career opportunities with the most comprehensive and recognized Aquatic Fitness Certification. This 100-question, multiple-choice written exam is designed to test a standard level of theoretical and practical competence and skill for aquatic fitness professionals. **Obtaining AEA Certification is the gold standard in the industry and once achieved, it is THE LEVEL to be at!**

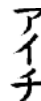
Follow the AFPC Examination Study Objectives to fully prepare. These can be downloaded when you register or from our website.

AEA highly recommends that ALL Candidates have a minimum of 6 months practical experience in aquatic exercise and allow at least 8-12 weeks of advanced study utilizing the AFP Manual and Examination Objectives.

Certification development, complete candidate requirements and policy and procedural information can be found on the AEA Website under the Certification Menu or mailed to you upon request.

For complete AFPC Examination information, download the AFPC Candidate Handbook from the AEA Website, Certification Menu.

- PC2-Ai Chi Basic Certification**
Jun Konno & Ruth Sovo
9:00am-5:00pm
Early Bird AEA Member: \$250.00
Non-Member or Late: \$325.00
Learn How to Teach Ai Chi



Examine the Eastern thought behind the movement performance and sequence of Ai Chi and understand the benefits of Ai Chi for the average healthy adult. Explore the continuing evolution of Ai Chi, including several new ways to make the basic program more effective. Analyze the body and mind efforts necessary for a positive effect. Apply teaching techniques including lecturing, music, pacing, modifying for special situations and flow of a class. Learn several different ways to focus your Ai Chi instruction to create new or advanced Ai Chi opportunities for your clients. The Course price includes the book, Ai Chi – Balance, Harmony and Healing.

- PC4-JUMP START GOLD™**
Zumba
8:00am-5:00pm
Price: \$275.00



Please Register Directly with Zumba –www.zumba.com Zumba/Zumba Gold Instructor Training Program

This course is designed for new instructors who wish to teach the active older adult and addresses the anatomical, physiological and psychological needs specific to this population. It will also prepare you to teach students just starting their journey to a fit and healthy lifestyle and who want to join the fitness-party for the first time. The Jump Start Gold Instructor Training teaches you the foundation and formula to teach a Zumba class and prepares you to teach Zumba Gold® classes by integrating the concepts of the Zumba Gold program. *License: One-year basic Zumba license; Zumba Gold license as long as you are a ZIN™ Member in good standing.*

Wednesday, May 16

- PC5-Health & Safety Skills for Aquatic Fitness Professionals**
8:00am-11:30am
Jill White – SAI/Starfish Aquatics & AEA
Early Bird AEA Member: \$49.00
Non-Member or Late: \$65.00



Safety training and risk management skills are an important component of your professional development as an aquatic fitness professional. This session will help you identify risk during your aquatic fitness classes and give you practical strategies so you can meet required/suggested expectations. Topic areas will include prevention, surveillance, aquatic rescue, emergency care and personal safety. The session will consist of one hour each of classroom theory, in-water hands-on training and emergency care scenarios. You will receive a certificate of completion. Special opportunity – if you are currently certified in CPR/AED, you can be tested out and receive your renewal CPR/AED certification card at no additional charge.

Hosted and Pre/Post Conference Programs

□ PC6-Aqua Zumba Day Long Program Zumba

8:00am-5:00pm

Price: \$170.00

Please Register Directly with Zumba – www.zumba.com

Aqua Zumba Training

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.*



□ PC7-Saving Pools, Saving Lives

Sue Nelson/USA Swimming

8:00am-5:00pm

Cost: \$30.00 for IAFC Attendees

\$45.00 for Non-IAFC Attendee

Register with USA Swimming – www.usaswimming.org/facilities

Two Topics: Keeping Pools Open & Profitable and Drowning Prevention

This workshop was held in 2011 in five different cities - five times across the country for the first time as part of a comprehensive drowning prevention program. USA Swimming will offer this workshop to AEA members so they can "get up to speed" with what is happening with pools & pool budgets. Learn how to develop a plan of action and be proactive if the discussions starts going towards your pool closing. Take away the newly written Aquatic Resource Manual for your aquatic center. *Breakfast, lunch and an afternoon snack are included with the cost of program.*



□ PC8-H2O Pilates Fusion

Marilyn Hinson and Craig Stuart

8:45am-12:15pm

Early Bird AEA Member: \$49.00

Non-Member or Late: \$69.00

Expand your aquatic repertoire and take your understanding of Pilates to the next level. Learn how Pilates principles and concepts, can be successfully adapted and modified in the water. Learn how simple equipment (noodles and hand buoys) become powerful tools to challenge and train the deepest muscle layers in the body. Experience, feel and learn a rich variety of exercises that will transform your creativity, your students and your classes.



□ PC9-Science & Research: Theory to Practice 2012

AEA Research Committee

3:30pm-7:30pm

FREE!

Discover how to put cutting edge aquatic research to work in your classes and training. This workshop will dig deep into aquatic research topics that can be applied in the training programs and classes you teach. Elevate your instruction by learning about the research in the class and then practicing the concepts in the pool. Take away aquatic concepts on plyometric training, max cardio & anaerobic thresholds, post rehab integration into water programs and much more.



Sunday, May 20

□ PC10-Regional Build a Pool Conference

Mick Nelson/USA Swimming

8:00am-5:30pm

Cost: \$30.00 for IAFC Attendees

\$60.00 for Non-IAFC Attendee

Register with USA Swimming – www.usaswimming.org/facilities
Plan it – program it – design it.

The Regional Build a Pool Conference is not just about building pools. The format also offers information about programming pools for financial sustainability. Take away in-depth information on renovating and upgrading or expanding on to existing pools, in addition to information on designing and building new facilities. Each attendee will receive a flash drive at registration which includes all of the information stored in electronic form for future reference and retrieval. *Breakfast, lunch and an afternoon snack are included with the cost of program.*



Product Demos

Tuesday, May 15

6:00pm-7:45pm

□ **114-DEMO Silver Splash**
SilverSneakers / MaryBeth Marotto
SilverSneakers Aquatic Programming



SilverSplash is a universal, trademarked total body aqua conditioning class that focuses on increasing agility, range of motion and cardiovascular conditioning. Learn how to create choreography with the SilverSneakers kickboard, improving strength, balance and coordination in a safe, fun and effective format. This workshop also includes class format objectives, as well as water safety and risk management recommendations.

7:00pm-7:45pm

□ **115-DEMO HydroRider Training Solutions**
HydroRider / Roxana Brasil
Powerful Programming with HydroRider Cycles and Treadmills



Go beyond choreography and traditional aqua aerobics and capture a new audience by adding aquatic cycling and trekking into your programming. HydroRider equipment can be utilized for group fitness, small group programming and for personal training sessions. Get serious about aquatic fitness with some seriously athletic solutions.

□ **116-DEMO WATERinMOTION®**
SCW / Sara Kooperman & Connie Warasila
Pre Choreographed High Energy Aqua



WATERinMOTION® is a pre-choreographed, aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular class that tones and tapers the entire body. Enjoy the pure fun of this 45-minute water extravaganza where every quarterly release has new music and different choreography. Aqua-phobes will forever become aqua-FANS when they 'Catch the Wave!'

8:00pm-8:45pm

□ **117-DEMO Speedo Power Workout**
Speedo
Innovative Resistance Training Speedo



Get your clients and students fit and sculpted like never before with Speedo's Aqua Fit 360 System. A must class to attend to experience this drag/buoyant hybrid equipment design. Get in the pool to explore a wide range of training opportunities for the most intense and fun shallow water workout.

Wednesday, May 16

4:00pm-4:45pm

□ **231-DEMO AquaLogix Fitness System**
AquaLogix / Jon Edge & Lisa Garrity
High Intensity Workout with AquaLogix



High intensity, low impact with no wasted movement, the AquaLogix Fitness System is a stand alone, superior choice for intense aquatic fitness. The AquaLogix experience is all about working harder and longer while minimizing the risk of injury. Discover why AquaLogix is being utilized by people of all ages and fitness levels and is an ideal choice for personal trainers, coaches, military, pro-athletes, fitness enthusiasts and more.

□ **232-DEMO Nekdoodle AquaKreative**
Concepts
Nekdoodle / Ricardo Maia
Aquatic Training Ideas with the Nekdoodle



Used for flotation or resistance – vertical, horizontal or just relaxed; the Nekdoodle provides endless versatility in group fitness, small group programming and personal training. Join Ricardo for a highly entertaining and highly energetic Nekdoodle showcase that combines creative core training with functional drills and cardio variations.

□ **233-DEMO Resistance Tubing 2.0**
Power Systems / B. Daryl Shute
Total Body Workout with Resistance Tubing (Land)



Are you thinking resistance tubing and bands is so yesterday? Think again! *Resistance Tubing 2.0* will open your eyes to new and creative ideas for rubberized resistance. In this session a new style of tubing will be introduced and utilized. Learn how to design training programs for your clients or group fitness classes or even for your own workouts.

5:00pm-5:45pm

□ **234-DEMO HYDRO-FIT Deep-to-Shallow Integration**
HYDRO-FIT / Craig Stuart
Shallow & Deep HYDRO-FIT Workout



Go deep to shallow and experience a wide spectrum of new moves and choreography guaranteed to pump up your classes. This dynamic sampling of shallow and deep features all of your favorite HYDRO-FIT equipment. Jump in and join Craig for an energetic aqua showcase packed full of practical ideas and creative techniques that target cardio, strength, core and more.

Product Demos

❑ **235-DEMO WATERinMOTION®**



SCW / Sara Kooperman & Connie Warasila

Pre Choreographed High Energy Aqua

WATERinMOTION® is a pre-choreographed, aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular class that tones and tapers the entire body. Enjoy the pure fun of this 45-minute water extravaganza where every quarterly release has new music and different choreography. Aqua-phobes will forever become aqua-FANS when they 'Catch the Wave!'

❑ **236-DEMO Strength & Stretch**



Power Systems / Michelle Able

Total Body Workout with Resistance Tubing (Land)

Two vital components to a healthy fitness routine are strength training and flexibility. In this session you'll enhance your knowledge base by experiencing both of these components using one simple tool – resistance tubing. Take away ideas for a simple, yet challenging and exciting workout. Your members and clients will love you for it!

6:00pm-6:45pm

❑ **237-DEMO Aqua Sphere Circuit Challenge**



Aqua Sphere / Mark Grevelding

Equipment Specific Athletic Circuit

Transform the pool into a gym and treat your students to a group strength class packed with inspiration and challenge. This session showcases some of Aqua Sphere's hottest aquatic fitness equipment, including Ergo Bells, Ergo Belts, P2K Fitness Boards and HydroGloves. Learn how to create a fun and athletic circuit/boot camp format packed with creative moves that can be layered with intensity for all fitness levels.



AEA is proud to partner with our Sponsors and Affiliates to bring you IAFC 2012!

IAFC SPONSORS



IAFC AFFILIATE PARTNERS



Tuesday Session Descriptions

Hosted Programs & Pre-Cons

Please see page 4 for details on PC1-PC4

- ❑ PC1-Aquatic Fitness Professional Practical & Skill Applications Course
- ❑ PC 3-AEA Aquatic Fitness Professional Certification Examination
- ❑ PC2-Ai Chi Basic Certification
- ❑ PC4-Zumba JUMP START GOLD™

Tuesday, May 15

Select (1) Session From 101-105

11:00am-11:45am

- ❑ 101-AMC Aqua 2 For 1
Mark Grevelding & Tara Palmer Schaeffer
Simultaneous Shallow & Deep Instruction

Create your own Happy Hour in the pool and make everyone content with a program specifically designed to allow for both deep and shallow participation. Maximize your Aquasize and your available pool space with choreography that can be taught to people at all depths of the pool at the same time.

12:00pm-12:45pm

- ❑ 102-AMC Aqua Zumba
Tony Witt
Aqua Zumba Master Class

It's Party Time in the Pool! Check out this non-stop Latin Splash Party that will have you moving and grooving with music and movement, other wise known as the Zumba Experience. Make waves in this sizzling workout and discover just how HOT the water can be!

1:00pm-1:45pm

- ❑ 103-AMC Aquatic MMA
Nino Aboarrage
Aqua Martial Art Inspired

Fight, resist, balance, confront and combat. This unique class was inspired with seniors in mind and created with movement from combat confrontations between two warriors in the Octagon Mix Martial Arts. Give your pool workout a kick and punch up the fun.

2:00pm-2:45pm

- ❑ 104-AMC UA Body
Ekaterina Khapkova
Upper Body and Abdominal Deep Workout

Heat up the deep end with an intense cardio program. The main course in this aqua feast is portioned into two minute intervals of upper body and two minute intervals of abdominal work. Treat your students to a popular and athletic deep water interval format that delivers the results they are looking for.

- ❑ 105-AMC GAL Energy
Rui Duarte

Gluteals, Abdominals and Lower Body

Everybody loves to work their butt and gut. This freestyle class is an essential collection of exercises for your glutes, abs and legs. Incorporate equipment and then add endurance, strength, toning and balance for an amazing aquatic fitness class that will keep the pool packed with eager students.

Select (1) Session From 106-109

3:00pm-3:45pm

- ❑ 106-AMC Florida Gurls
Monique Acton & Julie See
Choreography For All Depths

There is something in the water – a workout that rocks both shallow and deep. This mirror image class with Monique & Julie proves that West Coast Florida Gurls are undeniable with choreography that is unforgettable and ready for your next aquatic fitness class! Cardio, core and so much more!

- ❑ 107-AMC Local in Acqua
Ricardo Maia

Balanced and Intense Aqua Training

Experience demanding training that works your body to the extreme with intense sequences that will leave your muscles begging for help. Learn how to alternate superior and inferior work with balance and harmony. Combine teaching strategies with a fun, yet logical approach for a totally intense workout.

4:00pm-4:45pm

- ❑ 108-AMC Elite Conditioning
Ian Levia

Aqua Athletic Conditioning

Elite conditioning is designed for athletes who failed to “properly” prepare for their sport during the off season cycle and with only a limited amount of time remaining need to safely and correctly complete their “readiness training” for pre competition drills.

- ❑ 109-AMC Mitochon-Aquabics
Kenichi Tamura

Building Strength and Improving Mood

Train the endurance-related spinal muscles, as well as the muscles around movable joints to make them supple and resilient. Water supports joints to encourage free movement while also working as resistance to help build strength. Workouts in soothing water can lead to mood enhancement and enhance the body's inherent ability to heal.

Over 175 Power Packed Sessions

Select (1) Session From 110-113

5:00pm-5:45pm

❑ 110-AMC Double Impact Georgia Collu & Silvia Senati

Techniques for Shallow & Deep Instruction

Double your pleasure with two workouts in one class, yes that is two instructors, two depths, but just one routine and one pool. Learn how to instruct both depths simultaneously while improving your deck teaching skills. Take away skills to double your teaching impact with a combination training format for both shallow and deep water.

❑ 111-AMC Choreography Progressions Updated Tinoca Senra

Develop and Refine Choreography Skills

Learn how to apply the basic rules of choreography for aquatic cardio and body toning. As always, keep it simple to make it astonishing! Explore asymmetric and symmetric combinations of basic movements and take home some fun new concepts for your classes.

6:00pm-6:45pm

❑ 112-AMC Deep to the Core Lori Sherlock

Deep Core Training

This deep water session will utilize transitions, body positions, speed and hydrodynamic principles to challenge and engage the core. Understand the aquatic principles involved for core utilization and discover core specific cues. Combine cardiovascular exercise and core training to create a great workout!

❑ 113-AMC You Can Be Rubberized Mariano Solier

Training Ideas with Elastic Tubing

Stretch your class from start to finish by using rubberized tubing to work all of your muscles. Learn how to sequence exercises in large muscle chains or isolated groups, individually or in pairs and explore factors such as core stabilization, water's resistance and buoyancy. Take the fitness center to the pool with this dynamic program.

Select (1) Session From 114-117 See page 6 & 7 for Demo descriptions

6:00pm-7:45pm

❑ 114-DEMO Silver Splash

7:00pm-7:45pm

❑ 115-DEMO HydroRider Training Solutions

❑ 116-DEMO WATERinMOTION®

8:00pm-8:45pm

❑ 117-DEMO Speedo Power Workout

Wednesday Session Descriptions

Hosted Programs & Pre-Cons

Please see page 5 for details on PC5- PC9

8:00am-11:30am

❑ PC5 Health & Safety Skills for Aquatic Fitness Professionals

8:00am-5:00pm

❑ PC6 Aqua Zumba Day Long Program

8:00am-5:00pm

❑ PC7 Saving Pools, Saving Lives

8:45am-12:15pm

❑ PC8 H2O Pilates Fusion

3:30pm-7:30pm

❑ PC9 Science & Research: Theory to Practice 2012

Wednesday, May 16

Select (1) Session From 205-214

7:30am-8:15am

❑ 205-AMC Deep Dance

Tatiana Maximova

Dance Inspired Deep Water Movement

Experience a dance class in deep water. Explore simple methods of choreography construction that allows you to execute and connect dancing elements for deep water. Dramatic, simple and elegant moves combined with the right mood and music is all we need!

❑ 206-AMC Senior in Action

Sabina Fornaro

Water Wellness for Seniors

Working with noodles, discover strategies for improving cardiovascular effort and joint mobility in the water environment. Understand how to regulate exercise intensity and develop lesson plans based on fundamentals so that the material is easy to instruct to your senior classes.

❑ 207-LMC Sculpt 'n Go!

Monique Acton

Rubberized Resistance Training Exercises (LAND)

If you find yourself unable to make it to the gym or need a workout when traveling then this session is for you. Sculpt 'n Go is a creative program featuring tubing exercises that can be done anytime, anywhere so you never miss a workout! This is a land workout – please be sure to wear sneakers and exercise clothing.

8:30am-9:15am

□ 208-AMC **Dynamic Teaching Techniques: Deep & Shallow Evelyn & Greg Keyes**

Adapting Movement for Both Deep & Shallow

Discover a dynamic workshop that highlights both the intricacies of team/partner teaching and strategies for simultaneously teaching a shallow and deep water class. Learn aquatic movement and transitions for adapting the same moves for both shallow and deep water and take away fresh concepts for verbal and non-verbal cueing techniques.

□ 209-AMC **Games We Play Triple Delight**

Adding Fun with Water Games

Make a big splash in your next H2O aerobics class. Bring your toys to the pool and let the kid in you come out. Whether individuals, partners or teams – everybody is a winner with the fun and fitness inspired aqua Games We Play!

□ 210-LMC **Sen Fi - Feel the Flow Daniela De Toia**

Combat, Power & Relax in ¾ Time (LAND)

Sensual Fighting is an Asian aerobic, mind and body workout inspired by Haka-rituals from the Maoris (New Zealand), Kung Fu, Wing Tsun and Qigong. Alternating these relaxation and tension movements in ¾ time you feel the Chi flowing. As Csikszentmihály said, "People are most happy when they are in a state of flow."

9:30am-10:15am

□ 211-AMC **Choreo XPTO 2012 João Santos**

High Intensity Aquatic Choreography

Challenge your mind, challenge your body and challenge your workout. Experience layers of intensity and complexity and learn how to adapt your choreography so that the class can follow. Combine variations of fluid movements for an intense cardio workout. Are you ready for the challenge?

□ 212-AMC **FIT: Fight Intensity Training**

Rui Azevedo & Silvia Senati

Aqua Combat Programming

Take your inner warrior to the water. This dynamic team from Portugal and Italy delivers up an aquatic challenge packed with aggressive moves designed to maximize the water's resistance and elevate your aquatic combat skills. Choreography, cardio, combat and more – Rui and Silvia are waiting for you!

□ 213-LMC **Heartwork Reflections**

Tara Palmer Schaeffer

Mindful Stretching and Meditation

Experience a journey as you take yourself through a relaxing soft body meditation and stretch. Discover how to use bio feedback in mindfulness exercises and meditation. Learn to attune your mind and body, connect with your higher purpose and let your heart be guided by your experiences.

Early Bird Registration is March 23

10:15am-11:00am

□ 214-AMC **Ballet & Shake**

Ekaterina Khapkova

Ballet Inspired Aquatic Workout

Russian presenter, Ekaterina, shakes things up with a unique aqua program that combines classic ballet choreography with "shaking" exercises designed for the aquatic environment. This interval format will help develop intra-muscle coordination, core strength, endurance and balance skills.

Select (1) Session From 215-222

10:30am-12:00pm

□ 215-LEC **Stress, Cortisol & Obesity**

Len Kravitz

Understanding Cortisol's Role in Obesity

Perhaps the hottest consumer and fitness industry hormone is cortisol and its association to obesity. This scrupulously researched presentation will discuss stress and its significance to bodily function, the importance of cortisol to the body, and the potential link between cortisol, stress and visceral obesity. Take away evidence-based, researched training programs that will help clients become successful conquerors in the weight loss battle.

□ 216-LEC **What a Pain in the Neck**

Connie Jasinskis

Preventing Neck Pain

Many people experience neck and upper back pain on a daily basis. Whether this results from arthritis, injury, stress, repetitive strain or poor posture, aquatic exercise can help. Learn how to avoid aggravating the neck and upper back. Make your aquatic training programming part of the solution to neck pain.

□ 217-DRY **Name That Move**

Mark Grevelding

Identifying Purposeful Movement

At IAFC 2011, Mark taught Name That Muscle. This year he flips it and reverses it. If provided the muscle and the purpose, can you name that aquatic move? Better yet, can you show that move? Enjoy an interactive classroom session that is perfect for anatomy-challenged instructors who want to satisfy their need to know.

□ 218-DRY **It's Hip to Knead to Know**

Terri Mitchell

Aquatic Joint Replacement Programs

Being unloaded from lessened joint impact in the pool allows persons with total hip and knee replacements to continue with cardio, strengthening and flexibility programs. Learn about hip and knee replacements, beneficial aquatic exercises and identify post rehab objectives and pool props appropriate for ortho exercises.

12:15pm-1:45pm

□ 219-LWS **Muscular Strength & Range of Movement (MSROM)**

MaryBeth Marotto / SilverSneakers

SilverSneakers Total body Conditioning (Land)

MSROM is a total body conditioning class offering exercises for upper and lower body designed to increase muscular strength, range of movement and activities for daily living (ADLs). The class format features seated and standing choreography, as well as resistance choreography with hand-held weights, elastic tubing and a SilverSneakers ball. Exercise recommendations for risk and disease management are also included.

12:15pm-1:45pm (Continued)

□ 220-DRY Aqua Fluid Pilates Giorgia Collu

Learning Core Training & Stabilization

The basic principles of Pilates will guide this program where the fluidity of the movement will be adapted to the characteristics of the water. Analyze movement in a dry setting by using planes and axes as a reference. Practice creating easy sequences and take away a popular core training program for your aqua students.

□ 221-DRY Rip Tide: Small Group Programming Ann Gilbert & Melinda Zarzycki

Aqua Small Group Training for Weight Loss

Take aqua small group training to a new level with a targeted approach to weight loss. Innovative programming, multiple pool depths and weight loss challenges will be discussed and solutions will be easy to implement when following the proven strategies reviewed in the workshop.

□ 222-LEC Effective Aquatic Management Sara Kooperman

Resuscitate your Aquatic Programs

Your pool is your most expensive piece of equipment. Learn how to maximize your return on this investment. Take your dying aquatics program and resuscitate it with strategies for program growth, member retention and client acquisition. Learn techniques to motivate, organize and manage your aqua program effectively.

Select (1) Session From 223-230

1:00pm-1:45pm

□ 223-AMC HydroRider Detox Roxana Brasil

Mixing Up Training Systems & Music

Detoxification: The process, real or perceived, of removing toxins from the body, mind and soul through amazing cross-training benefits provided by cycling classes in the water with modern and mixed music. HydroRider Detox: Dive in, hop on, train hard, purify your bodies and renew your energy!

□ 224-AMC 3 Rounds to a TKO Stephanie Thielen

Aquatic Interval Kickboxing

This is the kickboxing class that you have been waiting for. No dancing, no fluff, just hard-hitting intense kickboxing moves to condition the body from head to toe. Three rounds, each round incorporating a 3-minute fighting bout...this class is not for the faint of heart. Guards Up! Are you ready to rumble?

2:00-2:45pm

□ 225-AMC Water CYCling Functional Training Vanina Delfino

Cycle Core Training

The challenge will be cycling to maintain core stability. This session will give you tools to improve your water cycling and strengthen your core muscles. All three movement planes will be utilized to move arms, legs and trunk without forgetting to pedal. Let's go riding with all our body and soul!

□ 226-AMC Aqua Dance: Light Movement & Transitions Eiichi Tanuma

Choreography, Transitions & Cueing

The key element of this aquatic dance program is the "cueing." It is important for an instructor to give accurate cues when leading the program so that participants can relax and fully enjoy the class. Proper cueing allows participants to follow even more intricate movements.

□ 227-LMC More For Your Core Than Before Julie See

Creative Core Conditioning (LAND)

This program sequel features even more standing, supine and prone techniques that creatively target your core with small Pilates balls. Although this is a land-based workout, many of the techniques can transition to the pool – so double up on your class options and your results!

3:00pm-3:45pm

□ 228-AMC Noodle & Core Pedro Santos

Targeted Aquatic Noodle Training

Discover how your core reacts to different forms of movement. This session features choreography rich in flexible exercises and layered with levels of intensity for different populations. Choose simple and easy movements that work with buoyancy, that also provides a strength workout to make your abdominals smile.

□ 229-AMC The Aqua Musketeers Waldir Assad, Ricardo Maia and João Regufe

Aqua Workout with Variations & Intense Drills

The three Aqua Musketeers bring three different types of training to the pool, including a towel workout, Latin moves and combat sequences. The diversity of these varied themes is the main feature of this program. Socialization and fun are a primary objective, while still adhering to the technical drills & skills of aquatic fitness.

□ 230-LMC Hip Hop Phonics Ian Levia

Introduction to Hip Hop Dance

This session was designed to introduce hip hop dance, along with its groove, funk and cool elements. Orchestrated for the beginner, Hip Hop Phonics can also be adapted and expanded for those who can "bring it!" Join Ian and break a sweat to the latest Hip Hop dance music, while learning some fun, easy to learn dance moves.

Select (1) Session From 231-237

See pages 6 and 7 for Demo descriptions

4:00pm-4:45pm

- 231-DEMO AquaLogix Fitness System
- 232-DEMO Nekdoodle AquaKreative Concepts
- 233-DEMO Resistance Tubing 2.0

5:00pm-5:45pm

- 234-DEMO HYDRO-FIT Deep-to-Shallow
- 235-DEMO WATERinMOTION®
- 236-DEMO Strength & Stretch

6:00pm-6:45pm

- 237-DEMO Aqua Sphere Circuit Challenge

Select (1) Session From 238-245

6:15pm-7:45pm

□ 238-LEC Osteoporosis & Sarcopenia: Falls and Aquatic Physical Conditioning

Juan Colado

The Link Between Sarcopenia, Osteoporosis & Falls

Sarcopenia, osteoporosis and falls are interconnected. A good physical conditioning program appears to be one of the best strategies for reducing these conditions and to improve performance and quality of life. New practical applications and knowledge must be applied to aquatic programs because until now, the existing ones have not been optimally effective.

□ 239-LEC Living the Dash: Making Moments Matter

Sandy Stoub

Making Your Life Matter

This inspirational session reflects on the past, plans for the future and pauses to enjoy the gift of the present. Learn to embrace each day and live in a holistic way. Develop a love and zest for life and discover how to translate passions into possibilities. Consider one's meaning and mission and how to make moments matter.

□ 240-LEC Take the Stress Out of Stress Incontinence

Anna Albrecht & Christine Cornell

Bladder Basics and Balance

This session explores the role of the pelvic pyramid in bladder health, posture and balance, as well as strategies to improve overall health and increase confidence and function. Learn simple changes in lifestyle habits and diet that may eliminate common barriers to exercise for those with stress incontinence.

□ 241-DRY Feel the Water

Silvia Senati

Improving Body Techniques for Aquatic Fitness Professionals

Practice your aquatic fitness choreography on land! Silvia shares some of the body mastery skills that have made her a world class presenter. Learn how to feel the water out of the pool and demonstrate that feeling from deck. Improve teaching performance, technique and visual cueing skills.

7:00pm-7:30pm

□ 242-UNWIND Drum Sensations

Triple Delight/Erica Wilson

Cool Down & Stretching

Wind down and let your body feel the rhythms of the drum as you relax and release your mind and muscles from the activities of the day. Elongate the spine, increase flexibility, range of motion and overall sense of wellbeing.

7:30pm-8:00pm

□ 243-UNWIND Zen Riders Cooldown

Ivan Amaral

Soothing Cycling Experience

Experience an end of the day biking session that will get you revved and relaxed at the same time. Enjoy some serious stress release at the end of a hectic IAFC day with a twilight spin. Pedal, stretch, focus and breathe through an experience that will calm your mind and body. Only Ivan can bring yoga and a bike together in harmony!

□ 244-UNWIND Aquarelax

Douglas Gil

Aquatic Physical & Mind Relaxation

This is a great choice for the end of a long day of IAFC classes. Enjoy stress reducing relaxation based on technical JDG (Stress Reduction Technique), which aims for physical and mental relaxation. Take away new ideas to end your class with solo or pair options for relaxation exercises.

□ 245-UNWIND Yoga Wind Down

Lori Templeman

Evening Yoga Relaxation (LAND)

Conclude your day with a grounding yoga experience. Fundamentals of body, breath, and posture are the focus of this brief land session. Become aware of alignment and energy level. Gather and reflect on the events of the day and leave feeling relaxed, stretched and centered.

Thursday Session Descriptions

Thursday, May 17

Select (1) Session From 305-311

7:45am-9:30am

□ 305-AWS Liquid Force

Karen Westfall

Maximizing Aquatic Resistance

Experience the true power of water's resistance. Improve strength, posture and balance while enjoying a unique and unbelievably effective approach to aquatic fitness, one that provides virtually non-impact aerobics with emphasis on stabilizing the core to improve muscle tone, strength and endurance.

□ 306-AWS Deep Choreography Blast

Craig Stuart

Deep Water Choreography/Training Techniques

Harness the power of liquid resistance and get a blast of new deep-water exercises and choreography ideas. Join Craig as he combines equal amounts of strength training, cardio routines and core techniques, specially designed for the buoyant environment of deep water. Learn by doing and discover new moves, teaching terminology and class options you can immediately take home.

□ 307-AWS Boot Camp Splash

Marti Peters

Aquatic Boot Camp Training

Kick it up a notch in this fun, high energy training format. Keep your students working, moving and training hard. Discover innovative, challenging conditioning exercises to create your own boot camp that will keep your students coming back for more!

❑ **308-AWS Essential Aqua Pilates**
Anna Shay-McEntee
Pilates for Fitness and Body Awareness

Integrate Pilates and aquatic exercise for greater body awareness and fitness. The combination of fitness formats results in a unique blend of physiotherapy and mainstream exercises. Essential Aqua Pilates develops body awareness, core stability and provides a safe, balanced, effective and powerful program that will result in a toned, lean and supple body.

7:45am-9:15am

❑ **309-DRY Lifespan Aqua**
Tinoca Senra
Aqua Training for All Ages

Training different age groups requires different needs and approaches, including considerations for music, safety issues and class planning, to name just a few. Take away some tips from one of Europe's top instructors for teaching and class planning for all age groups – children to the elderly.

❑ **310-LWS We're Doing Yoga?**
Jackie Lebeau Anderson
Yoga and Strength Fusion (LAND)

Discover why the term "yoga" strikes fear in the hearts of our participants. Jackie's yogamorphosis from athletic conditioning to basic poses will ease yoga into a group exercise class so gradually that by the time our apprehensive participants realize they're doing yoga, they've already fallen in love with it!

❑ **311-LEC Day In, Day Out: Fitness Management**
Ann Gilbert
Managing a Team

For years the "top" or the "best" has been promoted to a managerial position with little or no training. Learn how to manage numbers and lead people. Understand how motivation, education, perspective and discipline will play a part in your daily routine. Take away simple managerial practices, then follow them and your team will follow you.

Select (1) Session From 312-318

9:45am-11:30am

❑ **312-AWS Aquatic Programming for Juvenile Obesity**
Lori Sherlock
Effective Aquatic Programming for Juvenile Obesity

This presentation will address the significance of juvenile obesity and the implications that aquatic intervention can play in the prevention and treatment for this population. Learn creative and successful aquatic intervention strategies to aid in the effectiveness and enjoyment of weight loss. This workshop will focus on how to make your programming more effective for a younger clientele.

❑ **313-AWS Plank Challenges**
Anne Pringle Burnell
Aqua Pilates Plank Challenges

Take the Plank Challenge and learn to ground the feet using core and trunk stabilizers for front, side, and back plank positions. Pilates based plank challenges intensify strength workouts by adding core stabilization, balance and mind/body integration. Nothing will be the same once you turn it on a diagonal line!

❑ **314-AWS Strength Training Just for Seniors**
Nino Aboarrage
Specific Strength Exercises for Seniors

Strength, balance, agility and wellness is the perfect outcome for a strength program targeted to the senior population. Take a step closer to this outcome with Nino's definitive strength formatting for older populations, programming that develops muscles and endurance safely, without injury.

❑ **315-AWS A Different Slant On Fitness**
Terri Mitchell

Diagonal Movements in Aquatics

Forget straight planes, let's move in diagonals. Review planes of anatomy and understand PNF arm and leg patterns. The aquatic environment allows our bodies to move in all planes, so let's take advantage of diagonal movements in the water.

9:45am-11:15am

❑ **316-DRY AEA Assembly Research**
AEA Research Committee
Aquatic Research: The Update Express

Do you like your information short and sweet? Don't miss the Aquatic Update Express, featuring quick, relevant updates on several hot topics regarding current aquatic theory, research and practice guidelines, including bone density, balance, heart rates, caloric expenditures, arthritis and much more. Get your aquatic research update in one quick informational session.

❑ **317-DRY Cooking 1 to 1: Breakfast to Go**
Adita Lang

Ideas for Quick Breakfasts and Morning Snacks

New in 2012! Exercising is just part of the equation; nutrition and diet play a vital role in our health and wellness. IAFC is debuting cooking/education classes to help you educate and participate in sound eating practices. The Thursday session is all about starting your day out right with quick and easy breakfast and morning snack ideas.

❑ **318-LEC Obesity & Aquatic Physical Conditioning**
Juan Colado

Aquatic Strategies for Obesity

Obesity and its linked diseases are affecting a wide percentage of the world population. A substantial number of our aqua clients are affected by obesity and related conditions. Traditional training programs have been unsuccessful for this population; therefore new scientific strategies to improve both exercise adherence and programming effectiveness are necessary.



**IAFC Expo Hall Open/Awesome Auction
12:00pm-3:00pm**

Select (1) Lunch (A or B) and (1) Session From 319-324

T1- Thursday Lunch A 11:30am-12:30pm

11:45am-12:30pm

□ **319-AMC Strong Legs**
Svetlana Rubina

Aquatic Lower Body Training

This class is based on principles of circuit training and starts with three 90 second blocks of six stations each. The class then finishes with 25 minutes of aerobic exercise to restore breathing and muscles. The format was developed to train the strength and endurance of the legs and buttocks, as well as the back muscles.

□ **320-AMC Hidro Teens Interval Training**
Fernando Villaverde

Youth Cardiovascular and Strength Training

This class is especially designed for teenagers, targeting aerobic endurance by combining plyometric exercises, aerobics and large muscular/strength movements. Teens love to strengthen and tone their muscles. The musical variety and rhythms will help motivate the training with energy and power.

□ **321-LMC Zumba Fitness Party: "Feel the Music" Experience**

Maria Browning & Tony Witt

Exhilarating Moves, Live Music, Non-Stop Energy

Zumba has become a global "Fitness Revolution" with more than 12 million Zumba enthusiasts all over the world. Come experience the Latin passion, exotic rhythms and sexy beats that no other fitness program can offer you. Experience new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! Feeling the music and getting fit never felt so good!

T2- Thursday Lunch B 12:30pm-1:30pm

12:45pm-1:30pm

□ **322-AMC Hidro Argentina**
Cristina Barcala

High Intensity Shallow Interval

This high intensity interval comes straight from Argentina and features cardiovascular and resistance intervals set to high energy Latin rhythms. Make the class fun and social by working in pairs, trios and quartets. Take away strategies to create an exciting shallow water interval program.

□ **323-AMC Abdominals Versus Gluteals**
Irma Stramaglia

Targeted Aquatic Strength Training

Everyone has a favorite body part to work. Stage a real challenge between gluteals and abdominals. Which will win? Explore a sequence of exercises designed to focus attention on two large muscles groups, with the added bonus of enhanced alignment and core stability.

□ **324 -LMC Be Fit While You Sit**
Triple Delight/Linda Grymes
Senior Standing & Seated Aerobics (LAND)

Get your Baby Boomers off the couch and in the chair for a sit down, standup bust your gut workout! Participants will learn how to instruct standing and seated exercises for active seniors. Teach your students how to improve and enhance activities of daily living. So come on - let's sit and be fit!

Select (1) Session From 325-331

3:00pm-4:45pm

□ **325-AWS H.I.T. High Intensity Interval Training**
Georgia Collu

Aquatic Cycling Research Applications

This session targets athletes with information straight from aquatic research, adapted for practical applications in fitness classes. Departing somewhat from the methods of scientific research applied to high-level tri-athletes, we will adapt this aqua interval cycling protocol into a high intensity training session for our aqua students.

□ **326-AWS Teaching Deep/Shallow Combo Classes**
Connie Jasinskas

Teaching Deep & Shallow Simultaneously

Teaching simultaneous deep and shallow water, sometimes known as combo classes, allows for maximal class size while optimizing client preferences. Instructing combo classes requires identifying, selecting, and modifying movements to suit both deep and shallow water. Discuss combo class design and review and practice movement selection strategies.

□ **327-AWS Progressive Core Stability**
Lori Templeman

Strength and Stabilization Training Options

Teach your students to train for function in this shallow workshop designed to enhance stability and mobility. Learn the stabilization continuum for progressing or regressing any exercise—both with and without equipment. Apply this skill set and achieve success for multiple levels within the same class.

□ **328-AWS Using Aquatic Exercise with Low Back Pain**
Marty Biondi

Aquatics for Back Pain

Aquatic exercise has been recommended to address low back pain (LBP) conditions. Using simple exercises and equipment, this class will demonstrate the basics of aquatic-based progressions to assist with low back pain. Participants will also have an understanding of the physical conditions involved in LBP as well as exercise contraindications for LBP.

3:00pm-4:30pm

□ **329-DRY Aqua Magic Moves**
Katrien Lemahieu

Creating Variations of Aquatic Fitness Movements

Aqua Magic Moves provides a magical format for creating combinations in arm and leg movements. By following the blueprint and making simple changes, lots of variations can be made. Follow the blueprint and you will be making your own magic moves in your classes.

□ **330-DRY Body Expression & Charisma**
Ricardo Maia

Strategies for Body Expression (LAND)

Enjoy a master class where we will improve and develop our body expression as an important tool in our daily work. Learn several tools to help you to deliver your message and the workout to students. Discover tips and strategies to make your class fluid, but still precise and technical.

□ **331-LEC Aquatic Exercise for Knee Arthritis**
Flavia Yazigi

Aquatic Protocols for Knee Arthritis

This session will present the primary guidelines based on the PICO program, a non pharmacological approach to knee arthritis (OA) using aquatic exercise. In this session, we will discuss risk factors, symptoms, evaluation tests and aquatic exercise program design for knee arthritis.

Select (1) Session From 332-338

5:00pm-6:45pm

□ **332- AWS Suspended Core Workout**
Karen Westfall

Deep Core Workout

Challenge your core with unique and innovative deep water exercises. Pilates, yoga, and traditional calisthenic exercises are adapted and intensified using various body positions while suspended in the water. You'll learn exercises including the plank, single leg circles, oblique crunches and the Pilates Hundred.

□ **333-AWS Deep 124**
Pauline Ivens

Challenging Deep Water Choreography

This advanced deep water workshop uses music tempo to set the challenge. Moving to the beat, moving at half time, and including the move-pause principle, the choreography will deliver many take home combinations for your experienced deep water clients. Latin music adds that energetic driving force to motivate everyone!

□ **334-AWS Master the Basics**
Tinoca Senra

Master the Basics for Improved Performance

This session analyzes aquatic base moves, including the execution, observation and analysis of common errors and then proposes feedback for corrections. Improve your communication skills and master the basics in order to control your movements and, of course, to be exquisite.

□ **335-AWS Water Games That Train and Gain**
Mushi Harush

Water Games That Excite

This workshop adds variety by motivating students to work harder in various domains of exercise, but still gives serious consideration to the aquatic environment. Enjoy an innovative class with safe, fun games that can be used during class to achieve powerful results. Finish the training with a smile on your clients' faces.

**Learn From the
Best Presenters in the World!**

5:00pm-6:30pm

□ **336-LWS Functional Progressions**
Ivan Amaral

Utilizing Multi-Level Formatting

Start with the most basic of exercises and then layer in different levels of progressions, slowly increasing from simple to complex and light to intense. Learn new functional neuromuscular patterns which gradually develop articular stability, balance, gait patterns and core strength, all of which allows for greater movement efficiency and life quality.

□ **337-DRY An Instructor's Guide to Muscle & Movement**
Stephanie Thielen

Introductory Anatomy and Exercise Selection

Join in on an interactive session that teaches the basics of muscles and movement. Walk away with the confidence for understanding major muscles, joint actions and exercise selection for both land and aquatic environments. You will also learn how to list exercises according to a continuum scale of most stable to most functional.

□ **338-LEC Working on the Rehab Side**
Ruth Sova

Implementing Rehab into Your Programming

You can offer water rehab even if you're not a therapist. People with special needs want, and need you in the water. You can integrate them into your classes and/or work in small groups or with one-on-one training. Feed your soul (and wallet) by helping people released from therapy. Come and learn how.

Select (1) Session From 339-344

7:00pm-7:30pm

□ **339-UNWIND Stretch Fusion Rejuvenation**
Laurie Denomme

Total Body Aqua Stretch

Allow your body the opportunity to relax, unwind and restore balance. After a long day of physical and mental demands, reward yourself with a soothing total body stretch. Movements have been strategically designed to utilize water's buoyancy to facilitate and maximize the benefit of each stretch.

□ **340-UNWIND Soft Stream**
Tatiana Maximova

Shallow Water Cool Down

Discover bliss with a flowing and relaxing cool down routine. Enjoy light and smooth movements working with the water current after a vigorous day of working against the water's resistance. Experience mental and physical relaxation, as well as a release in your muscles and joints with this graceful display of rhythmic movement in the water.

□ **341-UNWIND Rueda de Casino, Cuban Salsa**
Claudia Contreras

Cuban Salsa Dance Class (LAND)

Explore the fun world of Cuban dance and enjoy the socialization of working with others. Learn to dance Cuban Salsa. Imagine a large circle filled with couples, in which we change partners constantly, moving to the rhythm of salsa music. Experience a different style of aerobic training, one that is more dynamic and more fun.

□ **342-UNWIND Savasana Yoga**

Marti Peters

Yoga Unwind (LAND)

Unwind, release and relax with this gentle end of the day yoga session. Elongate muscles that have been overused after a long day of training sessions and release tension through guided meditation. Relax, release and rejuvenate, a perfect way to end your day.

7:45pm-8:15pm

□ **343-UNWIND YOQUA™ IV**

MaryBeth Marotto

Aqua Yoga

Experience a whole new set of poses to add to your aquatic mind & body programming with this new edition of YOQUA. Let your body, mind and breath connect as you relax, renew and reenergize yourself. Submerge into the water at twilight and feel your body unwind. Enjoy the journey!

□ **344-UNWIND Water Ballet Stretches**

Anne Pringle Burnell

Pilates Water Ballet Stretches

Cool down and enjoy slow, soothing aqua stretches from the Pilates repertoire, including the Cadillac and Reformer based exercises. Imagine a barre class, without the barre. Approach and re-approach a stretch, allowing each stretch to release a little more. Focus on breath with movement, easing into the positions.

Friday Session Descriptions

Friday, May 18

Select (1) Session From 401-407

7:45am-9:30am

□ **401-AWS Yi Jin Jing**

Ian Levia

Mind & Body Programming for Vitality

Yi Jin Jing is the method of changing the functional capacity of the muscles and tendon. This method utilizes 12 base movements, creating a series of exercises which develops strength, vitality and internal energy. Yi Jin Jing is considered the original Shaolin martial art.

□ **402-AWS Hidro Latin TriMAX**

Claudia Contreras, Vanina Delfino & Fernando Villaverde

Shallow, Deep, Cycling Circuit

This session will challenge your energy by combining hydro bikes, deep water and upper body training. Perform at the maximum level with three different styles for an integral body strengthening workout. Submerge into a complete cardio circuit and feel the LATIN power of water and the rhythm of music!



□ **403-AWS Blast from the Past - Sounds of Silence!**

Evelyn Keyes

Body Language and Visual Cueing Skills

Enjoy a program that will get the heart pumping and the laughter flowing, all virtually without the need for the instructor to speak after the introduction. Experience motion and organized formation, enabling development of group dynamics, without being taxed by overly complicated choreography.

□ **404-AWS Specific for Seniors**

Flavia Yazigi

Aquatic Exercise for Older Adults

If you teach seniors, this workshop is for you as it contains all aging needs in just one class. Learn how to select appropriate exercises, adapt them and then design a workout that contains all the components that are important for the wellness of older adults.

7:45am-9:15am

□ **405-DRY Training Balance in Water**

Marty Biondi

Aquatic Balance Training

For the older adult with arthritic joints or replacements, peripheral neuropathies, or just general weakness – issues with dynamic balance impedes function. The water provides an optimal medium to improve dynamic balance. This Dry Dock session will discuss three balance strategies and provide specific exercises that can be incorporated into an aquatics class to address balance.

□ **406-DRY BASIC Training**

Julie See

Choreography Basic Training

Build Aquatic Success Into Choreography through this training format that utilizes the principles of the water to maximize the results of each movement. We will keep it simple and safe. BASIC Training targets new aquatic fitness recruits with proven tactics and drills. Sign up now for your marching orders to success!

□ **407-LEC Exercise Design for Clients with Diabetes**

Len Kravitz

Exercise Programming for Diabetes

Join Len for an incredible and informative lecture on diabetes that includes the best aerobic and resistance training programs to manage and combat this disease. Developing a successful training program requires an in-depth understanding of diabetes and how exercise positively improves this disorder. Take away solid evidence-based research on how to manage and help prevent diabetes for clients.

IAFC Expo Hall Shopping 10:00am-2:00pm

Select (1) Brunch (A or B) and (1) Session From 408-413

F1- Friday Brunch A 9:30am-10:30am

9:45am-10:30am

□ 408-AMC Aqua System BC Cristina Barcala

Burning Calories in the Water

Obesity should be viewed as preventable and treatable. Aquatic fitness provides realistic and successful opportunities to improve health. This master class is designed to showcase a novel and efficient training in the water where the main objective is caloric expenditure and weight loss.

□ 409-AMC Let's Have A Ball 2 Mushi Harush

Effective Exercises with a Ball

Check out a unique aqua class that is challenging and fun. This workout incorporates a ball designed to improve functional fitness, agility, core strength and coordination, as well as stimulate bone density and improve aerobic abilities. Get on the ball and discover a brand new program that is simple and effective.

□ 410-LMC Band Camp Stephanie Thielen

Resistance Training with Rubberized Tubing (LAND)

Welcome to Band Camp where the weapon of choice is resistance tubing. Take away unique rubberized resistance exercises that will take your boot camp and athletic conditioning class to a new level. Experience partner and team drills that challenge strength and stability while building teamwork and group camaraderie.

F2- Friday Brunch B 10:45am-11:45am

11:00am-11:45am

□ 411-AMC Dynamic Yin & Yan Silvia Senati and Irma Stramaglia

Rhythmic Aqua Choreography

Explore a class format that blends styles from power aqua Tai Chi to traditional aqua aerobic. Rhythm, harmony, fluidity and energy all combine into a unique choreography showcase. Excite your class, have fun and engage emotion with dynamic movement in the water.

□ 412-AMC Muscles & Mind Katrien Lemahieu

Connecting Muscles and Mind

This master class is all about the learning circle we all go through; explore, control and be aware. Some follow the left circle, some follow the right. Finding your pattern provides a balance in this learning cycle and is the key to the way everybody moves. Learn the three circles and choose yours.

Don't Forget Your Water Shoes

□ 413-LMC Mat Pilates for Everyone

Ilana Finkelstein

Easy to Follow Mat Pilates (LAND)

Based on the POLESTAR Pilates method, this practical mat class will include six basic movement principles for exercise sequencing that can be adapted for different levels. Understand and review the fundamentals of mat exercise and enhance your practical Pilates experience.

Select (1) Session From 414-420

12:30pm-2:15pm

□ 414-AWS Pure Core Deep

Javier Bergas

Deep Water Abdominal Workout

Executing effective abdominal work has in the past, been a problem in aquatic exercise. In this workshop, you will learn how to evolve core work in order to obtain better results. Explore a multitude of possible movements working with the latest trends in abdominal workouts.

□ 415-AWS The Curious Case of Gregory Keyes Aquatica

Greg Keyes

Special Populations Considerations

A unique variation on the film, Benjamin Button, designed for the aquatic world highlighting special populations - from the elderly to the youngest, including many specialized populations there-in. Be part of this extraordinary presentation, not just as an audience member, but as a participant so that you can experience what your clients will feel.

□ 416-AWS Boomer Balance Basics & Beyond

Steph Toogood

Creating Balance Challenges in Aquatic Programming

Explore aquatic exercise programming that addresses balance and mobility deficits, as well as specific activities of daily living (ADL) that relate to our older students. Learn to use the principles of overload, adaptation and specificity, targeting the muscle groups and movement patterns used specifically for ADLs. Strategies for fall recovery will also be addressed.

□ 417-AWS Pilates Intervals 2-4-6

Anne Pringle Burnell

Pilates Cardio Intervals

Pilates strength, cardio endurance, sprints and slow motion stretches combine to create a timed interval sequence. The timed intervals consist of six minutes of all-out wind sprints, strength and cardio combos and six minutes of recovery time. Balance your workout, surprise your body; 6 minutes of stretching and 6 minutes of hard core work!

12:45pm-2:15pm

□ 418-DRY The Power of Influence

Jayme Zylstra

Influential Leadership Skills

The objective of this program is to give leaders and managers a tool that empowers you like never before to maximize the output from your teams while better serving the member. The Power of Influence, when implemented with your team, will allow you to better control retention and success for your members, your classes and your club.

□ **419-LWS Absolutely Abs**

Eduardo Netto

Abdominal / Core Circuit (LAND)

Strong abdominal muscles can protect you from low-back injuries and help you perform daily activities more efficiently. In this session, you will learn to think about abdominal training from a bio-mechanical, kinesiological and motor learning perspective. Unleash the power of your abdominals and core with safe and reasonable exercises.

□ **420-LEC It's Not Just a Pool – It IS an Aquatic Fitness Center**

Sue Nelson/USA Swimming

Transforming Pools into Successful Aquatic Fitness Centers

The Dilemma: cities are over budget and pools are closing. This trend must be stopped. Did you know that 93% of all aquatic programs are dependent on outside factors for success? Can these factors be predicted, controlled, and fostered into a sustainable partnership? Yes! Join USA Swimming in transforming the old model of the pool into the new prototype of the aquatic fitness center. This workshop includes the newly published *Aquatic Resource Manual*.

Select (1) Session From 421-427

2:30pm–4:15pm

□ **421-AWS The Navy Seal Explosion**

Laura Ribbins

Innovative Aqua Boot Camp Programming

Are you tough enough? This non-choreographed conditioning workout delivers a constantly changing sequence of exercises, similar to a powerful Boot Camp style program. Help your clients bust through their training plateaus and get the results they come to class for. How well do you take orders?

□ **422-AWS Travel & Burn 2**

Susanne Paynovich

Deep Water Intensity Training

This high intensity WaterGym® workshop teaches one of the most effective ways to get fit in deep water - SPEED TRAVELING! This session includes new choreography, high cardio sprints and the best practices to “travel your way” to a higher level of fitness. Not for the faint of heart!

□ **423-AWS Chair Repair: Aquatic Exercise for Seated Occupations**

Laurie Denomme

Functional Training for Seated Occupations

Postural dysfunction is becoming more prevalent, with a growing number of occupations requiring one to sit all day. The result: hand-wrist, neck-shoulder, and low back musculoskeletal disorders. Reduce pain and reverse symptoms. Explore prone, seated, kneeling and standing exercises that maximize water's buoyancy and resistance to improve functional performance.

□ **424-AWS Patellofemoral Pain Syndrome Exercises**

Douglas Gil

Exercises to Prevent Knee Pain

What is patellofemoral syndrome? Understand the causes and the symptoms and then explore aquatic exercise solutions. Learn do's & don'ts, exercise selection, options and targeted muscles to train. Incorporate exercises directly into your aquatic fitness classes that will help prevent patellofemoral syndrome and relieve pain.

2:45pm-4:15pm

□ **425-DRY Post Stroke: Return to Function**

Ruth Sova

Post Stroke Rehab Programming

Assist clients who have had strokes by taking them to the water. Review a sample post-stroke program, with examples for increasing or decreasing difficulty. Understand the theory and research behind the program. Discuss safety considerations, equipment and precautions, along with ideal water temperature and duration of the workout.

□ **426-DRY Cooking 1 to 1: Super Salads for Lunch & Dinner**

Adita Lang

Making Creative and Healthy Salads

New in 2012! Exercising is just part of the equation; nutrition and diet plays a vital role in our health and wellness. IAFC is debuting cooking/education classes to help you educate and participate in sound eating practices. This session is all about creating healthy, yet hearty, and appealing salads.

□ **427-LEC The Boomer & Beyond: Optimal Training**

Sandy Stoub

Understanding the Boomer/Senior Market

Discover the complexities of the changing senior market as the influx of boomers re-shapes the aging industry. Learn strategies to effectively create and market programs and services to capture the senior of today and tomorrow. Explore physiological, psychological, and sociological implications of optimal aging, as well as the latest emerging trends for boomers and beyond.

Select (1) Session From 428-433

4:30pm-6:15pm

□ **428-AWS Choreography for the Core**

Pauline Ivens

Exercise Design for Core Conditioning – Deep & Shallow

Core conditioning is one of the most popular areas of training. This workshop will specifically focus on a blend of core stabilization exercises with targeted strengthening exercises. The key will be safe and effective movement in a vertical position, both deep and shallow, with advanced moves requiring good body control.

□ **429-AWS Deep Dynamics**

Tara Palmer Schaeffer

Deep Water Choreography

Discover how to use the properties of the water and motivate your students to increase intensity with some deeply dynamic choreography. Explore fun, fluid and safe transitions, review safety and alignment cues and learn how to use intensity progressions using the physical laws of the water.

□ **430-AWS Tempo Training**

MaryBeth Marotto

Interval/Intensity Varied Training

Tempo is definitely one of the most often ignored parts of a workout routine. Music is structured in a 32 count phrase so why not use the tempo and phrasing of the music to expedite the training desired. Learn how to “go hard, go easy” for a fat burning workout!

❑ **431-AWS Mimi's I.T.! (Interval Training)**

Mimi Rodriguez Adami

Interval Training with Combination Choreography

Interval training methodology is usually geared to increasing the anaerobic threshold and athletic performance but it can also be used for any individual to increase health related fitness levels. The important thing for motivation is that it's safe, effective and fun. Include this excellent training methodology in your programming.

4:30pm-6:00pm

❑ **432-LWS A Taste of Zumba**

Maria Browning & Tony Witt

Fusion of International/Latin Music & Dance

A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and international music and dance themes. This fusion creates a dynamic, exciting, effective fitness system based on the principle that a workout should be 'fun and easy to do'.

❑ **433-LEC Battle of the Aerobic Titans**

Len Kravitz

High Intensity Interval Training vs Continuous Cardio

Join Len for a first-time ever presentation comparing the cardiovascular, skeletal muscle, and metabolic adaptations of high intensity interval training and continuous endurance exercise. Review the most recent research showing the incredible benefits of HIIT training and take away several HIIT and endurance training programs ideas. Design your cardio programs with the most current evidence-based research.

FP Puttin' on the Ritz in Aquatics

7:30pm-11:00pm

**IAFC Silver Anniversary Celebration –
Semi Formal Dinner & Dance and Global Awards**



Saturday Session Descriptions

Saturday, May 19

Select (1) Session From 501-507

8:00am-9:45am

❑ **501-AWS The Making of an Athlete**

Jayne Zylstra

Aqua Athletic Training

Learn how to develop a well-rounded base of athleticism in the pool that can be transferred to the field, track or other training areas. Build a base of athletic movement and drills that will allow your clients to cross train. This workout is all about anaerobic training, balance, multi-joint strength, speed, agility, muscle reactivity and full body explosive power.

❑ **502-AWS Aqua Anaerobic Threshold Training**

Ilana Finkelstein

Training at a High Intensity

Theory and practical applications combine in an aquatic fitness class based on anaerobic threshold (AT) and perceived exertion. In the theory portion, learn how to use the Conconi Curve to determine anaerobic threshold in water exercise. Put the theory to the test by taking it to the pool in a high intensity interval workout.

❑ **503-AWS Mature Moves**

Steph Toogood

Senior Functional Movement

Investigate the factors that affect age related loss of function. Maintaining independence means addressing a multitude of factors. Identify the diverse physiological components and learn to design an exercise program that includes training variables. Use work/recovery cycles interspersed with skill practice that simulates daily activities, as well as movement that translates to functional ADLs.

❑ **504-AWS Interval Time Training**

Paulo Poli de Figueiredo

Interval Training Format

Changes in intensity and the sequencing of movements in each part of the interval provide for a very dynamic workout with a structured format. Exercise selection and time training will be the key to overloading the cardiovascular and muscular systems. Dynamism x technique x efficiency = a powerful workout.

8:00am-9:30am

❑ **505-DRY OsteoFit**

Connie Jasinskas

Osteoporosis, Balance and Fall-Prevention

People with low bone mass need to improve muscle mass, bone strength, balance and fall prevention strategies. This session outlines a successful OsteoFit land program, appropriate for people with osteopenia and early stage osteoporosis. Strength training, balance and core exercises, as well as contraindications will be discussed and demonstrated.

❑ **506-DRY Jump Start Your Teaching with**

Innovative Aquatic Ideas

Laura Ribbins

Refresh Your Teaching Skills

Are you new to teaching in the water? Are you "burnt-out" from teaching too long? Come get refreshed! Join Laura and let her motivate you to be the best you can be with this hands-on workshop delivering new innovative aquatic ideas. Laura will get you fired up with numerous teaching styles, motivational skills, music influence, class formats, environment creations and more!

❑ **507-LEC INSPIRE**

Melinda Zarzycki

Motivate Your Classes and Clients

Leading people to better fitness and health requires strong motivational skills. This session provides you with motivational tools to pull your classes and clients through the ups and downs of training, rehabilitation and whole person success. Take away more than 100 ways to motivate your groups and clients!

**The Best Dressed Will
Win Friday Evening**

IAFC Expo Hall Final Day 10:00am-2:00pm

Select (1) Brunch (A or B) and (1) Session From 508-516

S1- Saturday Brunch A 10:30am-11:30am

10:30am-11:15am

□ **508-AMC Aqua Zumba Pool Party**
Maria Browning & Tony Witt
Zumba Pool Experience

Zumba Fitness lovers are die-hard party people, so putting Zumba movements into the water was a 'no-brainer'. This refreshing, invigorating Zumba Pool Party will include many different Latin and international dance rhythms. This unique workout complements all the muscles and allows all people, those that are fit as well as those with disabilities or physical limitations to join in the Zumba experience!

□ **509-AMC Activate & Use**
Rui Azevedo
High Energy Aqua Training

Everyone knows an active person lives a longer life. Add years to your student's lives with some high energy aqua training. Activate the major muscle groups in an engaging way. Choreography, balance and strength together makes this an exciting cardiovascular workout.

□ **510-LMC Rainy Day Workout**
Adita Yrizarry
Total Body Workout without the Water (land)

Don't you hate it when a rainy day scraps your plans for getting in the pool? Fight back against the elements! Join Adita for a fun-filled workout using whatever props are around. Let creativity and bio-mechanics be your guide in creating a total body workout using chairs, towels, mats or just your own body weight.

S2- Saturday Brunch B 11:30am-12:30pm

11:30am-12:15pm

□ **511-AMC Hot Latino Upgraded**
Joao Regufe
Choreography with Different Latin Styles

Join Joao as he heats up the pool with some fun combinations of Latin moves, along with hot rhythms and lots of energy. This session features varied styles of Latin moves with an array of Latin rhythms. Variations of range of motion and choreography methods will also be featured.

□ **512-AMC Express Yourself**
Deborah Benetti
Fun, High Energy Aqua Workout

Take a cruise around the pool with global styles of movement matched to a variety of music styles, including Country, Irish, Afro and Latin. Burn calories, have fun and express your feelings in this original dance-style aqua workout. Take away innovative tips for mixing up different styles in your classes.

□ **513-LMC Extreme Body Sculpt**
Eduardo Netto
Group Resistance Training (LAND)

Join Eduardo and discover how to create super workouts utilizing multi joint exercises. Challenge your body and hit all the major hot spots for muscle conditioning with a special emphasis on creating balance for optimal posture. This carefully designed, comprehensive workout builds endurance and targets every major muscle group while defining your body from head to toe.

12:30pm-1:15pm

□ **514-AMC Back Attack**
Daniela De Toia
Back Training, Pilates, Posture & Partner Workout

Your back muscles are involved in just about every daily activity. Therefore, it is important that they're strong enough to handle all that demand. Work on balance, core strength, stability, flexibility and posture, using only your body and no equipment. This session includes Pilates elements and functional training with a partner.

□ **515-AMC 4D Training System**
Javier Bergas
Multi-planar Powerful Workout

Get pumped up for this aqua power workout which uses the three dimensions of water and inertia (4D). Learn to sequence and chain the techniques, alternating upper body, lower body and core, in order to obtain optimum results. Let's go!

□ **516-LMC Totally Tubular**
Tara Palmer Schaeffer
Workout with Resistance Tubing (LAND)

Rubberized resistance tubing is versatile, affordable and transportable. It also delivers an amazing workout. Learn class formatting, cueing, and safety and alignment issues regarding tubing. Experience this totally tubular total body workout using just your body and resistance tubing.

Select (1) Session From 517-523

2:00pm-3:45pm

□ **517-AWS Aquatic Layers**
Mark Grevelding
Endless Variations of Choreography

Feeling bored with your class routine? Learn how to reinvent base moves over and over again with the layer technique using different arm, travel, impact and tempo options. Peel away layers of base moves to reveal a showcase of endless choreography options for an exciting, challenging and engaging shallow water aerobic class.

□ **518-AWS Fluid Power: Stretch & Balance**
Ivan Amaral
Relaxation and Balance for Cooler Pools

Discover a combination of Ai Chi and Aqua Yoga specially developed to keep your clients warm in cooler pools. Respecting Ai Chi's original movements and yoga principles, relaxation work is maintained while increasing the internal energy and improving flexibility and balance. This program is excellent as a stand alone or combined with other training programs.

❑ **519-AWS Aqua Swag**
Ian Levia
Hip Hop Dance Rhythms

Swag is the urban term used to describe your overall confidence, style and demeanor. When adapted to the water, Swag provides an original tempo rhythm and articulation only achieved through the performance of the latest Hip Hop dance moves and "swaggalicious" street music!

❑ **520-AWS Ply-H2O**
Jackie Lebeau Anderson
Aquatic Plyometric Training

Take your plyometric training to the pool. Ply-H2O is a collection of plyometric exercises to challenge and progress our advanced participants. Learn how to improve sports related skills like vertical jumps, continuous jumps, vertical power, lateral explosiveness, and quick change in direction in the aquatic environment.

2:00pm-3:30pm

❑ **521-DRY We Are ALL Under the Microscope**
Greg Keyes
Advanced Leadership Considerations

This motivating hands-on presentation shares a plethora of skills and knowledge that will help develop all who present or teach. As instructors/presenters, we are all under the microscope of our clients. This presentation will help bridge communication gaps and enhance various domains of leadership.

❑ **522-DRY Cooking 1 to 1: Energy Snacks & Smoothies**
Adita Lang
Ideas for Quick Energy Snacks & Smoothies

New in 2012! Exercising is just part of the equation; nutrition and diet plays a vital role in our health and wellness. IAFC is debuting cooking/education classes to help you educate and participate in sound eating practices. This session is dedicated to quick and healthy afternoon energy snacks and smoothies.

❑ **523-LEC Eccentric Exercise: Everything You Want to Know and More!**
Len Kravitz
Comprehensive Review on Eccentric Exercise

Topics in the lecture include the history and physiology of eccentric exercise, the sequence of events leading to DOMS, the repeat bout-effect with eccentric exercise, gender differences, age and rehabilitation applications and the mystery of eccentric exercise and metabolism. Len will showcase 24 great eccentric exercises using multi-media technology and three different eccentric training techniques.

Select (1) Session From 524-529

4:00pm-5:45pm

❑ **524-AWS Ai Chi for the Core**
Ruth Sova
Ai Chi Core Applications

Using Ai Chi with some deep-tissue muscle concepts, this session will apply core stability and fall prevention techniques to develop balance and lumbar stabilization for your clients. Back and hip problems, whether from arthritis, trauma, surgery, injury, or simply aging or overuse, will also be addressed.

❑ **525-AWS It's Showtime 3**
Mimi Rodriguez Adami
The Celebration Workout

After Showtime 1 and 2; it's Showtime 3! To vary your exercise programming and avoid exercise boredom/burnout, learn how to teach a Celebration Workout for the fitness of the body, the mind and the soul. Celebrate a holiday, a birthday, an anniversary or just being alive. Sing and dance your workout – It's Showtime!

❑ **526-AWS Tri-Plane Total Body Tune Up**
Laurie Denomme
Tri-Plane Stretch and Strengthen

Relax, repair and recharge using tri-plane movements for enhanced flexibility and strength. Learn how this format will improve training results of any aquatic prevention, post-rehab, or athletic training program. Experience an energizing total body tune up as you keep your body moving with variations in support stance, impact and travel.

❑ **527-AWS Choose It, Use It & Change It**
João Santos
Choreography Movement Selection

Tired of using the same movements? In this workshop, we will pick a movement and then change it with different types of variations and combos. Discover how to construct a choreography segment and then learn how to create a step by step series of movements with intensity level variations.

4:00pm-5:30pm

❑ **528-LEC Eccentric Conditioning in Water**
Pauline Ivens
Strength Training with Joint Protection

Foam equipment activates the eccentric muscle actions in water, but that's not the only time you do eccentric contractions. Learn how to provide the benefits of eccentric muscle strength while training in water, but the key is how to make that functionally valuable on land for joint protection.

KPH Silver Anniversary Global Finale
50/50 Drawing
6:00pm-7:30pm

❑ **529-IAFC Finale Class**

Wrap up your IAFC experience with a global splash dance class staged by IAFC presenters past and present. The IAFC Finale has become a conference favorite. Party in the waves one last time! Come and say goodbye to your IAFC friends and see if you are a 50/50 winner. You must be present to win.

Sunday, May 20

Post-Con
Please see page 5 for details
8:00am-5:30pm

❑ **PC10-Regional Build a Pool Conference**

2012 Presenter Biographies

MICHELLE ABLE, BS, has an extensive background in dance, gymnastics and cheerleading and works in the education department at Power Systems in Knoxville, Tennessee. She holds national certifications with ACE, ZUMBA, TRX and Les Mills. Michelle's passion for healthy living and fitness is evident in her exciting presentations at fitness conferences nationwide.

ANTONIO "NINO" ABOARRAGE is a soccer coach in Brazil. He is a member of the Brazilian School of Physical Activity, Health and Sport (COBRASE), and a member of the Center for the Research and Rehabilitation of Sports (CEPRE). Nino has published three books and four DVDs about aquatic training and was the recipient of AEA's 2007 Global Award for Aquatic Fitness Professional.

MONIQUE ACTON is an international presenter, AEA Trainer, co-author of the Aquatic After Care Training Manual, a frequent contributor to the AKWA Magazine, and has been featured in over 20 aquatic exercise videos/DVDs. She is president of the Personal Health Trac in Venice, FL that provides in-home personal training, educational programming and DVDs.

ANNA ALBRECHT is currently the Wellness Initiatives director for Women's Health Foundation, a Chicago-based non profit organization dedicated to pelvic health. She is the former owner of Body Positive, Inc, a company specializing in rehab-focused training. By blending elements of Muscle Activation Techniques (MAT), Stott Pilates, and the Total Control Program, Anna built a successful business, catering to complex, post- physical therapy clients.

IVAN AMARAL, MS, holds degrees in exercise science and sports and fitness science. His areas of expertise include yoga, Ai Chi, personal development, energy work and massage. He is a professional educator with Mundo Hidro (Portugal). Ivan has previously worked in the Department of Sport, Exercise Science and Sports Therapy of the University of Luton in England.

WALDIR ASSAD, MS, graduated with a degree in physical education from the University of Brasilia and holds a post graduate degree in movement education. He is a professor of physical education at the Catholic University of Brasilia, teaching recreation and leisure courses, as well as internship supervision in physical activity. Waldir presents at fitness conventions in Brazil and other countries.

RUI AZEVEDO, MS, has a post graduate specialization in physical education. He is a physical education teacher and the technical director/proprietor of Profitness Health Club in Portugal. Having taught for 15 years, Rui specializes in the field of aquatic exercise and dedicates himself as an international presenter and AEA certified instructor.

CRISTINA BARCALA, BS, has been teaching aquatic specialized physical education for the past 23 years. She owns two pools and is the director of the Sport Club pool chain in Argentina. Cristina represents Speedo in Argentina as the director of their school. She is pursuing a degree in ontological coaching and management courses.

DEBORAH BENETTI began her career attending Law School before becoming involved in the fitness industry at the age of 21. As a Master Trainer for EAA in Italy, she has presented at conferences throughout Europe representing many Italian Fitness Associations she is affiliated with. Teaching both land and aquatic fitness, Deborah also teaches Reggae Jam and Hip Hop as well as artistic gymnastics. She is certified through AEA, EEA and FIN.

JAVIER BERGAS, BS, is an international AEA Trainer and a sport and physical education teacher in Spain. He is an aqua fitness instructor for Speedo, RFEN, IIDCA, EAFA and Golden Waves (University of Nevada), as well as an AquAdvance Fitness Manager. Javier is an international presenter and personal trainer and has co-authored magazine articles and books on aquatic fitness.

MARTY BIONDI, PT, has been involved with aquatics from management, to instructor, to aquatic rehab for greater than 35 years. Most recently, she has been working with Dr. Mary Wykle on the U.S. Army's Wounded Warrior Program which uses water activities for rehab/fitness. Marty's research regarding aquatics and balance is ongoing.

ROXANA BRASIL, MS, has been an international AEA Trainer since 2000. She graduated with a degree in physical education and received her master's degree in human motricity. Roxana is a Hydorrider Training Specialist, personal trainer, fitness consultant and has authored books, DVDs and magazine articles. She was honored with the 2010 AEA Aquatic Fitness Professional of the Year award.

MARIA BROWNING is an international Zumba Education Specialist and presenter. She is a former competitive synchronized swimmer and worked as a choreographer for the synchronized swimming team in Colombia. Maria is the lead Zumba Education Specialist for the Aqua Zumba program and has choreographed and performed in six volumes of Aqua Zumba continuing education DVDs.

JUAN CARLOS COLADO, PhD, holds his PhD in physical education and sport and is a faculty member at the University of Valencia in Spain. He is an international presenter and has been a master trainer for professionals since 1998. Juan Carlos was recognized with a professional award by the Spanish fitness industry and has authored books and scientific articles about aquatic physical conditioning.

GIORGIA COLLU, MS, is an international training specialist for AEA, Hydorrider and FIN. She is a former swimming competitor and has been in the fitness industry for over 20 years. Giorgia currently teaches swimming sports at the university level in Italy. She has presented at numerous water fitness conventions worldwide and is recognized for having created several popular water fitness programs in Italy.

CLAUDIA CONTRERAS is an international presenter, physical education teacher and the creator and pioneer of water programs in El Salvador, Nicaragua and Chile. For the last 13 years she has promoted aqua fitness through radio interviews and by writing articles for magazines and newspapers. Claudia is a teacher with great passion and energy for what she does and she transfers that passion to her classes.

CHRISTINE CORNEL, BA, is a health and wellness professional with over 20 years experience in instruction and training. She excels at marketing fitness and wellness programs targeted to special populations, women and seniors. In addition to group exercise and personal training certifications from AEA and ACE, Christine is also a certified instructor for Dance for Parkinson's, Delay the Disease and Total Control.

VANINA DELFINO, BS, is a recognized presenter in swimming and aquatic activities in Argentina, Brazil and the USA and is the managing operator of ACQUAMAR an aquatic education center in Buenos Aires. She is also the owner of AcquaSwym, an enterprise dedicated to aquatic education solutions. Vanina specializes in aquatic programming for seniors, children and infants and is certified by Speedo, AEA, Watsu, Halliwick and Bad Ragaz.

LAURIE DENOMME, BS, is the co-founder of Exercise Elements, a company whose mission is to deliver an integrated approach to exercise. She co-authored a book on special populations and is the creator of numerous aquatic fitness education products. A Fellow of Applied Functional Science™ and AquaStretch™ instructor, Laurie travels internationally to share her unique and personally developed aquatic training methods.

DANIELA DE TOIA, MS, holds a master's degree from the German Sport University Cologne in physical education and is pursuing her PhD. She has 10 years experience in the aquatic fitness industry and her areas of expertise include everything from A-Z; aerobics to Zumba. She was voted one of Germany's best aqua presenters in 2006 and 2007. Daniela is a professional educator with DEHAG ACADEMY in Europe.

RUI DUARTE, BS, is a physical and sport education teacher in Portugal. As a teacher, he has directed his passion and interest to aquatic fitness. Rui is an AEA certified instructor and an international presenter, having recently presented at conferences in Europe and South America.

JON EDGE, BS, played NCAA football at Ithaca College ('99-'03), then professionally in Europe ('05). He is currently a master trainer at FIT Athletic Club in San Diego, CA. Jon is certified by NSCA, NESTA and NASM and has provided over 8000 personal training sessions. He is currently training professional athletes from the NFL, MLB, MLS, and UFC.

ILANA FINKELSTEIN, MS, specializes in water fitness, particularly pre-natal programming for shallow water. She also specializes in weight management and cardiac/pulmonary rehab. As the owner of a Brazilian fitness center since 1991, she has 20 years of experience in fitness marketing, physical evaluations and exercise recommendations. Ilana is both a water fitness and Pilates instructor.

SABINA FORNARO is a qualified trainer for the Italian Swimming Federation (FIN) and she is AEA certified. She was a swimming and water polo competitor and she has taught water fitness since 2000. She currently instructs future swimming instructors for FIN at the regional level and she collaborates with FIN as a trainer for water fitness instructor's courses all across Italy. Sabina has presented at several water fitness conferences.

LISA GARRITY, MA, has taught others how to lead a healthy and fit lifestyle for almost 30 years. As a master level personal trainer and group fitness instructor, her specialty is water fitness and therapeutic exercise. Lisa serves as Aqualogix's Director of Education, is certified by AEA, ACE and NSCA and is a faculty member for Grossmont Community College and Exercise Etc.

DOUGLAS GIL, MS, is a physiotherapist specializing in aquatic therapy, sport rehabilitation and pre-natal exercise. He has been an international presenter since 1994 and has lectured in several countries including Japan, USA, Portugal, Spain, Argentina, Uruguay, Puerto Rico and Brazil. Douglas is the creator of JDG (Stress Reduction Technique) and is currently associated with the Vita Institute of Advanced Medicine in Sao Paulo, Brazil.

ANN GILBERT is the executive vice president of fitness for Shapes Total Fitness for Women in Tampa Bay. With over 25 years experience in fitness, she directs the Shapes Fitness Academy, which offers continuing education opportunities for professionals in the Tampa Bay area. Ann is responsible for the supervision of 380 group fitness and personal training professionals within the corporation.

MARK GREVELDING teaches at the East Area YMCA in Syracuse, NY and is a trainer and consultant for AEA. He is an international presenter and a continuing education provider for AEA, AFAA & ACE. Mark is the founder of Fit Motivation, a business that provides education resources for fitness professionals. He has produced several DVDs, authored numerous articles and was the recipient of AEA's 2011 Global Award for Aquatic Fitness Professional.

MUSHI HARUSH, MS, is the chair of the Israeli Aquatic Exercise Center and teaches at the Wingate Institute for Physical Education, Science and Sport in Israel. She is an international trainer for AEA and presents internationally at health and fitness conventions. Mushi was a proud recipient of the 2005 AEA Global Award for Contribution to the Aquatic Industry.

MARILYN HINSON, MA, graduated from Juillard and UCLA in dance. After a professional dance career she founded the dance program at Missouri Valley College as an assistant professor. Marilyn is certified with ACE, PMA Pilates, GYROTONIC and GYROGINESIS. Currently Marilyn is director for the Pilates studio at the Downtown Athletic Club in Eugene, Oregon.

PAULINE IVENS, MS, brings 38 years of teaching experience to the conference. The AEA Global Award in 1997, for educational excellence, underlines Pauline's standard of material and presentation. From her master's degree in adapted physical education to her Nia White Belt teacher's license, Pauline brings breadth & diversity to her teaching. She is a teacher, educator, trainer, writer and owner of Aqua Aerobics Unlimited.

CONNIE JASINKAS, MS, brings over 30 years of experience, passion and humor to her work as an international health and fitness educator. Through her company, For the Love of Fit, she has trained leaders in England, Europe, South Africa, Australia, the USA and all across Canada. Connie specializes in aqua fitness, aquatic rehab and personal training. She is known for sessions that are fun, informative and practical.

EVELYN KEYES comes from a family of aquatic specialists, with her uncle formerly the coach of the Netherlands Olympic Swim Squad for two Olympiads. She specializes in fun/entertainment aquatics and special populations from babies to the elderly, as well as mentally challenged individuals and elite athletes. Evelyn has just completed a story book on aquatics for children to enhance interest and enjoyment in the aquatic world.

GREG KEYES burst onto the aquatic scene nearly two decades ago, direct from the theatrical world as a director/producer and performer. Since that time he has diversified into various vocations, including business studies, exercise and related medical science studies and performance dynamics. Greg is particularly known for his unique and comical style of presentation and motivational methods, which he shares freely.

EKATERINA KHAPKOVA, MS, holds a master's degree in synchronized swimming. She works at a management level for sports clubs in Moscow, where she also trains and certifies other instructors. Ekaterina is an international presenter and has been featured at conferences in Europe, Brazil and the USA.

JUN KONNO is a highly successful entrepreneur in the aquatic industry, a decorated swimming coach, author and international speaker on aquatics. He is an advisor to AEA and also one of AEA's International Trainers. Jun is the founder and president of the Aqua Dynamics Institute, a consulting firm for fitness clubs and swimming schools in Japan.

SARA KOOPERMAN, JD is a favorite Club Industry, ABC and IHRSA presenter, and is the CEO of SCW Fitness Education and a former adjunct faculty member for Kenneth Cooper's IAR, ACSM and NASM. As founder of the MANIA Fitness Instructor Training Conventions, Sara has starred in over twenty best-selling aqua videos and is the proud recipient of the AEA's Global Award for Contribution to the Aquatic Industry.

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. Len was recently honored with the 2009 Canadian Fitness Professional Specialty Presenter of the Year award and the American Council on Exercise 2006 Fitness Educator of the Year. He also received the Canadian Fitness Professional Lifetime Achievement Award.

ADITA LANG, BS, is a holistic health consultant with over 29 years of experience in restorative fitness, nutrition and lifestyle enhancement. She is the developer of "Nutritional Brilliance," a program dedicated to promoting nutrition for enhanced immunity and brain development for children in schools throughout South Florida. Adita is accredited by several organizations, including the Chek Institute, NASM and ACE.

JACKIE LEBEAU ANDERSON, MS, holds a degree in exercise and health promotion and a post graduate degree in sports administration. Jackie is a continuing education provider for ACE, AEA & AFAA, a certification specialist for AFAA, a trainer for AEA, and a Registered Yoga Teacher. Jackie's professional experience includes fitness management and event planning, as well as presenting at the local, state and national level.

KATRIEN LEMAHIEU owns the company Kataqua, which provides services to swimming pools in the Netherlands. She is the program director for ClubAqua and a formula manager for 17 pools. Katrien provides education to aquatic fitness professionals locally and internationally, organizes conventions and has produced two educational DVDs.

IAN LEVIA is CEO of the Trinidad and Tobago Fitness Academy and an AEA Trainer. He has produced dynamic program concepts on every continent. When not working on his TV show, Ian's physical education, martial arts and dance background provides him with the platform to pioneer a new wave in aquatic fitness. His new Aquatic Hip Hop concept speaks volumes!

RICARDO MAIA, BS, holds a degree in physical education and is an international presenter who has been featured at conferences in Europe and the in USA. He teaches classes in Portugal and loves interacting with his students. Ricardo is known for his dynamic and positive approach, as well as his attention to technical detail and good posture.

MARYBETH MAROTTO is an AEA Trainer and was awarded AEA's 2008 Global Award for Aquatic Fitness Professional. She is a national trainer for the Healthways SilverSneakers® Fitness Programs and curriculum advisor for SilverSplash. MaryBeth is the co-creator of YOQUA® and a Life-Style Coach. She owns her own business, Hydro-Health Unlimited and is a well-respected industry leader specializing in well being, creative programming and alternative training.

TATIANA MAXIMOVA, PhD, is a two time recipient of the pan-Russian Instructor of the Year Award. She is general director of Wellness Hall and Aqua Fitness School (AFS) in Moscow. Tatiana has over 16 years experience in the industry and is a top presenter for the Russian Federation.

TERRI MITCHELL, BA, has committed her livelihood to aquatic fitness, therapy and wellness for more than 25 years. She is an AEA Trainer and physical therapist assistant in Austin, Texas where she works with college kids, older adults and baby boomers in various indoor and outdoor pools. In her spare time she likes to swim, kayak, hike and listen to live music.

MICK NELSON, MS, is USA Swimming's Facilities Development Director. He comes from a club coaching background and has extensive experience in business and aquatic management. The facilities department that Mitch oversees has 65 new facilities either completed or under construction and 60 more in the design phase. Mick and his wife Sue have been speakers at over 50 national aquatic conventions in the last 15 years.

SUE NELSON is the resource person and technical consultant that serves USA Swimming members, and Make a Splash local partners. She is also the vice president of the National Drowning Prevention Alliance and serves on the advisory board for AEA. Sue presents at many of the aquatic industries conferences across the country.

EDUARDO NETTO, MS, is the group fitness director of the Body Tech Health Club in Rio de Janeiro. He graduated with a bachelor's degree in physical education and he has a master's degree in human motricity. Eduardo is an international presenter and well-respected fitness professional and consultant in Brazil. He has written four books on fitness programs and is certified through AEA, ACSM, AFAA and IDEA.

TARA PALMER SCHAEFFER is an AEA Trainer and a continuing education provider for Fit Motivation. Once calling herself a fitness specialist, she now calls herself a fitness realist. Tara's experience is diversified spanning from working with those with special needs to training athletes. Currently, Tara serves the Rochester, NY community as a fitness and wellness educator.

SUSANNE PAYNOVICH, BA, is the founder of WaterGym LLC, has 27 years experience teaching, training teachers and establishing WaterGym® programs throughout Northern California. She holds a B.A. in dance, is ACE & AEA certified, has an extensive background in music, sports and swimming and is the designer/producer of the WaterGym® Belt, workout DVD's and other aquatic products.

MARTI PETERS presents educational programs worldwide and is an author for several publications. She works as a personal trainer and group fitness leader in Fort Myers, FL. She is also the owner of Heart Dancing Fitness which provides instructor training and DVD's. Marti is a training specialist for AEA, ISCA, and Team SPRI and was awarded AEA's Fitness Professional of the Year award in 1995. Her certifications include AEA, ACE, AFAA, NASM, AAAI-ISMA, ISCA and YogaFit.

PAULO POLI DE FIGUEIREDO, MS, holds a master's degree in human movement science and is a physical education teacher. He is an international AEA Trainer and the director of Centro Fisico Acqualita in Brazil. Paulo is a member of the AEA Research Committee and has authored two books; one on infant swimming and one on Ai Chi.

ANNE PRINGLE BURNELL created the Peyow™ Aqua Pilates program and the Stronger Seniors™ program. She is an education provider and certified by: AEA, ACE, AFAA, and Stott Pilates™. She teaches at the Rehabilitation Institute of Chicago, Northwestern Memorial Hospital, Peninsula Chicago, University of Illinois Chicago, and has been a presenter at various national conferences including the National Council on Aging/American Society on Aging.

JOY PROUTY is a former Radio City Music Hall Rockette and has been an internationally renowned fitness instructor for over 35 years. She is Zumba Fitness's Director of Education for Programs and Trainings and well as a Zumba Education Specialist. Joy and business partner, Josie Gardiner, have collaborated on many projects, including DVDs, fitness programs and breast cancer awareness.

JOÃO REGUFE, BS, has a degree in physical education and enjoys teaching aquatic fitness classes in Portugal; he particularly likes creating new movements & sequences. He has appeared in conferences in Europe, Brazil and the USA and is an expressive presenter who loves sports and everything that is connected to water. Joao is looking forward to returning to IAFC to share his knowledge and energy.

LAURA RIBBINS was AEA's Aquatic Fitness Professional of the Year in 2000 and serves as a certification training specialist for many organizations. She inspires all ages through her innovative fitness programming, international presentations and aquatic fitness videos. Laura is recognized worldwide for her motivation and energy as well as her passion to empower all to teach.

MIMI RODRIGUEZ ADAMI is an American born European who has been living in Italy for over 35 years. She founded, and is the technical director for, FIAF-SIAF, Italy's only accredited training school for fitness professionals. Her most recent achievements include a degree in motor sciences from Rome's TorVergata University. Mimi is the author of *Aqua Fitness* and a contributing author to the Aqua Zumba training program.

SVETLANA RUBINA is a master trainer, international presenter, professional dancer, swimmer and a former athletic champion. She started her aqua training career in the USA and continued in Russia at World Class Fitness Club in Moscow. Svetlana specializes in post rehab, prenatal and athletic/sport aqua training. She is always looking to develop new and specialized aquatic fitness programs.

JOÃO SANTOS, BS, holds a degree in sports science & physical education by FCDEF from the University of Coimbra. He teaches aquatic fitness at the University ESE Jean Piaget in Gaia, Portugal. He is an international presenter and a master trainer for Mundo Hidro. Joao is certified by AEA and specializes in athletic training and circuit/interval formats.

PEDRO SANTOS, BS, is a master trainer for Mundo Hidro and is also an international presenter having taught in Brazil, Spain, Estonia and Italy. He holds a degree in sports science & physical education by FCDEF from the University of Coimbra and teaches physical education at CFPFF-INTEP. Pedro is an instructor and technical director at the health club, Biocorpo, in Figueira da Foz, Portugal.

JULIE SEE, President of the Aquatic Exercise Association (AEA) and co-founder of Innovative Aquatics, has been active in the fitness industry for 25+ years specializing in innovative programming for both land and water. She has produced numerous videos/DVDs and instructional CDs and travels worldwide blending education, motivation and leadership skills to assist exercise professionals and enthusiasts alike.

SILVIA SENATI was awarded the 2009 AEA Global Award for Aquatic Fitness Professional. She is an international AEA Trainer and presenter and is well known for creating popular Aqua Combat Programs (ACP). Silvia is a master trainer for the European Aquatic Association (EAA) in Italy and has authored two books on aquatic fitness manuals, videos and numerous magazine articles.

CRISTINA "TINOCA" SENRA, MS, is an international training specialist for AEA and Ai Chi. She has a master's degree in sport and exercise psychology and conducts research in motor development and health concerns. She is a YogaBugs instructor and the organizer of Mundo Hidro, an aquatic convention in Portugal. Tinoca's achievements include Portugal's Instructor of the Year Award (2002) and the 2005 AEA Global Award for Aquatic Fitness Professional.

ANNA SHAY-MCENTEE integrates her experience as a health care practitioner with her fitness training. She is a continuing education provider and presenter for ACE, AFAA, AEA, Systematic T.O.U.C.H. Training, California Medical Board of Acupuncturist, California Board of Registered Nursing, Health Classic Inc. and other fitness and health organizations. Anna created programs, wrote and published weekly columns and articles for newspapers and magazines on fitness and health.

LORI SHERLOCK, MS, is an assistant professor at West Virginia University's School of Medicine, Division of Exercise Physiology. She is the coordinator for the only aquatic therapy emphasis curriculum in the United States. Lori is a proud member of AEA, a member of the AEA Research Committee, an AEA Trainer and a regular contributor to AKWA magazine.

B. DARYL SHUTE, MS, has worked in the fitness industry for over 25 years in many areas including club management, equipment sales and education. He is the education manager at Power Systems, Inc. in Knoxville, Tennessee. Daryl holds BS and MS degrees in exercise physiology, and is a CSCS*D with the NSCA, and is a national presenter at fitness and sports performance conferences.

MARIANO SOLIER, BS, has a degree in physical education from a university in Argentina and he is certified by AEA, AAI & ISMA. He is a member and trainer for European Aquatic Association (EAA) and specializes in sports and functional training for elite athletes. Mariano has presented at conferences all across the world, including Asia, Europe, South America and the United States.

RUTH SOVA, MS, an internationally known speaker and consultant, is founder of six successful businesses including the Aquatic Therapy and Rehab Institute, AEA, Living Right magazine, America's Certification Trainers, Armchair Aerobics Inc., and the Fitness Firm. She draws on her vast experience as an entrepreneur to teach others what it takes to assume the risk of business and enterprise. Ruth served on the Wisconsin Governor's Council on Physical Fitness and has written articles and books on her specialties of aquatics, wellness and business.

SANDY STOUB, MS, blends degrees in exercise science and gerontology with over 25 years experience in her role as director of wellness services for Alliance Rehab, Inc. She is the AEA Advisory Board Chair, an international presenter, author, professor and grandma. Sandy's practical, innovative and humorous presentations reflect her passion and her diverse background in the fitness and aquatics industry.

IRMA STRAMAGLIA has been a fitness instructor in Italy for several years, specializing in dance, rhythmic movement, water fitness and Pilates. She is a master trainer for the European Aquatic Association (EAA) and created the program "Body Expression for the Fitness Instructor." Irma has authored articles and has presented internationally across Europe and in Japan.

CRAIG STUART is the founder and president of HYDRO-FIT. He has more than 30 years experience leading and directing aquatic fitness programs. Craig is certified with AEA and is the star of several acclaimed water fitness DVDs and a member of the fitness staff at Mexico's award winning Rancho la Puerta Health & Fitness Spa.

KENICHI TAMURA was born and raised in Nagoya, Japan's third largest city, but spent many summers as a child at a seaside community in Shikoku Island where he became interested in and studied marine ecosystems. This led to his interest in the human body and how we can stay healthy through daily workouts & exercise. Kenichi specializes in human wellness and performance, has multiple certifications and has presented internationally.

EIICHI TANUMA has been an aquatic fitness instructor for 19 years and swimming instructor for 25 years. In Japan, he has served as an aquatic fitness chief instructor at Sports Club OSSO and as a manager of Club ViLAX. Eiichi is certified by AEA, ATRI and Ai Chi and is a continuing education provider for the Aqua Dynamics Institute.

LORI TEMPLEMAN is the owner of Fitness Temple in Sacramento, CA. She is an AEA Trainer, group fitness instructor, and personal trainer working with a wide spectrum of populations. As a freelance writer, she contributes frequently to the *AWKA* Magazine. Lori holds certifications with AEA, ACE, AFAA, and the Arthritis Foundation.

STEPHANIE THIELEN, BS, is dedicated to quality education and travels nationally presenting continuing education workshops that teach logical methods for class construction. She provides the "tools of the trade" to help instructors develop their professional teaching skills. Stephanie is a two-time IDEA presenter, an AEA Trainer, and works with additional fitness companies such as NETA and BOSU.

STEPH TOOGOOD is highly recognized international educator and presenter of water fitness. Certified by AEA, ACE and AFAA, she is an AEA Trainer and education consultant to Speedo International. Steph was named as one of the top 10 fitness instructors in the United Kingdom by the *Independent* Newspaper. She was the recipient of the 2004 AEA Fitness Professional of the Year Award.

TRIPLE DELIGHT has been presenting aquatic workshops at high profile clubs in the Washington, DC Metropolitan area for over 20 years. This includes workshops to earn CECs, master classes, choreography, deep water and other fitness challenges. Linda Grymes, Jeannine Brown Johnson and Erica Wilson make up the Triple Delight team.

FERNANDO VILLAVARDE holds a degree in physical activity and sport and teaches physical education in Argentina. He is certified by AEA, is a national swimming coach, Speedo aqua fitness instructor, published author and international presenter. Fernando specializes in deep water, Hidro Pilates, athletic training and senior and therapeutic programming.

CONNIE WARASILA is the choreographer of WATERinMOTION®, the original pre-choreographed aqua program. Awarded AEA's Fitness Professional of the Year, she is a published author of countless articles, books and manuals. Traveling worldwide, she is the star of seven best-selling free-style water fitness videos, has trained thousands of fitness professionals and a marathon finisher with TEAM Diabetes.

KAREN WESTFALL, MS, has presented continuing education workshops throughout the country and worldwide. She has produced and starred in 18 aquatic fitness DVDs which are sold around the world. Karen was recognized as AEA's 1994 Aquatic Fitness Professional of the Year. With a B.A. in Professional Dance at B.Y.U., Karen recently went on to receive her master's degree in sports science. She is a former U.S. Latin Dance Champion.

JILL WHITE is a nationally recognized specialist in the areas of aquatic risk management, training and facility operations. She is the co-founder of the Starfish Aquatics Institute, a nationally recognized firm specializing in aquatic training programs for lifeguards, swimming instructors and pool operators. Jill is a frequent speaker at conferences and has authored numerous texts and articles in the field of aquatics.

TONY WITT is a third generation professional dancer and co-owner and head choreographer for Amore Dance in Kansas City, MO. He is one of the original 13 education specialists for Zumba Fitness. Tony formerly performed professionally as a dancer and now travels the world to help ignite people's passion for fitness.

FLAVIA YAZIGI, MS, is a professor at the Technical University of Lisbon and is an AEA Trainer and a member of the AEA Research Committee. She has a master's degree in exercise and health and is currently working towards her Ph.D. Flavia loves aquatic exercise and believes that the secret for success lies in the fusion between scientific research and strategies for exercise recommendations. She was the recipient of AEA's 2011 Global Award for Contribution to the Aquatic Fitness Industry.

MELINDA ZARZYCKI, BS, holds a degree in alternative medicine from Everglades University. She is certified with AEA and the Arthritis Foundation and spends several hours a week teaching water fitness and training athletes for events. With over 15 years of experience in aquatics with Shapes Total Fitness, the YMCA and the community, Melinda's main focus is with active adults, competitive swimming and tri-athletes.

JAYME ZYLSTRA has been teaching, training and providing education to instructors for over 20 years. Currently, she is Lifetime Fitness's National Training Specialist for both group fitness and personal training. In her management role, Jayme has the ability to inspire both the members that take her classes and the employees she trains as she travels to the various clubs around the country.

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