



# IAFC2015

Move with AEA... Discover Wellness

May 12-16 Palm Harbor, Florida

## Tuesday, May 12 Precons

### 101 AEA AFP Practical Applications & Skill

**AEA PRECON Additional Fees**

8:00am – 3:00pm

**\$75 Early Bird AEA Member \$115 Late and/or Non-Member**

CECs: AEA 7.0\*, ACE 0.6, AFAA 5.5, ATRI 7.0, BOC 6.0

This hands-on workshop, taught by AEA Training Specialists, 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.***

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

### Aquatic Fitness Professional Certification Examination

**AEA Exam Additional Fees**

**\$145 All Candidates / \$65 Retake Exam**

3:30pm-6:15pm

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!***

AFPC Registration must be received **30 DAYS in advance of Examination Date**

AEA highly recommends **ADVANCE PREPARATION** regardless of education background or experience  
**Exam Candidates**-Obtain & review the AFPC Candidate Handbook & Exam Study Objectives from the website

### 102 COREssentials for Water Exercise

**Water Exercise Coach/Laurie Denomme  
PRECON Additional Fees**

10:00am – 4:00pm

Meet the diverse needs of your clientele using a science based and innovative approach to movement. Experience new ways to personalize exercises that will reduce chronic pain and stiffness while improving strength, stamina, balance and more.

***Use a 3-dimensional movement strategy to create hundreds of exercises***

***Learn a simple movement formula to maximize client potential***

***Optimize movement efficiency using buoyancy and resistance***

Whether you are new to aquatics or a veteran, you will take away successful methods to deliver results to your clients.



## Tuesday, May 12 Session Selections

**8:00am – 10:45am**      **Select (1) One Session From 103 to 110**

**103      H2OFIT Aquafitboxe With ThaiFit Method      Silvia Senati      AMC**

Everything kicks up a notch when the ThaiFit method meets the water's resistance. Learn combat techniques that optimize the use of the water and improve balance and core control. Experience a fun and effective training using martial arts techniques.

**104      Dumbbell Cocktail      Oksana Mukosyeyeva      AMC**

Mix together strength, cardio, balance and foam dumbbells – shake it up and you have a Dumbbell Cocktail. Learn simple steps for creating dumbbell choreography that features various types of motor activity and balance challenges, as well as flexibility and mobility in your joints.

**105      H2O Core & More      Ricardo Maia      AMC**

Get more from your core and put your abs to work in this intense aquatic fitness master class. Learn new exercise combinations that feature challenging upper and lower body drills for effective core training. Join Ricardo and learn some core solutions for the pool.

**106      H2OFIT Aquafitboxe With ThaiFit Method      Silvia Senati      AMC**

Everything kicks up a notch when the ThaiFit method meets the water's resistance. Learn combat techniques that optimize the use of the water and improve balance and core control. Experience a fun and effective training using martial arts techniques.

**107      KAEA Cross-Fit      Young – Su Kim      AMC**

And you thought you could only do it on land? This session features an aqua circuit involving three traditional land-based formats – rope skipping, fitness Taekwondo and body sculpting. Learn safe jump training techniques, precision body sculpting and power Taekwondo choreography. Join the KAEA team for an intense aqua experience.

**108      Aqua Interval Conditioning      Kanako Sagakami      AMC**

Big moves get big results. Moving your entire body in the water engages the muscles to interact with the properties of water – buoyancy, resistance and viscosity. Aqua Interval Conditioning strives to promote blood circulation and improve cardiorespiratory efficiency with an intense and functional workout.

**109      Balletone Fusion      Margit Lipstuhl      AMC**

Balletone Fusion blends together ballet dance and Pilates concepts. Learn how to take students out of their comfort zone, engaging the power-house area of the body while incorporating ballet elements and dance movements. You will definitely get a hard-core workout in this aqua class.

**110      Aqua Zumba® Pool Party      Jenna Bostic      AMC**

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

**11:00am – 1:45pm**      **Select (1) One Session From 111 to 116**

**111      AcquaPole Contrology      Stefania Manfredi      AMC**

Gain control of your posture and your muscles in this athletic, gymnast inspired workout with the AcquaPole. Feel your core, awaken your obliques and prepare your arms for an aqua workout unlike anything you have experienced before. Stefania is back and ready to take you on an AcquaPole adventure.



**112 Dynamic Explosion** **Kim Geeroms** **AMC**  
Challenge your body and brain in this session that combines a cardio (endurance) workout with strength training in the water. Starting with basic exercises, learn various ways to progress movement and increase intensity. Take away ideas for transforming simple movement into creative and effective choreography.

**113 Interval 2 Deep** **Claudia Contreras** **AMC**  
Do your students like to work hard? This is the workout for them. Maximize the entire pool in this shallow and deep combo class that features high intensity intervals. Learn how to fully use the properties of the water and experience how your body responds in both depths.

**114 AcquaPole: Toning & Fun** **Stefania Manfredi** **AMC**  
Back by popular demand, join Stefania for an aqua blast on the AcquaPole. Haven't tried the AcquaPole yet? What are you waiting for? This athletic workout on the pole will smoke your arms and your abs. Experience a variety of challenging and very fun exercises.

**115 That's Water Box!** **Marco Gagliassi** **AMC**  
Kick it up with Marco in this high-energy aqua kickboxing master class. Learn how to create powerful cardio training with simple yet intense kickboxing choreography designed to improve coordination. Take away some fun new training ideas for your classes.

**116 Hydrobike! Come Rock with Me** **Joao Regufe** **AMC**  
Rock the ride in this high-energy aqua cycling class. Learn how to work with different angles, levers, trajectories and intensities. Discover instructional techniques with a functional approach that is adapted to the student's necessities for daily living. Turn up the rock music and experience new cycling exercises adapted to real life.

**2:00pm – 4:45pm**

**Select (1) One Session From 117 to 124**

**117 Water Stepper 2** **Young – Ju Kim** **AMC**  
Water Stepper 2 involves intense aquatic stepping exercises, similar to a land-based stepper. The workout transitions from simple stepper exercises to power and dance moves with grounded / anchored movement. Learn intense yet low impact moves for the water and wake up sleeping muscles with a variety of intensity alterations.

**118 Power Body Water Training** **Tatiana Maximova** **AMC**  
Join Tatiana for total body training in the water. Increase strength and endurance. Train cardio and improve coordination. Learn different strategies for creating smooth transitions between power exercises. Lines, diagonals, planes, axes and more - nothing will be missed in Power Body Water Training.

**119 Rhythmical Aqua Dance J-Y Style** **Yousuke Hayakawa** **AMC**  
Get ready for Japanese Rhythmical Aqua Dancing - Yousuke Style! Learn to create a program in complete harmony with music and movement. Explore choreography that features a total body workout with attention to intensity alteration, range of motion and diversified footwork. Enjoy a memorable and fun aqua dance class.

**120 Around the World** **Francisco Estevão** **AMC**  
All aboard for a trip around the world! This class will feature a workout with and without the aqua cycle, demonstrating methods to work with limited bikes. Enjoy global music on your trip, with a point of origin in Germany and then stops in Italy, Angola, Russia, Brazil and the USA.



**121 Power Legs**

**Ekaterina Khapkova**

**AMC**

It is all about the legs in this aquatic master class. Improve cardio, muscle coordination and strengthen your lower body with select exercises. Equipment placed near the ankles helps improve body coordination and provides additional resistance. Have a leg up on your classes with this powerful lower body programming.

**122 Citius, Altius, Fortius: Faster, Higher, Stronger Soon – Young Lim**

**AMC**

Citius-Altius-Fortius, the Olympic motto will be applied in this aquatic workout that is designed to replicate track sports. This interval program features running, jumping and throwing and provides an aquatic aerobic training that is safe, effective and enjoyable. Learn how to use the aquatic laws to combine core training with cardiovascular exercise.

**123 Afro-Latin Soul**

**Olga Tavares**

**AMC**

Take two hot music/dance styles – Afro and Latin – and combine them in the pool and you end up with a multi-cultural aqua dance party. Explore ways to adapt the land-based dance moves to water and learn how to transform moves from basic to advanced.

**124 Functional Training for Senses**

**Marco Gomes**

**AMC**

Functional Training? Yes, but it goes a step further because in this session we will be focusing on and exercising specific senses to make the exercises more functional. The selected senses include vision, orientation and coordination. Posture and core get trained overtime in this fun and functional aqua workout.

**Tuesday Evening 5:00pm – 7:30pm**

**IAFC Meet & Greet and Marketplace Open**

**Wednesday, May 13 Session Descriptions**

**6:30am – 7:15am**

**Select (1) One Session From 201 to 202**

**201 Swim Clinic I Expanding your Horizontal Horizons**

**Cole**

Only for early risers – this swim clinic is designed to enhance and strengthen swim strokes for seasoned swimmers and late bloomers. Start your conference day off with some energetic laps and personalized coaching.

**202 Innisbrook Walk**

**AEA**

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

**204 Zumba® jump start gold**

**Joy Prouty**

**8:00am – 6:00pm**

**REGISTER DIRECTLY WITH ZUMBA FOR THIS DAY LONG PROGRAM**

This course is designed for new instructors who want to teach active older adults and effectively address 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 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 concepts from the Zumba Gold program.



## Wednesday May 13

7:30am – 9:15am

Select (1) One Session From 205 to 212

**205 Rockin Roller Coaster**

**Paulo Poli de Figueiredo**

**AWS**

This session will present different strategies to increase metabolism with interval programming. Experience an intense class with anaerobic tolerance, power and strength providing the primary stimulus. The objective is to improve physical fitness and increase metabolism and vitality through an active interval workout in the water.

**206 Awesome Aqua Angles**

**Steph Toogood**

**AWS**

Think 360 degrees and enjoy exploring the body's natural ROM to reach all points on the compass. Improve posture and joint integrity using varied and purposeful movement. Move in all planes to encourage stable, flexible joints and strong, balanced muscles. Experience purposeful choreography that relates to real life for all age groups and all fitness levels.

**207 Aqua Choreo Kids**

**Vanina Delfino**

**AWS**

Working with children requires strategies for keeping them motivated and attentive. This session will provide you some solutions and tools for creating effective youth programming for the pool. Learn how to improve swimming techniques and psychomotor skills by using musical rhythm and the properties of the water.

**208 Research to Practice: Building Bone Density With Aquatic Exercise Huff/Yazigi AWS**

Designed for inclusion into traditional aquatic programming, this session will show you how to incorporate exercises for bone mass retention. Learn guidelines for how to choose and sequence exercises that maximize bone retention for your clients. Review aquatic bone density literature and take away recommendations for making your classes more bone retention friendly.

**209 No Crunch Core**

**Karen Westfall**

**AWS**

Challenge your core without the crunch! New research indicates “bracing” while moving the limbs under resistance is a more effective technique to strengthen the core. You’ll learn how to effectively brace the core while powering the limbs through the deep and shallow water. Improve posture and strengthen your core.

**210 Dual Aqua**

**Mark Grevelding**

**AWS**

Two is better than one. Two depths: shallow & deep. Two formats: Choreography & Tabata. Two music styles: Pop & Tribal. Double up your options and double your results in this high intensity interval workout programmed for dual depths. Take away choreography combinations and Tabata rounds for both shallow and deep water.

**211 The Physiology of Heart Rate Training and Overtraining Len Kravitz LEC**

This session will present cutting-edge research on the physiology of heart rate variability (HRV) and overtraining. HRV is a non-invasive assessment of the autonomic regulation of heart rate in real-life conditions. HRV is also a diagnostic marker of overreaching and overtraining. Several evidence-based applications to optimize performance in clients and athletes will be presented.

**212 Gymstick Muscle**

**Marietta Mehanni**

**LWS/DEMO**

First time at IAFC, the Gymstick is a new and exciting fitness tool from Finland that can be used to create a total body workout. This land workshop will feature Gymstick’s multi-planar and multi-dimensional approach to developing functional full body and core strength. Expand your personal and professional fitness horizons with Gymstick.



8:00am – 12:30pm

Select (1) One Session From 213 to 221

**213 Working with Adults Fearful of Water – An IAFC Intensive! Melon Dash**

8:00am – 12:30pm

**A Must Attend Session! Free for IAFC Attendees**

Many adults would like to participate in aquatic fitness classes but they are afraid to be in the water. This course is designed to provide aquatic fitness professionals a sampling of Melon Dash's curriculum, in particular her program, Miracle Swimming: New Lessons for Adults Afraid in Water. Take away insight and strategies for recognizing and assisting those who are fearful of water.

**214 Aqua Cycling & Treadmill: Research to Practice Brasil/Collu AWS**

Interested in aqua cycles and treadmills and want to find out more about the benefits and training recommendations? Giorgia and Roxana will guide you in this theoretical/practical session that includes research and hands on training. Take away solutions for creating effective programming.

**215 Noodle Tone Up Pedro Santos AWS**

The noodle is undoubtedly one of the most popular equipment choices used in aquatic fitness. The characteristics of the noodle allow the instructor to create dynamic, varied and functional exercises from various body positions. Learn how to effectively use the noodle and create a variety of total body exercises.

**216 Water Power Workout for Hips & Knees Lynda Huey AWS**

Discover a class that is inclusive to students with knee and hip problems. Learn how to design a class with modifications and progressions. Students with knee pain start with straight-leg exercises and those with hip pain start with deep-water running exercises. Finish by strengthening the muscles around the sore joints.

**217 Aquatic Fartlek Challenge: Training 4U Javier Bergas & Mushi Harush AWS**

Fartlek, in Swedish means, "speed play" and is a training method that blends continuous training with interval training. Experience a creative and challenging session that activates both the aerobic and anaerobic systems. Different from traditional interval training, Fartlek is unstructured. Intensity and/or speed vary as the athlete wishes.

**218 Not Just Another Song and Dance – It's Showtime! Mimi Rodriguez Adami AWS**

This is a maximally interactive workout, where cardiorespiratory endurance reigns. We'll be using combination choreography, using the right and left brain to enhance fitness while we sing and dance our way through the workout. And if you don't remember the words you can always sing La-la.

**219 The Real Facts on Obesity Eduardo Netto LEC**

Exercise professionals often have strong opinions and beliefs about the efficacy and health consequences of obesity and how it can best be managed and/or prevented. This session will help you gather the facts and understand the physiological, psychological and cultural issues impacting weight management. Learn strategies for combating obesity with exercise effectiveness.

**220 Where is Your SPARK? Lindsay Mondick LEC**

Are you ready to take yourself to the next level? Using an experience based approach; we will explore strategies to design programs and exercises to meet your participant's needs. This lecture will provide you ways to channel your energy to educate, motivate and relate to your participants. Take yourself from good to great!



**221 Partner Drills & Team Challenges**

**Stephanie Thielen**

**LWS**

Learn 20 partner drills and team challenges that can unite any group to exercise together. Through creative coordination and agility activities, bring a sense of teamwork to motivate group classes to work together or challenge each other towards a common goal-Fun!

**Wednesday Afternoon 11:30am – 2:30pm – Marketplace Open**

**12:00pm – 2:00pm Select Lunch & ONE Session from 222 to 229**

**12:00pm – 1:00pm – Wednesday Lunch A**

**222 Cycle on Time**

**Ivan De Luca**

**AMC**

Gear up for an epic ride in this high-energy aqua cycling class that features cardio, conditioning and choreography. Using different music with varying BPMs, this cycling interval workout will combine high intensity drills with upper and lower body movements.

**223 Aqua-Band & Loop Training by Physiorite**

**AMC/DEMO**

This powerful session showcases latex-free exercise bands in an interval style program that blends the best of cardio and strength. Check out a band that is designed specifically for the aquatic environment and provides affordable options for a wide array of creative training options in the pool.

**224 Noodle Party**

**Oksana Mukosyeyeva**

**AMC**

The noodle is the guest of honor in this pool party. It's all about creating fun choreography with lots of travel and variety. Learn how to make effective use of smaller pool spaces and adapt your programming to accommodate all ages – adults, teens and even children.

**225 The Magic of Water – Without Getting Wet by Hydro Family Fitness**

**AMC/DEMO**

Debuting at IAFC, Hydro Family Fitness presents HYDROKINETICS. The HYDROKINETIC system and products utilize the principles of liquid dynamics for natural, no impact movement for conditioning and rehabilitation. Their hand held products (Shakers and Swingers) deliver smooth variable resistance, similar to being submerged in water but without being in the pool.

**1:00pm – 2:00pm – Wednesday Lunch B**

**226 HydroRider Triathlon**

**Gagliassi/Collu/De Luca**

**AMC**

Get ready for the Hydorrider Aqua Triathlon circa Italy! Run, cycle, swim and more with an Italian coaching team motivating you through the pool circuit. Train like an athlete with Hydorrider cycles and treadmills as the foundation of this exciting circuit workout.

**227 Aqualogix Fitness: The Training Advantage**

**AMC/DEMO**

The Aqualogix Fitness System is the stand alone, superior choice for drag resistance and high intensity aquatic fitness programming. The omni-directional drag resistance maximizes your natural movements in the water, allowing you to train at full potential. High intensity resistance in all planes of movement – there is no wasted motion, ideal for all forms of rehabilitation and athleticism.

**228 Circuit Training by Aqqatix**

**AMC/DEMO**

Dive in and explore some of the industry's freshest programming and innovative equipment. Cardio, strength, circuit, interval, kickboxing, core and more – the possibilities are endless with Aqqatix's line of aquatic fitness equipment. IAFC is all about new equipment and programming and this showcase will not disappoint.



**229 StretchCordz®: Learn Applications for Aquatics LMC/DEMO**

Stretch your limits through resistance. StretchCordz resistance swim training tools improve stamina, power, stroke and individual medley times for international Olympians and novice swimmers. This land demo will explore resistance training for both In-water and dry land equipment.

**2:30pm – 4:30pm**

**Select (1) One Session From 230 to 237**

**230 Just Cycling Javier Bergas AWS**

Give me a beat! It's all about the music in this session. Music motivates the participant to work harder and provides structure and sequencing opportunities for the instructor. Experience a bike class with different rhythms, motivating songs and a variety of arm patterns and sequences.

**231 Baby Boomer Circuit Norma Shechtman AWS**

This workshop is created with the Baby Boomers in mind. Learn how to use equipment in unique ways while providing modifications as necessary. The circuit features exercises that work the entire body and includes cardio moves that are easy to perform.

**232 The Blended Workout Monique Acton AWS**

Mix up your workout by blending moderate - high intensity training activities with segments of muscular conditioning using rubberized equipment. These easy to follow exercises allow you to focus more on the movement without having to think of performing intricate choreography.

**233 Power, Balance, Strength Craig Stuart AWS**

Experience the power of liquid resistance and take your shallow water training to new levels. Discover how to challenge the body with more complex movement patterns. Use progressive overload and unilateral training to enhance postural stability, improve balance and increase functional strength.

**234 Magic Muscles Deep Lindsay Mondick AWS**

Experience true intensity in the deep end. Explore how you can strategically combine choreography, strength training, and creative intervals in to one body blasting class! Review major muscle groups, as well as the basics of interval training and methods of progressing and regressing movement.

**235 Aquatic PlyBo Refreshed: Drills vs. (s)kills Geeroms/Lemahieu AWS**

PLYBO stands for plyometric boot camp in water. From skills (technique) to drills (boot camp) to kills (plyometric training), the PLYBO journey continues. Take away the latest research on plyometrics. K2 has again created a killing workout and you will feel it for sure!

**236 Knee Arthritis & Obesity Flavia Yazigi LEC**

This session will teach you step by step how to design an aquatic program for obese adults with knee osteoarthritis. Learn how to identify and assess pain and other factors. Establish methods and develop strategies for creating a successful program for this population.

**237 Band Together June Chewing /Sandy Stoub LWS**

Learn resistance band exercises and variations for all the major muscle groups for use in your classes, small groups, and personal training. Band Together teaches you individual, partner and tri and quad combinations to achieve the optimum line of pull for the most effective exercises with rubberized resistance.





5:00pm – 6:45pm

Select (1) One Session From 238 to 245

**238 The Physiology of High Intensity Interval Exercise: New Research and Programs Len Kravitz LEC**

Emerging research on high-intensity intermittent exercise indicates numerous benefits for cardiovascular health, fat loss, prevention of obesity, insulin resistance and cardiovascular performance. The physiological, metabolic, skeletal and biological mechanisms underlying all of these responses and adaptations will be reviewed and 8 high intensity interval training programs from research studies will be presented.

**239 Recharge your Life! MaryBeth Dziubinski LEC**

A goal without a plan is just a wish! Our goals should inspire us and recharge us. Are you willing to do what it takes? Learn what makes a good goal. Design a visualization board. Create an action plan. Start planning today and turn your dreams into reality.

**240 Aqua Wall Resonance Vanina Delfino AMC**

Using basic Ai Chi wall technique, learn how to integrate mind and body with the relaxing water surrounding your joints. Recognize stress points in your body and explore breath control techniques for relaxation. Take away new ideas for incorporating soothing and relaxing movement into your classes.

**241 Ball & Core 2 Mee Ja Kim AMC**

Are your core muscles strong enough? Dive in for a total body, non-choreographed aqua circuit program that is designed to improve cardio and flexibility with a ball. Improve balance and coordination and strengthen core muscles by using buoyancy resistance and assistance with the ball.

**242 MVT & Fun Marco Gomes AMC**

Mambo vs. twist (MVT). Get your Latin on and join Marco for a sizzling pool party. Experience high-energy choreography with Latin influences and a heaping dose of fun. Cardio training in the water doesn't have to be boring. Let's dance!

**243 All In One-The Super Workout Irma Stramaglia AMC**

Enjoy an aqua trifecta! There are three objectives in this circuit class: cardio, toning and flexibility. Transition with fluidity from one to another and discover creative circuit combinations. Achieve all of your fitness results in one complete aqua circuit workout.

**244 Aqua Dance Story Tomoko Hosoi AMC**

Learn how to unfold your own Aqua Dance Story with smooth sequencing and easy-to-remember choreography. Students want results and this aqua routine delivers cardiorespiratory results. Polish your aqua classes with choreography that is rich in variety and taught with multi-level formatting.

**245 Noodle Frenzy Norma Shechtman AMC**

Unleash a Noodle Frenzy involving fun fitness games and fill the pool with laughter. In this session we will be using the noodles for races, group games, partner games and balance challenges. Enjoy a fantastic workout while you laugh your way through.



# IAFC2015

Move with AEA... Discover Wellness

May 12-16 Palm Harbor, Florida

## Thursday, May 14 Session Descriptions

6:30am – 7:15am

Select (1) One Session From 300 to 301

**301 Swim Clinic II Expanding your Horizontal Horizons Cole**

Only for early risers – this swim clinic is designed to enhance and strengthen swim strokes for seasoned swimmers and late bloomers. Start your conference day off with some energetic laps and personalized coaching.

**302 Innisbrook Walk**

**AEA**

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

9:00am – 4:30pm

Specialty Hosted Program

**303 Swim Coaches & Aquatic Fitness Professionals: Building a Future USA Swimming**

**REGISTER DIRECTLY WITH USA SWIMMING**

Take a tour of the International Aquatic Fitness Conference (IAFC) with Sue and Mick Nelson, ASCA Level 4 swim coaches, and explore the commonalities that swim coaches and aquatic fitness professionals share. The population is aging and water exercise, whether vertical or horizontal is poised to be a huge player in the overall sports & fitness industry. Through class theory and observation of some of the world's best aquatic fitness instructors and cutting edge programming, swim coaches will take away a much better understanding of vertical exercise. This greater understanding can help coaches expand their horizons to better meet the needs of their community and clients, increasing customer base and income.

7:45am – 9:30am

Select (1) One Session From 304 to 311

**304 Kickboarding Blend**

**Jackie Lebeau**

**AWS**

Blend the kickboarding moves you know (and some you don't!) into fun blocks of choreography. We'll perform every exercise with the kickboard starting from minute one. This class is perfect for instructors with limited access to equipment and those who want to add a little more variety into their routines.

**305 Small Groups Big Results**

**Monique Acton**

**AWS**

Maximize your services through small group training and discover how to design successful small group programs. Learn how to get creative when challenged with limited pool space and/or equipment, while retaining the ability to deliver effective results to your clientele.

**306 Aqua Free**

**Mark Grevelding**

**AWS**

This is the final installment in Mark's 5-part choreography anthology. Five instructional styles covered in 5 years. This session showcases Linear Progression or free-style and features the ultimate library of aqua moves. Learn how to make an entire class out of base moves, changing arms, tempo, impact level, direction and more.

**307 Chronic Conditions-Aquatic Solutions**

**Adler/Mitchell**

**AWS**

Learn to design an aquatic class to be maximally effective for people with diabetes, arthritis, obesity and chronic pain - four conditions seen most with the aging population. Common concerns and exercise guidelines will be reviewed and implemented in this course. Expand your post-rehab knowledge and programming.



**308 Hydro Boost**

**Craig Stuart**

**AWS**

Gear up, get wet and discover a variety of new and exciting deep-water specific HITT formats. Learn how to boost cardio and fat burning systems to new levels by fusing interval, circuit, Tabata and boot camp style training elements. It's the mix that makes it work!

**309 Off the Wall**

**Triple Delight**

**AWS**

The wall becomes a powerful piece of equipment in this aqua fitness workout. This session will assist the aqua fitness instructor with basic tools by using various types of movements off the pool wall. Build leg strength and increase cardio endurance and core strength with these powerful wall exercises.

**310 The Ten Pillars to Burn Calories and Boost Fat Metabolism** **Len Kravitz** **LEC**

This session details the physiological and metabolic aspects of caloric expenditure and fat metabolism. Gain comprehensive knowledge and learn the ten major pillars to maximize caloric burning. Learn 8 groundbreaking evidence-based programs that maximize caloric expenditure in this must attend lecture for fitness professionals and personal trainers.

**311 The Secrets of Toning with Yoga & Pilates** **Laura Ribbins** **LWS**

Whether you are a personal trainer or group fitness instructor, incorporating the modalities of yoga and Pilates can deliver results right to the core. Understand how blending these specialties into a deep strengthening series can complement all of your programs. In this land workshop, experience the chain reaction, mentally and physically, while feeling the burn.

**Thursday 11:00am – 2:00pm – Marketplace Open**

**11:15am – 2:00pm**

**Select Lunch & One Session From 312 to 322**

**11:15am – 12:15pm – Thursday Lunch A**

**312 H2OFIT Aquafitboxe With ThaiFit Method** **Silvia Senati** **AMC/DEMO**

Debuting for the first time at IAFC, Super dynamo Silvia Senati takes aqua kickboxing to a new level. Thai Fit specialized equipment combined with the water's resistance puts some serious muscle into every kick and punch. Experience a fun and challenging aqua combat workout using martial arts techniques and Thai Fit equipment.

**313 Gymstick H2O** **Marietta Mehanni** **AMC/DEMO**

Debuting for the first time at IAFC, experience a new form of aqua resistance training with the Gymstick. In the pool we often train exclusively with buoyant resistance, limiting our full fitness potential. Aqua Gymstick allows you to explore a new resistance challenge, training muscles against gravity forces and the added resistance of water. Check out this new pool equipment at IAFC.

**314 HYDRO-FIT®: Pool Pilates** **Craig Stuart** **AMC/DEMO**

Prepare your students for dynamic stability and improved posture with Pilates inspired training in the DEEP end of the pool. Learn how to use Pilates concepts & principles in the water to target and challenge the deepest muscle layers in the body. Discover some fresh ideas on using HYDRO-FIT Cuffs and Hand Buoys to create challenging core workouts.



**315 Stretchaband Workout by Physiorite**

**LMC/DEMO**

Strike up the band and prepare for a total body fitness experience. This land session will showcase the versatility of these latex-free resistance bands. Many of the exercises can be adapted to water or used when aqua class gets rained out; or consider using for cross training and personal fitness.

**12:15pm – 1:15pm – Thursday Lunch B**

**316 AcquaPole: Fitness Challenge by HydroRider**

**Stefani Manfredi**

**AMC/DEMO**

Get ready for an athletic, gymnastic inspired challenge in the pool. The basic pole exercises target upper and lower body and especially the core. This athletic workout can also be spiced up with a whole new level of choreography.

**317 Core & More by Nekdoodle**

**Ricardo Maia**

**AMC/DEMO**

Nekdoodle is back with more ideas for cardio, strength, functional fitness, stretching and mind/body. The Nekdoodle provides endless variety in group fitness, small group programming and personal training. Used for flotation or resistance – vertical, horizontal or standing, the Nekdoodle is the perfect tool for a total body tune up.

**318 The Next Evolution of Fitness by AquaStrength Elliot/McAvoy**

**AMC/DEMO**

After extensive research and development, AquaStrength is proud to introduce the most comfortable, omni-resistant exercise equipment on the market today. This revolutionary aquatic exercise equipment provides limitless exercise potential and is suitable for all ages and abilities. Come and experience the next evolution of fitness for yourself.

**319 StretchCordz®: Expanding Possibilities in Aquatics Ann Anthony**

**AMC/DEMO**

Dive in and discover the versatility of StretchCordz and their applications in aquatic exercise activities. StretchCordz resistance has been used for swim training but this aqua demo will showcase various aquatic fitness applications, including Pilates adaptations, as used in the Hydro Pilates program. Stretch your limits through resistance.

**320 HIIT & Bike**

**Maira Wolf Schoenell**

**AMC**

High intensity interval training (HIIT) provides the ultimate programming in an aqua cycling class. Take your aerobic and anaerobic systems to the max by alternating short, intense bursts of work with less-intensive recovery periods. HIIT the bike with Maira and prepare to work hard.

**321 22 Smiles: Senior Social**

**Francisco Estevao**

**AMC**

The power of two! Pair up and get ready for 22 exercises – each performed separately to 22 themed songs, many from movie sound tracks. Create a fun exercise experience and build social connections in your class. This workout is guaranteed to put smiles on their faces.

**322 Aqua Zumba® Pool Party**

**Jenna Bostic**

**AMC**

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



# IAFC2015

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**2:30pm – 4:30pm**

**Select (1) One Session From 324 to 331**

**324 Tri-Aqua**

**Roxana Brasil**

**AWS**

Stage your own triathlon in the pool. This shallow water aqua class features biking, swimming and running. Discover fun programming options to improve your cardiovascular condition. Improve your mind, body and soul with the amazing cross-training benefits provided by this athletic and energetic pool workout.

**325 Creating Safe and Inclusive Classes**

**Linda Huey**

**AWS**

How do you modify your exercises when rehab patients show up for your shallow water classes? Learn how to monitor students as they arrive and gather information about their aches and pains. Use that knowledge to create a workout that challenges students to exercise at their appropriate levels so that everyone experiences a safe and enjoyable class.

**326 The Law of Acceleration**

**Deborah Benetti**

**AWS**

It is not about speed, it is about force. Discover the Law of Acceleration in this interval-training workout designed to deliver a powerful total body workout. Explore programming featuring varying ranges of movement for creative intensity alteration. Choose it: go big or go little, but go intense.

**327 Mature Moves III-Three Phases of Maturity**

**Steph Toogood**

**AWS**

Learn to accommodate a wide spectrum of ages and understand appropriate modifications for all phases of maturity. Design meaningful movement using primal moves to ensure muscle balance and joint integrity. Explore choreography that will address common chronic and acute conditions associated with the aging process, including specific exercises that improve functional abilities.

**328 Aqua Synchro Swim**

**Ekaterina Khapkova**

**AWS**

Synchronize your classes with some fun new moves. This session will take a close look at techniques used in synchronized swimming and how they can be adapted for traditional aquatic fitness classes. Special attention will be given to hands, body position and muscle activation.

**329 Aqua Balance and Coordination Challenge**

**Lindsay Mondick**

**AWS**

The water provides an optimum medium to improve dynamic balance, coordination and neurological training for all ages. In this class we will explore how movement patterns, equipment, and elements of mind-body classes interact to create a true challenge for balance and coordination. Take away strategies to combat the common challenges our participants face.

**330 Circuit Training Extravaganza**

**Len Kravitz**

**LEC**

There has been a recent surge in innovative research in circuit training, including the new HIIT-circuit protocols. Join Len for a comprehensive review of the metabolic and physiological processes that drive high-intensity, short-burst exercise and athletic performance. Scientific studies will be presented and attendees will take away 9 evidence-based anaerobic training circuit programs.

**331 Body Language & Non Verbal Cue Techniques**

**Katrien Lemahieu**

**LWS**

In this classroom laboratory you will learn how to maximize your body language for deck demonstration and how to do so safely. Understand how body language works and learn proper hand signals for instructional cueing. Join Katrien in the classroom and learn how to improve your deck teaching skills.

**4:45pm – 6:45pm**

**Select (1) One Session From 332 to 339**

**332 Power Body Sculpting**

**Claudia Contreras**

**AWS**

Learn how to use progressive overload to enhance postural stability and balance. Improve functional strength with this powerful showcase of aqua body sculpting. This total body workout fatigues the major muscle groups with equipment use, creative exercise sequencing and timed intervals.



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**333 Creative Aquatic Boot Camps**

**Danita Watkins**

**AWS**

In this course we will look at several factors that will bring out the “Fitness Magic” in aquatic boot camp class. By creating themes and utilizing the pool shape you energize your class more and still keep the intensity high.

**334 Refresh & Restore**

**Marti Peters**

**AWS**

Refresh your choreography toolbox and take your cardio from okay to awesome. This session features hands on practice and easy techniques for reinventing your choreography. But we are not done yet. Take away ideas for the last part of class as well – stretching, medication and breathe work.

**335 Peyow Funktional Barre**

**Anne Pringle Burnell**

**AWS**

From the creator of Peyow Aqua Pilates, comes a new format that uses dance based exercises on the barre’. From ballet to funk, the dance movements translate into biomechanics used in sports conditioning. Learn basic to advanced water ballet exercises and how they can adapt to sports cross training.

**336 Posture Perfection**

**Karen Westfall**

**AWS**

Studies show that forward head posture can add up to 30 pounds of abnormal leverage pulling the entire spine out of alignment and may result in the loss of 30% of vital lung capacity. Learn how to improve posture, realign the spine, reduce pain and strengthen overly stretched muscles in this aquatic workshop.

**337 FIRED UP for Shallow Water**

**Terri Mitchell & Mary Wykle**

**AWS**

FIRED UP stands for Fun, Intense, Intervals, Resistance, & Endurance in Deep-water for Ultimate Power. Now, experience a shallow water adaptation of FIRED UP, featuring interval running for cardiovascular training and then strengthening intervals with drag equipment. This dynamic workout concludes with static stretches offering a complete training program for all.

**338 Designing Balance / Mobility Programs**

**Ruth Sova**

**LEC**

How do you set up a program that serves those still on the rehab side of exercise? This course will take you on a step by step ‘fill in the blank’ plan that goes from setting functional goals to standing, weight shifting / transferring, movement and then finally into your fitness class.

**339 HITMAN!**

**Eduardo Netto**

**LWS**

High-intensity Interval Training (HIIT) is a popular form of training today because of its perceived and actual efficiency in getting results. This session includes theory and an exciting workout to help you learn HIIT concepts, while putting solid science behind your programming. Take away a sense of purpose that will help your clients achieve the success they really desire.

## Friday, May 15 Session Descriptions

**6:30am – 7:15am**

**Select (1) One Session From 401 to 402**

**401 Swim Clinic III Expanding your Horizontal Horizons**

**Cole**

Only for early risers – this swim clinic is designed to enhance and strengthen swim strokes for seasoned swimmers and late bloomers. Start your conference day off with some energetic laps and personalized coaching.

**402 Innisbrook Walk**

**AEA**

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



**8:00am – 3:00pm**

**403 AEA Arthritis Foundation Program Leader Training**

**AEA/Arthritis Foundation  
AEA Add On Additional Fees**

The updated Arthritis Foundation Program Leader Training is launching at IAFC! This Online and In-person program is designed for those wishing to conduct the Arthritis Foundation Exercise or Aquatics Programs in their community. The Online component must be completed before taking the in-person program. After completion of both programs, you will be given access to the Online Examination that you must take within 4 weeks of attending your live program. The newly revised e-manual; AEA Arthritis Foundation Instructor: A Training Guide for Exercise & Aquatic Programming is the main study resource and reference tool. The manual combines content from the previously published AF instructor manuals (aquatic program and exercise program), making a user-friendly resource and study guide for instructors offering programming for individuals with arthritis. This comprehensive manual is available in a digital format, which can be downloaded to a computer or other electronic device. The e-manual is included when you register for the training program.

**7:45am – 9:30am**

**Select (1) One Session From 404 to 410**

**404 Progressive Core Drills for Ortho Issues**

**Ruth Sova**

**AWS**

We have mixed abilities in our groups and while one exercise needs to work for all, we need to accommodate all fitness levels. This course will feature aqua core drills and progressions and modify them for varying abilities. In the classroom, we'll apply core to low back, shoulder and hip issues.

**405 Steps**

**Ian Levia**

**AWS**

Steps is the ultimate aquatic hip-hop dance workout with a sexy fusion of African and Spanish sensuality. Match music to movement and learn safe aquatic dance progressions. Set to the backdrop of piping hot Reggaeton and Old School Funk music, this workout will set you on fire.

**406 Rest-Based Aquatic Training**

**Stephanie Thielen**

**AWS**

Move over Tabata, it's time for Rest-Based Training to step up and take the stage. Based on the theory of "push until you can't, rest until you can", Rest Based Training is a client focused, high intensity training format with the emphasis on resting when you need it, so you can work hard when you're ready.

**407 Aquatic Muscle Mix**

**Danita Watkins**

**AWS**

Dive in for some intense aqua strength training. This class will provide total body training, working in all anatomical planes to promote muscular balance. Learn how to use varying cadences to alter intensity. Take away innovative ideas to add to your teaching toolbox.

**408 Deep Abs Lab**

**Craig Stuart**

**AWS**

Experience and learn a progressive combination of abdominal and core strengthening exercises specific for deep water. This workshop goes in-depth and explores creative options for targeting and challenging the deepest muscle layers in the body. Use simple and effective equipment for support, resistance and assistance.

**409 Seamless**

**Jackie Lebeau**

**AWS**

Seamlessly transition from one deep-water exercise to the next and learn how to progress and regress base moves. Participants will experience varying tempos, multi-planar movement and an exercise library of 100 exercises! Take away ready-to-use choreography for your classes.



### **410 Balanced Boomers**

**Sandy Stoub**

**LEC**

Understanding the motivation of boomers to stay functional and youthful, explore the multi-faceted aspect of physical and life balance as it relates to the soon to be senior population called the “boomers”. Consider physical and psychological aspects of aging and life balance for this next generation of “seniors.”

**10:00am – 12:00pm**

**Select (1) One Session From 412 to 419**

### **412 Aqua Cross**

**Brasil/Bredariol**

**AWS**

Create your own CrossFit™ training in the pool. This program is very similar to a CrossFit™ style workout except all of the exercises have been adapted to water. Explore an epic circuit, completing as many repetitions as you can in one minute, while exercising with some of the industry’s most popular equipment.

### **413 Golden Cycling for Seniors**

**Giorgia Collu**

**AWS**

Seniors love aqua cycling. This session focuses on appropriate programming for people over 65, in accordance with ACSM guidelines regarding exercise intensity for older adults. Step by step, learn how to create a successful senior water cycling program that incorporates cardio, strength, coordination, fun and socialization.

### **414 Advanced Aqua Pilates**

**Anna Shay-McEntee**

**AWS**

Advanced Aqua Pilates integrates the fine distinctions of Pilates and aquatic exercises for greater body awareness and fitness, resulting in a unique blend of physiotherapy and mainstream exercises. 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.

### **415 No Gain with Pain**

**Maria Sykorova-Pritz**

**AWS**

This research based aquatic workshop focuses on design, structure and application for a functional water exercise program that encompasses chronic pain to athletic recovery. Develop a deeper understanding of the psychology and physiology of chronic pain and symptoms of over trained athletes and help your clients understand the triggers of their chronic pain.

### **416 Leg Cuff Program**

**João Santos**

**AWS**

Leg cuffs are an excellent equipment choice for the lower body. How should you use the leg cuffs? What kinds of safety issues should be considered? Which exercises should we select for specific muscle groups? Take away ideas to create various exercise combinations that deliver results.

### **417 Deep Water Dance Party**

**Karen Westfall**

**AWS**

Deep water exercise doesn’t have to be limited to cross country skis and jogging. Discover fun and innovative dance moves for deep water and learn how to “map” music for choreography. Class participants want a workout that achieves results but they also want to have fun. Deep Water Dance Party does both!

### **418 The Safe – Way**

**Mick Nelson**

**LEC**

Aquatic instructors spend many of their working hours in the pool environment and they should have an understanding of the health and safety aspects of air and water. The Safe-Way presentation reviews the relationship of water to air and how water is physically and chemically treated. There will be a Q&A to discuss problems, causes, cures and any specific challenges someone may be dealing with.

### **419 Prenatal Land Pilates**

**Ilana Finkelstein**

**LWS**

Mixing up theory and practical applications, this session will review the physiology of pregnancy and postpartum and then provide practical Pilates exercises. Guidelines for exercise recommendations and contraindications to physical activity will be discussed. The practical part will feature the POLESTAR Pilates method for exercise sequencing - adapted for pre-natal.





## Friday 11:30am – 2:30pm – Marketplace Open

**12:15pm – 2:15pm**      **Select Lunch & One Session From 420 to 427**

### 12:15pm – 1:15pm – Friday Lunch A

**420**      **Aqua Zumba® Pool Party**      **Jenna Bostic**      **AMC**

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

**421**      **4 Cardio vs 2 Abs**      **J. Santos/T. Senra**      **AMC**

Fire up your metabolism with this high-energy circuit class that feature varying intensities. Challenge participants with 4 minutes of intense cardio followed by 2 minutes of strenuous abdominal work. Motivate your participants with a results oriented aquatic fitness class.

**422**      **You Have a Ball, Let's Use It!!**      **Mushi Harush**      **AMC**

Get on the ball! This class utilizes a ball as a tool for improving various fitness components, including strength, flexibility, cardio, coordination and bone density. Take away a plan for providing your students with a fun and effective pool workout with inexpensive equipment.

**423**      **Meditate for a Moment!**      **MaryBeth Dziubinski**      **LMC**

This session will teach you how to be relaxed, be present, be powerful, be inspired and be your true self! Enjoy a guided mindfulness meditation to improve your own health and wellbeing. Learn benefits and techniques for meditation and experience peacefulness in the moment.

### 1:15pm – 2:15pm – Friday Lunch B

**424**      **Aquatic Plyo Jam**      **Craig Yaniglos**      **AMC**

Discover an exciting format that pushes participants to the limit with high intensity plyometric exercises balanced with easy to follow choreography that allows for active rest. This session has been carefully designed to increase total body muscular strength in a low impact environment.

**425**      **Aqua Tango Training**      **Vanina Delfino**      **AMC**

Get ready to teach and organize Tango choreography in the water. Take away a Tango Toolbox that features strategies for using the water's properties and making this dance workout effective. Variations in movement, range of motion, tempo, transitions and much more all come together to create a Tango cardio workout.

**426**      **Action, Reaction and Drag**      **Deborah Benetti**      **AMC**

Obeying the law can be a drag. Explore various ways to alter intensity with the Law of Action/Reaction and the drag properties of the water. Maximize the use of arm and leg patterns and the water's resistance in this athletic workout that showcases the power of water.

**427**      **Stronger Seniors Posture & Balance**      **Anne Pringle Burnell**      **LMC**

This two-part class begins with seated posture exercises that are beneficial to anyone working in an office. Learn ideal spinal alignment for a seated position. We will then explore standing balance and lower body strength training using the chair. These exercises are suitable for older adults and beginners.



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**2:30pm – 4:30pm**

**Select (1) One Session From 429 to 435**

**429 Strength, Stabilize & Stretch Marti Peters AWS**

The most important outcome of an exercise session is results. This class will help you create effective programming. Learn how to stabilize the body then progressively challenge that stabilization by incorporating exercises to increase core strength as well as overall muscular strength and endurance.

**430 Fribata: Flying Disc Tabata Susan Abel Sullivan AWS**

Put a new twist on Tabata by utilizing inexpensive, yet fun and effective, drag equipment in the pool: the Frisbee. We'll cover stationary, traveling, and interactive moves designed to churn up the water and work your class from head to toe.

**431 Yogalatis 3-D Challenge Anna Shay-McEntee AWS**

Experience a challenging, yet fun, mind-body workout that is based on mat Pilates, Pilates resistance equipment and yoga postures. Challenge core strength, control, flexibility, coordination, balance, dynamic alignment, focus and concentration in this aqua mind-body workout.

**432 HIIT Core Intervals Denomme/Sherlock AWS**

Buoyancy meets turbulence in this deep-water interval challenge. Master basic moves with a core-grabbing twist – appropriate for beginners, yet challenging for the most seasoned of water exercisers. A well-planned interplay of upright, kneeling, seated, prone, supine, and side-lying combinations is certain to get to the core of your training.

**433 Water Warrior: Running Deep Connie Lagerhausen AWS**

The aquatic environment is an ideal venue to replicate true running form, preserving normal (land-based) running bio-mechanics without the impact. This methodology works well with clients who have suffered a land-based training injury. They can minimize further injury while still retaining cardiovascular fitness and endurance.

**434 Blue Exotica: the Impact of Colors & Music in Aquatics Donna Adler & Mary Wykle LEC**

Color and music influence everyday life. Science shows that picturing yourself near or in water that is blue can make you happier and healthier. Music with its rhythm and tones use all areas of the brain. Music with choreography determines outcomes. Explore the impact of combining color and music.

**435 Anatomy of Stress Ian Levia LWS**

What is stress? How does fear affect our body? Anatomy of Stress introduces participants to the root causes and measurable physiological effects of stress and provides detailed solutions for its successful identification and management. Take away stress management tools.

**4:45pm – 6:25pm**

**Select (1) One Session From 436 to 442**

**436 Hot Latino Splash Joao Regufe AMC**

“Hot Latino Splash” is an electrifying fitness class designed for people who love a good challenge. Develop a better knowledge of Latin rhythms and learn how to match music and moves for an excellent workout. The primary goal is to help the class participants feel the music through the movement, promoting good energy and fun.



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**437 HIIT PLYO**

**Nino Aboarrage**

**AMC**

Can you do plyometric training with older adults? Absolutely. Join Nino for a session that outlines a specific format of plyometric training for the senior population. Learn how to develop training that can enhance agility, coordination and muscular power, which can help prevent falls, injuries and more.

**438 ATP: Add-Transform-Paste**

**Ivan De Luca**

**AMC**

Add it up with Ivan in this exciting choreography class that showcases the Add-On method of instruction. Movements and combinations will be sequenced and transformed one by one. This cardio and toning workout builds and builds into a finale of fun choreography.

**439 Pool Closed: Now What?**

**Katina Brock**

**LMC**

The pool is closed. You and your class are already there - now what? Learn how to make the most of the situation with your existing skill sets and a few new tricks. Move, have fun, get strong, sweaty and balanced and then end with a great stretch. Think of it as impromptu cross training – win/win!

**440 Jazzy Splash**

**Olga Tavares**

**AMC**

Jazz up your aquatic fitness routines with some jazz influenced choreography. Learn how to create a challenging water workout, combining power moves with lighter movement. Explore different instructional techniques for changing dance style movements to adapt to the water.

**441 Hydro Cardio & Flex Mix**

**Rui Duarte**

**AMC**

Transform the pool into a liquid gym with this total body aqua workout. This choreographed toning class applies varying intensities in an interval style workout. Experience separate intense training blocks for lower body, upper body and core and then insert relaxing music between sets for dynamic stretching exercises.

**442 Just a Question of Style**

**Stramaglia/Senati/Benetti**

**AMC**

Get your metabolic engine roaring in this exciting aqua aerobic workout. More than simple choreography, this aerobic blast features different musical styles, different presenters and many different exercises. Music is the leader and water is the protagonist. Join the ladies of Italy for a fun and innovative water workout.

## 7:30pm – 10:30pm – Friday Evening Awards, Dinner & Party

### Saturday, May 16 Session Descriptions

**500 Aqua Zumba Training**

**8:00am-6:00pm**

**REGISTER DIRECTLY WITH ZUMBA FOR THIS DAY LONG PROGRAM**

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.**

**7:45am – 9:35am**

**Select (1) One Session From 501 to 508**

**501 Wet Barre: Burn**

**Katina Brock**

**AWS**

Explore an advanced set of Wet Barre moves using two noodles. Based on the Pilates principle of control, this workout blends strength elements derived from barre class, yoga, Pilates and body weight exercises. Experience intensive core work targeting glutes and hips and guaranteed to give you a burn.



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**502 Just Your Body**

**Triple Delight**

**AWS**

This hydrodynamic workout will challenge your core, strength and intensity using just your body. Increase cardiovascular endurance and improve strength, flexibility, stability and balance. Gain new ideas when there is no equipment.

**503 Postural Acceleration KI Control**

**Ricardo Maia**

**AWS**

Learn new combinations, develop breathing strategies and enhance postural alignment in this aquatic master class. Chill out to the sound of Indian music and explore exercise techniques designed to activate flow and control the Ki (energy).

**504 Off the Wall Themed Classes Part 2**

**Susan Abel Sullivan**

**AWS**

Spice up your theme classes with off-the-wall ideas that will keep your participants coming back for more if just to see what you'll do next. This year we'll explore the process for designing your class and developing themed choreography, as well as ideas for props and costumes.

**505 Aqua Effort – You Didn't Get Wet for Nothin'**

**Connie Lagerhausen**

**AWS**

How much effort are your class participants using when they exercise? Are they just going through the motions with little or no exertion? Using a percentage-based method, explore a technique that will make students more aware of intensity variation and provide them a better understanding of the aerobic and anaerobic power of a water workout.

**506 Research to Practice: Power to Function for Aging Successfully**

**Lori Sherlock**

**AWS**

Power and function are essential to activities of daily living for all age groups and fitness abilities. Experience aquatic programming for various populations. Learn how to use current research to boost power and function for all your clients. Take away research-based safe and effective programming concepts.

**507 Water Exercise for Babies and Children**

**Paulo Poli de Figueiredo**

**LEC**

Share the joy and benefits of water exercise, beginning at a very early age. Muscle tone, balance, spatial awareness, and coordination can be achieved through aquatic skills such as immersion, flotation, jumping and swimming. Discuss the neurologic development of babies and children, and review recommended water exercises for each stage of psychomotor development.

**508 Primal Flow Evaluation**

**Ian Levia**

**LWS**

Primal Flow Evaluation helps to identify why the joy can be lost from an exercise program. Injury, imbalances, aging or other setbacks can make "working out" a painful struggle rather than a natural source of pleasure. Learn how to interpret and obtain feedback on the current status of the body.

## Saturday 9:30am – 11:30am – Marketplace Open-Last Chance Shopping

### 10:15am – 11:15am – Saturday Brunch

11:30am – 1:30pm

Select (1) One Session From 509 to 515

**509 Fluid Space**

**Tatiana Maximova**

**AWS**

Ideal for warmer pools; experience a soothing shallow water program that features a variety of gentle aquatic moves. Create flow and energy in the water while promoting mental and physical relaxation. Treat your students to a relaxing and calming aquatic exercise experience.



**510 Latin Intensity**

**Craig Yaniglos**

**AWS**

Latin rhythms can be challenging to master in the aquatic environment. This workshop will help you understand the different rhythms and how to choreograph them in a way that will keep the intensity up song after song. Each song requires maximum aerobic effort. Take away information that will help you deliver intense Latin inspired routines.

**511 Aquatabata**

**Silvia Senati**

**AWS**

Join Silvia for an energetic Tabata workout in the pool. This high intensity interval training features 20 seconds of all-out work and 10 seconds of rest. Repeat this 8 times and you have a Tabata round. Experience an intense training to improve your motor skills, endurance and strength.

**512 Simple Six to Ease Arthritis Pain**

**Denomme/Sherlock**

**AWS**

Six moves. Six combinations. Six weeks to success. Learn how to use a simple whole body approach to expand the benefits of traditional exercises for arthritis. Take home a 6-week progressive program guaranteed to help clients reduce stiffness, build strength, and move at their best!

**513 Is Diabetes Sneaking Up On Us?**

**Eduardo Netto**

**LEC**

Diabetes continues to be a growing health threat and is the sixth leading cause of death in the United States. As fitness trainers, we play a tremendous role in fighting the diabetes epidemic. This session provides information to help you effectively work with diabetic clients and includes scenarios to help you prepare for inevitable diabetic incidents.

**514 Aquatic Programming for Weight Loss**

**June Chewning**

**LEC**

Build a kick butt aquatic weight loss program for your facility or business. Learn three strategies that will help your clients lose weight effectively and achieve results. Tap into this expanding market with the proper understanding of how to boost client success and build a booming program.

**515 Costume Fit in the Liquid Gym**

**Maria Sykorova Pritz**

**LWS**

This evidence based workshop focuses on learning and applying the Sykorova Synchro educational method for an aqua personal training program. Learn principles for designing programs and for exercise sequences. Develop top-notch programs that range from basic functional fitness to top athletic performance.

**2:00pm – 4:00pm**

**Select (1) One Session From 516 to 523**

**516 3-Ring Circuit**

**Stephanie Thielen**

**AWS**

Come center stage under the big top for the best aquatic circuit in town! One pool, two interactive team drills, and three total body exercise stations, focusing on building intensity and camaraderie that deliver a high-results workout for all. Get your tickets. Now showing at IAFC 2015!

**517 Still Around and Kicking**

**Mimi Rodriguez Adami**

**AWS**

2012 was the European year for Active Aging. Between 2015 and 2035, the 60+ population will increase by over 2 million people per year. This workshop covers the needs and considerations of baby boomers that want to have fun in water, staying young and agile while aging actively and enthusiastically.

**518 Aqua-Chakras**

**MaryBeth Dziubinski**

**AWS**

Discover how underlying energy currents in our bodies feed our chakras, what causes blockages in our bodies and how to use movement within the chakra system to treat energetic imbalances. Learn movement sequences in the water that open up chakras and blocked areas of the body that may be in pain.



**519 Feel the Water & Move it!**

**Javier Bergas**

**AWS**

Water is the best equipment we could ever ask for and this session provides a refresher on how to maximize the use of the water's properties. Interval training may be all the rage but continuous training packed with a variety of movements and combinations can be equally effective and intense.

**520 Aquatic Combo 2015**

**Laura Ribbins**

**AWS**

Experience an aquatic exercise strategy alternating bouts of short intensity anaerobic exercise with less intense recovery periods. Understand which HIIT/Tabata water workouts provide improved athletic capacity as well as improved fat burning. Isn't that what your clients want? Understand true interval training / Tabata and take home a variety of ways to introduce and integrate Tabata into your programs.

**521 Special (P)op-tions**

**Geeroms/Lemahieu**

**AWS**

Every senior is unique and they are indeed a "special" population that wants to be provided with challenges and options. Instead of thinking in limitations, it is important to explore the possibilities (options) of what they can do, rather than what they cannot do. Learn how to teach a class with varying intensities.

**4:30pm – 6:30pm**

**The Last Hurrah Finale Class**

At IAFC we never can say goodbye and so we gather for one last blast in the pool. Join your favorite presenters as they team up to deliver a final showcase of aquatic fitness pizzazz from across the globe. Don't miss this truly international salute to IAFC and our global aqua family.

**524 Last Hurrah Finale Class Group A**

**525 Last Hurrah Finale Class Group B**

**526 Last Hurrah Finale Class Group C**