



**IAFC2016**

## Discovering Your Potential

May 10-14  
Innisbrook Resort  
Palm Harbor, Florida

**AEA's 29th Annual  
International Aquatic Fitness Conference**

**The place to be! See you in May!**

## AEA SPONSORS



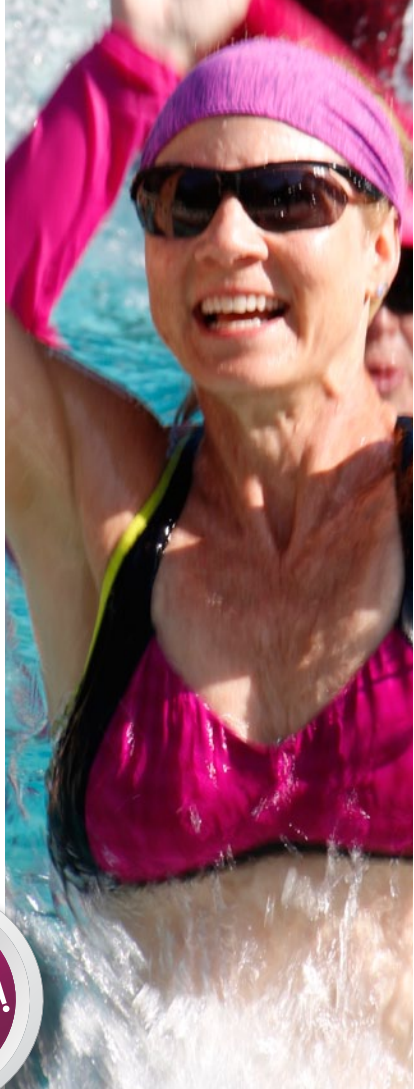
## AEA AFFILIATES



AQUASTRENGTH  
RESISTANCE EXERCISE EQUIPMENT



Makes Sense  
Every Time You Swim!



# Why IAFC is YOUR Conference

- Engaging • The presenter line up, selected by their peers and YOU!
- Exhilarating • 5 days of amazing sessions and educational excellence
- Exciting • The magic and spirit of the AEA global community
- Exclusive • Specialty Certificate Programs
- Exceptional • Great meals from world class chefs
- Exhausting • Comfortable & affordable accommodations & amenities

## 5 DAYS of education and training

### TUESDAY, MAY 10

- AEA Aquatic Fitness Professional Certification
- AEA Arthritis: Program Leader Development
- HydroRider Certificate Training
- Master Classes and Product Specifics
- General Sessions (Workshops, Lectures, Labs)
- **VIP MIX & MINGLE\*** Kick off the week for a good cause! Join esteemed presenters, sponsors, affiliates and delegates from around the globe to mix and mingle, network and play games to raise awareness of drowning prevention. Sit poolside, throw some darts, take a putt or just mix and mingle and reach out to help a worldwide cause national drowning prevention. \*additional fees apply.

### THURSDAY, MAY 12

- Early Riser Swim Clinic
- Specialty Certificate Programs
- AWSX-In-depth 3-hour educational workshops
- Research2P-Research to Practice - enhanced 3-4 hour sessions featuring the AEA Research Committee members
- General Sessions (Workshops, Lectures, Labs)
- AEA Table Talk - Casual round-table networking with industry experts. Join your global colleagues.

### FRIDAY, MAY 13

- AWSX-In-depth 3-hour educational workshops
- General Sessions (Workshops, Lectures, Labs)
- Aquatic Master Classes
- IAFC Global Awards, Dinner & Party

### WEDNESDAY, MAY 11

- IAFC officially begins
- Early Riser Swim Clinic or Innisbrook Walk
- Specialty Certificate Programs
- AWSX-In-depth 3-hour educational workshops
- Research2P-Research to Practice - enhanced 3-4 hour sessions featuring the AEA Research Committee members
- General Sessions (Workshops, Lectures, Labs)
- Master Classes and Product Specifics
- Marketplace Grand Opening

### SATURDAY, MAY 14

- Specialty Certificate Programs
- Research2P-Research to Practice - enhanced 3-4 hour sessions featuring the AEA Research Committee members
- Saturday Brunch
- Marketplace Last Day
- General Sessions (Workshops, Lectures, Labs)
- Aquatic Master Classes
- IAFC Finale Class



## SESSION TYPES

Choose a mix of pool, lecture and land classes for an invigorating & educational IAFC experience! The guide below will help you select your sessions.

### AQUATIC WORKSHOP (AWS) POOL & LECTURE

Enjoy both practical applications & theory with a 90-minute workshop!

Sessions will alternate between pool & lecture, with some sessions starting in pool and some starting with theory.

### NEW! AQUATIC WORKSHOP EXTRA (AWSX) POOL & LECTURE

2-4 hours. Extra in-depth sessions offer extended theory and enhanced practical applications. Examine the topic more fully with a review, conclusion and Q&A time. This platform provides an innovative opportunity to dive deeper into a specific topic, technique, class format or methodology.

### AEA RESEARCH TO PRACTICE (RESEARCH2P) SESSIONS

For those professionals who offer the most progressive programming.

### 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.

### AMCX/LMCX Product Specific Training

### LAB (LAB) CLASSROOM EDUCATION

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

## WELCOME TO INNISBROOK RESORT & SPA

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

Overnight rates starting at \$124.00 per night for deluxe guest rooms and one bedroom suites.

RESERVE EARLY.

Call Toll-Free at 800-492-6899 to book by phone.

CLICK HERE  
TO RESERVE  
ONLINE



## Why bring FAMILY & FRIENDS to IAFC?

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

## IAFC: Share the Magic!

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

Promote IAFC with your students because...

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

Bring family & friends who...

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

Enjoy a spa day!

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

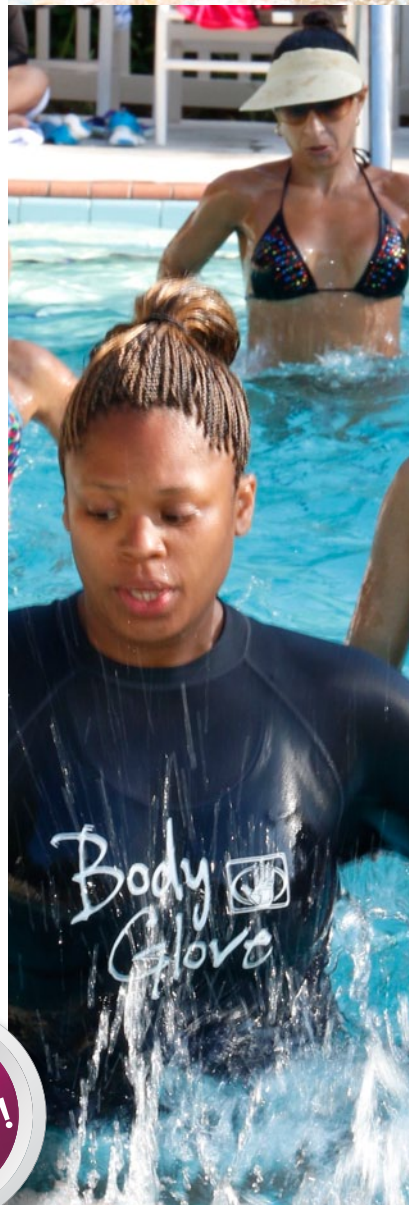
## IAFC. Florida. Innisbrook Resort. SHARE THE EXPERIENCE.

Register  
Now!

Your  
Presenters  
are...

**ADD ON TO YOUR  
CONFERENCE  
EXPERIENCE!**

**Specialty Training for  
Professionals at one  
convenient location!**



## REGISTRATION FEES

All IAFC special member prices are only for IAFC Full Conference Attendees!

### IAFC FULL CONFERENCE REGISTRATION

Early Bird AEA Member (received by March 30)	\$429.00
Non-Member or Members (after March 30)	\$525.00

**TUESDAY EVENING MIX & MINGLE  
AND HELP SAVE LIVES**

Charitable  
Donation  
**\$15**

### IAFC DAY ONLY REGISTRATIONS

Tuesday	\$149.00
Wednesday	\$179.00
Thursday	\$179.00
Friday	\$209.00
Saturday	\$179.00

### SPECIALTY CERTIFICATE PROGRAMS

**AEA Certification Bundle** \$300.00

Includes: AFP Review Course, DVD, Manual  
One-Year E-Membership and Exam Fee.

	AEA Member	Non Member
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**AEA Arthritis Program Leader  
Development Course**

\$75.00	\$99.00
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**AEA Arthritis Blended Package**

\$99.00

Exclusive for IAFC Full Conference AEA Member  
Delegates. AEA Arthritis Program Online Training  
Course(digital manual and examination) & AEA  
Arthritis Program Leader Development Course at IAFC

**Hydrorider Certificate Training**

AEA Member/IAFC Delegate special	\$89.00	\$149.00
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**Aquastrength Professional  
Training Course**

Training Course only	\$199.00
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Course & Aquastrength Total Body Bundle Space is limited.	\$249.00
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**CorEssentials for Water Exercise**

\$89.00	\$149.00
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**Thaifit Water Kombat Training**

\$69.00	\$99.00
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**Aqua Zumba**

Please register directly with Zumba®

### AEA TABLE TALK - Thursday Afternoon

An exciting NEW general session is being added to the IAFC schedule and you don't want to miss it!!

Designed to promote networking & camaraderie among ALL conference attendees, this Thursday afternoon session will feature industry experts - presenters, AEA & IAFC Staff, and aquatic-related companies! EVERYONE is invited and encouraged to attend this casual, round-table session – offered at a time that does not conflict with any other presentations. This is your opportunity to ask questions and get answers from the pros. All attendees will be entered into a drawing for special prizes – but you must be present to win! See you there.



# IAFC's Specialty Programs

AEA Member Full Conference Delegate pricing offered below is exclusively at IAFC!

TUESDAY  
MAY 10 2016

## 100A-AEA AFP PRACTICAL & SKILL APPLICATIONS

7:30A – 3:30P

\$75.00 AEA MEMBER / \$115.00 NON-MEMBER

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.*

## 100B-AEA AQUATIC FITNESS PROFESSIONAL CERTIFICATION EXAMINATION

4:00P -6:15P

\$145.00 ALL CANDIDATES / \$65.00 RETAKE EXAM

**BEST VALUE! \$300.00 AEA CERTIFICATION BUNDLE  
INCLUDES: AFP REVIEW COURSE, DVD, MANUAL, ONE-YEAR E-MEMBERSHIP AND EXAM FEE.**

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

## 101-AEA ARTHRITIS: PROGRAM LEADER DEVELOPMENT SPECIALTY COURSE

8:00A-3:00P

\$75.00 AEA MEMBER / \$99.00 NON-MEMBER

**BEST VALUE! \$99.00 BLENDED AEA MEMBER PACKAGE INCLUDES THE PROGRAM LEADER DEVELOPMENT COURSE AND THE ONLINE COURSE WITH EXAM FOR A SAVINGS OF \$100.00!**

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

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

*Take the next step in your career with a unique opportunity to help others enjoy a more active lifestyle!  
Online Course is self-paced and offers access to the e-Manual and online Movement Library.*



TUESDAY  
MAY 10 2016



**102-HYDRORIDER CERTIFICATE TRAINING**  
**GIORGIA COLLU, TREVIN GREEN AND TEAM HYDRORIDER**  
8:00A – 4:00P

**AEA MEMBER \$89.00 / REGULAR: \$149:00**

Hydrorider programming is becoming more prevalent in clubs and pools across the globe. This certificate course includes classroom theory, practical applications in the pool and a one-hour exam. Discover the Hydrorider brand, its history and in-depth product information, along with the benefits of cycling in the water.

*Upon completion of this course you will have training in:*

- Proper bike set-up and placement in pool
- Music applications and cadence
- Pedaling techniques
- Hand positions
- Riding postures
- Contraindicated movement
- Cueing strategies and much more

*This is your opportunity to expand your horizons in group fitness and personal training and enhance your aquatic fitness programming with cutting edge equipment, fresh formatting and new members.*

WEDNESDAY  
MAY 11 2016

**202-AQUASTRENGTH PROFESSIONAL TRAINING COURSE**  
**RICK MCAVOY**  
8:00A – 4:30P

**AEA MEMBER \$199.00 (REGULAR PRICE IS \$299.00)**

**EXTRA SPECIAL AEA MEMBER PACKAGE \$249.00 INCLUDES TOTAL BODY EQUIPMENT BUNDLE (REGULAR PRICE \$399.00)**

*You must be an AEA Member and register before the Early Bird Deadline to be eligible for this special pricing!*

The Aquastrength Professional Training Program will give you the essential knowledge and applied practical experience to help you create dynamic, fun and functional aquatic training programs for both individuals and groups, of all ages, abilities and fitness levels.

*Upon completion of the Aquastrength Professional Training program you will be able to:*

- Understand water properties and maximize them for client benefit
- Analyze the effects water has on the components of physical fitness
- Safely and correctly utilize all Aquastrength equipment
- Use music, cadence and exercise progressions for program creativity & enjoyment
- Design, lead and cue an Aquastrength fitness program

The Aquastrength Fitness System and equipment is deeply rooted in evidence-based practice. All exercises have been designed based upon the latest research and with over 25 years of practical aquatic rehabilitation, conditioning and fitness experience. Don't miss this exclusive opportunity and affordable cost!

**203-COESSENTIALS FOR WATER EXERCISE**  
**WATER EXERCISE COACH/DENOMME**  
8:00A – 3:00P

**\$89.00 AEA MEMBER / \$149.00 NON-MEMBER**

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.*



THURSDAY  
MAY 12 2016



**301-THAIFIT WATER KOMBAT TRAINING**

**SILVIA SENATI**

**8:00A - 3:00P**

**\$69.00 AEA MEMBER / \$99.00 NON-MEMBER**

Take your aquatic training options to another dimension with this in-depth session featuring the master of Aqua Kombat, Silvia Senati. Thaifit Water Kombat is a specialized training format focusing on powerful and precise martial arts techniques with a unique aquatic boxing bag to add reality and resistance. Carefully adapted to the water's properties, this program will train for muscular strength, endurance, coordination & agility, all while challenging the core.

- Learn a new aquatic training method to expand your programs
- Experience unique equipment to take training to another level
- Explore aquatic martial arts in a fun, non-intimidating format

*Join this revolutionary aquatic training format to power up your pool.*

SATURDAY  
MAY 14 2016

**500-AQUA ZUMBA TRAINING**

**8:00A - 6:00P**

**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.*





**Session Selection Descriptions-General Sessions**  
***Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure***

**Tuesday, May 10 Session Selections**

**Day Long Specialty Sessions Offered**

- 100 AFP Practical Applications & Skill /AFPC
- 101 AEA Arthritis: Program Leader Development
- 102 Hydrorider Certificate Training

**Session Selection Descriptions**

**Tuesday 8:00am – 12:15pm Select (1) One Session From 103 to 109**

103 Aqua Power Combo Eiichi Tanuma AMC  
This class features fundamental aqua dance style blended with a circuit style. Enjoy an aquatic fitness workout that features short blocks of choreography combined with strength training for a total cardio & toning experience. Take ideas for cueing, transitions, choreography, circuit, toning and more.

104 Aquabolic MIT'16 Javier Bergas AMC  
Aqua M-etabolic I-nterval T-raining. Explore the the latest trends in interval training, Orange Theory, Tabata, 40"HIIT, ME (Metabolic Effect System), 3x3 and more. Experience different styles of high intensity workouts suitable for all levels of participants. Enjoy a mix of HIIT protocols designed to activate your metabolism to the maximum.

105 Functional Circuit Training For Seniors Nino Aboarrage AMC  
Balance. Agility. Strength. Power. Join Nino for a functional circuit where each station has a specific purpose. The timing schematic for this High Intensity Interval Training (HIIT) is adapted from the Gibala protocol and will feature varying intensities to improve performance and achieve metabolic success.

106 Aqua Fun: Striding Adventure Mushi Harush AWS  
Aqua striding can be very challenging when designed with purpose and a touch of playfulness. This session features effective ways to cue and instruct a class that is comprised of traveling movement. Learn how to alter intensity and provide good alignment cues. Create a fun and exciting striding adventure by using partner work, games and more.

107 Musicology & Written Notes Mark Grevelding LAB  
Struggle with teaching to music? Teaching on the beat and matching movement to music is one of the biggest challenges an instructor faces. Fear not, we are going to music camp! Discover how to not only hear the beat and teach to the beat and phrase, but then learn how to write choreography notes that map out the moves to the music.

108 Hydrorider High Intensity Training Trevin Green AMC  
This session provides instructions on how to use a combination of various high intensity movements to raise heart rate. Also included are effective resistance training methods that are supported by core stabilization. Take away strategies for keeping your clients excited, engaged and coming back for more.

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
[Register Now](#)





IAFC 2016 May 10-14 | Innisbrook Resort | Palm Harbor, Florida

**109 Aqua Cycling: 10 Approaches** Francisco Estevão AWS  
Join Francisco and discover a variety of ways to engage and motivate the students in your aqua cycling class. This session will explore 10 different ways to prepare lesson plans for your bike classes. Some focus on just cardio and others include cardio and toning. Get past the monotony and refresh your class with new ideas.

**Tuesday 11:00am – 2:45pm Select (1) One Session From 110 to 115**

**110 The Leader's Playbook** Lindsay Mondick LEC  
This lecture is focused on developing your leadership playbook. From on deck leadership and coaching techniques with students to motivate and inspire - to mentoring, supporting and supervising others in the aquatic fitness profession. Analyze and identify your needs for growth as an aquatic fitness professional and take away practical tools to implement.

**111 Triple B Boot Camp** 3D Aquatics AWS  
Kick butt in your next aqua boot camp class. Create a cross-training experience in the pool with three "must have" pieces of equipment. Join the ladies of 3D for Boot Camp Splash with boards bands and balls.

**112 Saving Lives&Building Champions: Be a Part of the Team** Sue Nelson LEC  
Learning to swim is just one part of water safety prevention. This session will provide you with various tools to help you educate and promote water safety. Engage your community and show them how everyone can help make a difference in water safety prevention.

**113 Kickboarding Deep** Jackie Lebeau AWS  
Let's take it to the deep end! When equipment is scarce, set your sights on the stack of kickboards on the pool deck. Treat your participants to a deep water workout combining cardio and strength exercises using a traditional foam kickboard. We'll perform every exercise with the kickboard starting from minute one.

**114 Nutritional Needs During Menopause** Melissa Layne LEC  
Women - it will happen. The body changes with the rise and fall of estrogen and progesterone. Estrogen affects the oxidation of food and the more we know the more we can alter our choices and teach our clients how to do the same. This session covers the body's physiological changes and how proper nutrition can aid in maintaining a healthy menopausal being, both mentally and physically.

**115 Senior Super Singles - Max Core Work** Steph Toogood AWS  
Discover asymmetrical repeater patterns to challenge the core, enhance posture and improve balance with size & tempo variations and unique transitions. This program reaches through 360 degrees with progressions to challenge all levels using isometric and isotonic muscle contractions. Gentle, sequenced limb movements contrast with power segments to encourage appropriate stability, mobility and strength in all major articulations.

**Tuesday 12:45pm – 3:45pm Select (1) One Session From 116 to 121**

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
[Register Now](#)






125 10 Key Factors That Predict Weight Gain Eduardo Netto LAB  
This session defines obesity and reviews the classifications regarding age, ethnicity and more. Health consequences and factors contributing to the development of obesity are also reviewed. Join Eduardo in reviewing the effectiveness of current public health strategies for risk factor reduction and obesity prevention.


126 Balls, Bands & Bars Marti Peters AWS  
Incredible results with simple equipment are what you get in this workshop. Design a workout using simple equipment and learn safe and effective exercises. This fast paced workout is full of creative and fun exercises that can be used in many class formats.


127 Choreography Circuit Silvia Senati AMC  
Combine two programming styles into one unique format. Welcome to Silvia's Choreography Circuit. Learn how to build aqua choreography using the circuit training method. Discover an easy way to learn movements and break down choreography while delivering a heart pumping cardio workout taught in circuit style.

**Tuesday 4:15pm – 6:15pm Select (1) One Session From 128 to 131**

128 Gymstick Toning Mehanni LMCX  
**GYMSTICK™**  
Gymstick is back! Experience the exciting fitness tool from Finland that can be used to create a total body workout. This demo 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.

129 The Next Evolution of Fitness by AquaStrength McAvoy AMCX  
**AQUASTRENGTH**  
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.

130 Aqualogix: The Training Advantage Kaifos AMCX  
**AQUALOGIX**  
The Aqualogix Fitness System is a stand alone, superior choice for drag resistance and high intensity 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.

131 Stretchcordz®: Expanding Possibilities in Aquatics NZ/TBD AMCX  
**STRECHCORDZ**  
*Gear for stretching, exercising and training.*  
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.

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
[Register Now](#)



IAFC2016

May 10-14 | Innisbrook Resort | Palm Harbor, Florida

**Tuesday Evening 7:15pm – 9:150pm - IAFC Mix & Mingle Island Clubhouse**

**Wednesday, May 11 Session Descriptions**

**6:30am – 7:15am Select (1) One Session From 200 to 201**

200 Innisbrook Walk LMC-Outside  
Attention Nature Buffs & 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.

201 Kick Board Power Drills Jackie Lebeau/Dolfin AMCX-Clinic  
Early Risers & Water Babies - Put a little vertical thought into your horizontal training. Get more mileage out of your kickboard by using it for some hard-core resistance and cardio training drills.

**Day Long Specialty Sessions Offered**

202 AquaStrength Professional Training Course

203 CorEssentials for Water Exercise

**Wednesday 7:30am – 10:30am Select (1) One Session From 202 to 210**

204 What's New in the World of Arthritis and Fall Prevention Kimberly Huff AWSX  
Tired of the same old things when it comes to balance exercises and programming for people with arthritis? Are you looking for some new ideas to excite and challenge your class? This session will include what's new in terms of research for arthritis and fall prevention and then show you how to use it to re-energize your class.

205 Abdominals vs. Functional/Toning Workout Silvia Senati AWS  
Dive in and discover a new meaning for biathlon. This aquatic fitness biathlon has two objectives; target the muscles of the abdominals and the muscles of the trunk. Improve strength and condition your muscles with some serious aqua core training. Take away ideas for creating your own Aqua Biathlon.

206 Align & Define 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 excess pain, limited mobility and even early death. Learn how to improve posture, realign the spine, reduce pain, and strengthen overly stretched muscles and elongate the overly tight muscles of the core.

207 BODY SKILLS® - Choreographed Functional Training Daniela De Toia AWS  
Discover total body functional training, with improvements in toning and function. After the activating process you will learn 4-6 athletic movement patterns at different levels. The combination of these techniques leads to the BODY SKILLS® "flow-finale." The integrative concept of BODY SKILLS® guarantees the best training effects not only physically but also mentally.

208 High Voltage H2O Lindsay Mondick AWS  
Explore how to incorporate high-power sports drills, plyometrics and equipment to circuits and intervals in order to increase creativity of movement in your current classes. This workshop is designed to up the amps to your current circuit and boot camp themed classes and leave you with ready to implement ideas for multiple fitness levels.

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
[Register Now](#)



209 Corrective Exercise Programming Ruth Sova LEC  
Corrective Exercise Training is one of the new training concepts. After initial assessment, it covers three basic components: massage, stretch and strengthen. We'll apply the concept to different populations and provide modifications and precautions to allow you to use this protocol with your clients. Programming will include form cues, self-massage for freedom of movement, joint mobilization, neuromuscular re-education and proper breathing.

210 Aqua Core Marietta Mehanni LAB  
What exactly is the core and how does its function change in the aquatic environment as compared to land? Among many other things unique to the aquatic environment is how the body activates and challenges core muscles. Join Marietta and expand your knowledge about the core and how is used most effectively in an aquatic fitness class.

**Wednesday 10:00am – 12:00pm**

**Select (1) One Session From 211 to 216**

211 Baby Boomer Boot Camp Challenge Danita Watkins AWS  
Boot Camp may seem like an intense name for most aqua workouts. This workshop will offer baby boomers a Boot Camp that has modified challenges.  
Take away ideas for altering intensity, decreasing impact, improving functional fitness. Keep them coming to class with a Boot Camp Challenge.

212 FIRED UP Basics Mary Wykle AWS  
Fun Intense Intervals are the basis for FIRED UP. Application to regular classes recognizes that no two people will be at the same ability. Set intervals with scheduled recovery are basic to improving cardio and muscular strength. Learn to mix it up with "speed play" of varied times. Adapt to your facility by discussing the use of the equipment available.

213 Dance Away in H2O Martine Flamen AWS  
Who says you can't dance in deep water? Join Martine, a dance school owner who is versed in many varieties of dance, for an aqua workout that features dance combinations adapted to deep water using different styles of music. Learn how to create fun dance choreography that matches the moves to the music.

214 Aqua Fluid Pilates Vs. HIIT Giorgia Collu AWS  
The main objective of this workshop is to compare two different training techniques – total opposites - and integrate them together to get the most benefit from both. Understand how to train intensely with HIIT while maintaining proper body alignment. Explore the basic principles of Pilates and how to achieve a deep aquatic body consciousness.

215 The SAFE way Mick Nelson LEC  
Aquatic instructors spend many of their working hours in the pool environment and 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.

216 Ai Chi Body/Mind/Spirit Adaptations Donna Adler LAB  
In this interactive course learn physical movement, breath work and spiritual development techniques that can be implemented prior to teaching Ai Chi for maximal affects in mind, spirit and body. Myofascial meridians, Chinese Meridians, Yin Yang Theory, visualization and meditation will be implemented along with breath work. Take away some new techniques for your existing Ai Chi practice.

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
[Register Now](#)





IAFC2016 May 10-14 | Innisbrook Resort | Palm Harbor, Florida

Pneuma is the Greek word for breath and this workshop will forever change the way you think and feel about the way you breathe by sharing the most up-to-date scientific physiological benefits of breathing correctly. Included in this lab will be different methods of breathing and breathing progressions for respiratory disorders.

**Wednesday 4:30pm – 7:15pm                      Select (1) One Session From 225 to 235**

225    StretchCordz®: New Applications for Aquatics                      NZ/TBD                      LMCX



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

226    Nekdoodle Fitness Applications                      Nekdoodle/Denomme                      AMCX



Nekdoodle® is the premier equipment for fitness, therapy and swimming. The duo buoyant and resistive qualities are great for a wide range of exercises for all fitness levels. Learn how to take advantage of the unique product design to reduce pain and improve whole body flexibility and strength.

227    Aqua CrossFit Challenge                      Fitnessoccasion/Senati                      AMCX



Ready to train like the marines? Drill Sergeant Senati has an intense aqua boot camp planned, which includes some of the industry's most popular equipment. Improve functional training, strength, endurance and more in this challenging yet fun showcase of high-intensity drills & skills.

228    HydroRider Challenge                      Collu/Hydrorider Team                      AMCX



Get ready for the Hydrorider Adventure! Ride, Walk, Run, Swing and Jump your way to some healthy options in high intensity water training. swim and more with an Italian coaching team motivating you through the pool circuit. Experience athletic style training they Hydrorider way in this exciting circuit guaranteed to make you sweat wet!

229    Aqua CrossFit Challenge                      Fitnessoccasion/Senati                      AMCX



Ready to train like the marines? Drill Sergeant Senati has an intense aqua boot camp planned, which includes some of the industry's most popular equipment. Improve functional training, strength, endurance and more in this challenging yet fun showcase of high-intensity drills & skills.

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230 Gymstick H2O Marietta Mehanni AMCX

## GYMSTICK™

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 equipment at IAFC.

231 Yoga Wind Down Tinoca Senra & Perdo Santos LMC

As much fun as a day of education in the pool and classroom is at IAFC – It is also a lot of work. Hard work deserves a reward. Join Tinoca and Pedro and reward yourself with a soothing yoga class to end your day. De-stress, get Zen, let your mind rest and your muscles stretch and release through the magic of yoga.

232 AcquaPole® Strength & Toning Joanna Apolinarska AMC



AcquaPole Strength & Toning is an endurance and strengthening workout performed with the AcquaPole, a popular and unique type of equipment for the pool. This workout targets the muscles of the core, upper body and lower body. Experience a fun training that develops strength, endurance, coordination and flexibility.

233 Aqua Zone Francisco Estevão AMC

Explore a new approach and an innovative water-training program that focuses on exercises for muscle toning. Francisco will explain the creative method known as - B.A.L.I. - where each area of the body is stimulated precisely. This is an easy-to-teach program that provides lots of entertainment to please all types of students.

234 Afro vs. Latin Olga Tavares & João Santos AMC

Get ready for a blast of energy and culture with two Portuguese instructors teaching two different styles. Basic aqua moves and their variations are transformed with different styles of music. Learn how to match choreography to different music types and experience an exciting and motivating Afro/Latin aqua class.

235 AcquaPole® Boxing Bag Joanna Apolinarska AMC



AcquaPole® Boxing Bag is a unique kickboxing workout performed in the pool with the AcquaPole and a boxing bag that slips right over the pole. Discover an exciting aqua workout that develops endurance, strength and coordination. Get ready to take the challenge and test your power fighting.

### Thursday, May 12 Session Descriptions

#### Thursday 6:30am – 7:15am

300 Swim-Fit Horizontal & Vertical Challenge Dolfin AMCX/Clinic  
Expand your swimming repertoire with vertical fitness movements. A swim-fit program appeals to swimmers by introducing more functional fitness skills into their lap swim training. This type of program also appeals to aquatic fitness enthusiasts as a means of incorporating and participating in more traditional swim-based (horizontal) training.

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## Day Long Specialty Sessions Offered

### 301 ***Thaifit Water Kombat Training***

**Thursday 7:30am – 11:45am**

**Select (1) One Session From 302 to 309**

### 302 ***Research2P: Understanding Aquatic High Intensity Training***

Poli deFigueiredo/Sherlock

AWSX

High Intensity Interval Training (HIIT) is getting popular because it delivers results. This session will focus on the physiological & bioenergetic aspects of HIIT and will analyze different protocols and benefits for different populations. Class organization and safety factors are also reviewed.

### 303 ***In-Depth Water Power Workout for Hips & Knees***

Lynda Huey

AWSX

Welcome all of your students with hip and knee problems to a class specifically designed for them. Learn the basics about the most common hip & knee conditions and get to know the 'Dos and Don'ts' of pool exercises for each of the conditions.

- Review the latest research about knee surgeries and develop strategies for selecting appropriate exercises for a class design.
- Discover the newest diagnosis in hip care that mostly affects people between 20 and 45 and develop strategies for selecting appropriate exercises. Gain insight and knowledge into creating class programming specifically for aging Boomers, athletes and others with hip and knee issues.

### 304 **Functional & Noodle**

Pedro Santos

AWS

LEARN is the keyword to your success as an instructor. Improve your knowledge and connect various instructional skills in this workshop dedicated to functional noodle training. Learn how to make exercises more functional with the noodle as a tool, training from different positions. Take away ideas for creating a fun, sequenced and functional noodle workout.

### 305 **Hip Senior Exercises in More Directions**

Laurie Denomme

AWS

Sore back, knee or shoulder pain? Often times, these are the result of limitations of the hip. Experience 6 directional, hip focused exercises and feel how subtle changes to height, angle and distance help other body areas. Perfect for people with arthritis or any level workout. Return home with an extended library of hip exercises that provide total body results.

### 306 **Let's Rip It Up**

Laura Ribbins

AWS

This workout is the bomb! It's time to stop neglecting our obliques and eliminate love handles with a workout that has variety, intensity and heaps of core results. Review core anatomy and "test the waters" with a variety of angles, contractions and weighted static holds to get you on the road to feeling "Ripped Up."

### 307 **Noodle Cardio Core Mixes**

Mark Grevelding

AWS

Reinvent your approach to the noodle with some high- energy choreography and challenging core work. All the aquatic base moves take on a new life when you add the noodle into the cardio and core mix. The noodle allows for body re-positioning and neutral buoyancy, which makes this a winning cardio-core recipe.

### 308 **The New Rules for Nutrient Timing for Peak Performance**

Len Kravitz

LEC

This groundbreaking lecture explains a revolutionary approach to enhance performance, promote recovery and improve muscle integrity through nutrient timing. This technologically advanced presentation will explain what nutrient timing is, the energy phase, the anabolic phase, the growth

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phase, the metabolic physiology, and how to apply this totally new concept in training for endurance exercise, resistance training and to prevent overtraining.

309 Extension and Function Ruth Sova LAB  
Extension can offer improved exercise outcomes that carry over to daily life. Extension is vital for maintaining a healthy posture and yet so many of our exercises are focused on flexion. We focus on flexion for hips, backs, knees, elbows, shoulders, necks and more. Learn how we can provide clients with better function if we put more focus on extension.

**Thursday 10:00am – 12:00pm Select (1) One Session From 310 to 316**

310 YoBoLates Daniela De Toia AWS  
YoBoLates mixes the elements of yoga, boxing and Pilates. This class is an interval format combining endurance training, strength and flexibility. The three sports effectively work together and are an excellent combination for a fantastic workout. Get your power and your powerhouse working at the same time.

311 Peyow™ Aqua Pilates Special Populations Anne Pringle Burnell AWS  
Peyow™ Aqua Pilates Basic level exercises have been shown to increase standing balance and core stabilization in special populations of adults with disabilities and chronic conditions. Learn the base principles of the Pilates technique easily applied to any water workout and how to apply Peyow™ Aqua Pilates to different populations including seniors, MS, PD, Lupus, and arthritis patients.

312 Dancing Style Tips Olga Tavares&Tinoca Senra AWS  
Join Olga and discover everything you need to know about creating dance choreography for the water. Learn how to work with a specific song and make that song your “best friend.” Gain a better understanding of how to adapt land dance movements to the water and what you need to be careful of.

313 Deep Water Core & More 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.

314 Mature Moves Aqualibrium Steph Toogood AWS  
Use the aquatic environment to achieve equilibrium - a state of physical balance – using a trio of balance challenges. Learn to design exercise that achieves muscle, joint and total body balance. Identify muscles that require strengthening or lengthening to promote improved posture. Plan an exercise design to ensure joint integrity with multi-planar movement and asymmetrical poses and postures that assist with fall prevention.

315 Surviving the 3 S’s During Menopause Melissa Layne LEC  
As our female body changes, so does our stress, sleep and nutritional patterns. This session covers the how and why to hormonal changes that affects our training recovery patterns as well as our daily lives. Together we will review the research on surviving the stress when our bodies change with some practical and proven modifications.

316 Improving Balance Donna Adler LAB  
This workshop will teach you ways to integrate the mind with the body, ultimately increasing your clients’ balance, reaction time and coordination. Improving balance outcomes is a goal of this course. Learn creative ways to use the Unpredictable Command Technique in an aquatic

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exercise program and discover simple ways to integrate QiGong to improve balance with foot exercises.

**11:30am – 2:00pm – Marketplace Open**

**1:00pm – 2:00pm – Meet The Researchers**

**12:30pm – 2:00pm – Lunch**

**Thursday 2:30pm – 4:30pm**

**Select (1) One Session From 317 to 324**

317 Back To The Basics With Seniors Martine Flamen AWS  
Discover various strategies for creating an engaging and exciting aquatic fitness class for seniors. This session will explore teaching methodologies for implementing functional training using a variety of traditional and non-traditional equipment. Take away ideas that include the use of balloons, plastic cups, plastic bags and more.

318 Spiral Aquatic Moves Javier Bergas AWS  
Join Javier for a unique class that incorporates a fusion of Aichi movements, Kabat theory and Bad Ragaz patterns. This session combines dynamic movement, free flowing choreography and challenging exercises. Explore ways to challenge your balance and alignment - encouraging natural movement that allows for exercise with challenge but without unnecessary tension.

319 One Sided Jackie Lebeau AWS  
Cut your workout in half. Experience an increase in the number of movements and exercise variety by working the body unilaterally and literally cutting your workout into two halves. 50% of the workout will be conducted on the left side of the body and the other 50% on the right.

320 Making Sense of What You Learned Kimberly Huff AWS  
Workshops are great, but sometimes it's difficult to take the killer exercises and the cool stuff you learn and teach it in your classes where you have participants with arthritis, diabetes, back pain, osteoporosis, etc. Let's take a look at the cool stuff and figure out how to modify it so you can share it with everyone in your class.

321 HI YO Circuit Training L<sup>2</sup>: Laurie Denomme & Lori Sherlock AWS  
HI YO puts a new spin on circuit training to improve aerobic fitness, muscular endurance and power. Shallow and deep stations use the entire pool intensifying the challenge. You'll never be bored as this highly motivational program quickly moves between upper, lower and total body exercises while allowing for self-paced movement.

322 Ultimate Combatives Ian Levia AWS  
Ultimate Combatives is the BEST kickboxing combinations ever performed in water. The carefully combined martial arts movements will change the way you exercise forever. Understand how to modify movements for special populations and learn how to expertly combine and progress routines. Burn the fat, build the muscle and feel complete.

323 Ultimate Metabolic and Calorie Burning Makeover Len Kravitz LEC  
What works and what doesn't work for successful fat (and weight) loss? The 12 truths of fat loss will explain the current understandings on fat loss, the components of metabolism and fat physiology and the best exercise programs to enhance fat loss and prevent weight gain. Each attendee will leave with 10 evidence-based workout plans.

324 Build a Better Warm Up Stephanie Thielen LAB

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Without a proper warm-up, there are many risks associated with working out, including but not limited to injury, less-than-optimal performance, or slowed progress. This workshop addresses the 5 integral parts of a warm up to assist your participants to move better so they can perform more effectively. Start strong and finish stronger!

### Thursday 4:30pm – 6:00pm

#### 325 **AEA Small Talk (Round Table Discussion Groups)**

**An exciting NEW general session is being added to the IAFC schedule and you don't want to miss it!!**

Designed to promote networking & camaraderie among ALL conference attendees, this Thursday afternoon session will feature industry experts - presenters, AEA & IAFC Staff, and aquatic-related companies! EVERYONE is invited and encouraged to attend this casual, round-table session – offered at a time that does not conflict with any other presentations. This is your opportunity to ask questions and get answers from the pros. All attendees will be entered into a drawing for special prizes – but you must be present to win! See you there.

### 4:30pm – 6:00pm – IAFC Marketplace Open

### Friday, May 13 Session Descriptions

Friday 7:30am – 9:30am

Select (1) One Session From 402 to 410

#### 402 **In-Depth Surf n Turf Yoga**

MaryBeth Dziubinski

AWSX

Are you looking for a new way to get your aqua yoga peeps into your land yoga class? This session will provide you with the skills, a format and the confidence to enrich their lives as you improve their strength, balance and flexibility on land and in the pool.

- Discover how to teach breathing techniques and fundamental yoga principles for all different body types and fitness levels
- Explore a safe, effective land vinyasa land class with modifications
- Experience a safe, effective aqua vinyasa water class with modifications
- In this expanded session, you will experience and learn a method of yoga in which movements form a flowing sequence in coordination with your breath.

#### 403 Optimal Techniques For Aging Issues

Ruth Sova

AWS

This is not a course about aging issues – it is a course about solutions to aging issues. Experience the following techniques (land & water) and then apply them to older adults: Unpredictable Command Technique, AquaStretch, PNF, Ai Chi/Ne & Fitness Ai Chi, Feldenkrais, and PiYoChi. We'll try modified bending exercises, the 'clock' for balance, open-chain trunk stabilization, games and flexibility activities.

#### 405 Work Hard. Rest Hard. Repeat

Stephanie Thielen

AWS

Rest-Based Training is the next step in your teaching arsenal if you currently lead aquatic boot camp or HIIT classes. Based on the concept of “push until you can't, rest until you can”, learn two new training protocols that teach your clients to take ownership of their own workout. Work, rest, and repeat for a new concept in fitness training.

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406 Core Central Marti Peters AWS  
Working your core muscles to the max is what this workshop is all about. Explore safe, effective exercises to build strength, improve balance and function. Discuss exercise pros and cons, muscle activation & effectiveness and learn how core muscles work and interact. It's all about the Core

407 Do-Wop Aqua Karen Westfall AWS  
Move and Groove to the best music of all time – 50s & 60s hits. This workout is especially suited for the 50 and over crowd but can be adapted for all ages and levels of fitness. Pre-choreographed moves fit the style, tempo and rhythm of each song.

408 Designing Athletic Pool Programs Lynda Huey AWS  
Learn from Lynda's decades of experience in working with many of the world's best athletes so that you can duplicate her high-intensity pool program with elite and recreational athletes. Perform the basic pool exercises used by most athletes and then learn how to tailor the program to their specific sport with skill, speed, strength & endurance drills.

409 Extreme Sport Aqua Training Lori Sherlock AWS  
Sport enthusiasts have taken their sport to the extreme. Participation in adventure and extreme sports are quickly increasing in popularity and with it, the need for appropriate training and injury prevention. Improve performance and remove the element of risk while training for extreme sports in the water.

410 Myths, Misconceptions and Controversies in Exercise Len Kravitz LEC  
Join Len for this no-holds-barred lecture on current myths, misconceptions and major controversies in the fitness industry. Scientific studies will be presented answering controversial questions about fat burning, concurrent training, post exercise fat burning, muscle acidosis, metabolic stress, extreme conditioning, fatigue, HIIT vs. continuous cardio exercise, ideal substrate utilization strategies, high fructose corn syrup and MORE.

**Friday 10:00am – 12:00pm**

**Select (1) One Session From 411 to 417**

411 Music 2 Move 2 Kim Geeroms AWS  
Learn how to use music as a motivator and how to implement it in an efficient way. What happens in the brain when you listen to music? What kind of moves fit to which kind of songs? Discover more effective ways for matching the moves to the music and enhance your class participant's fitness experience.

412 Warrior Dance Ian Levia AWS  
Warrior Dance is an introduction to the very iconic traditional African dances. Understand the main characteristics of African dance, which is highly known for its isolations and rhythms but best known for de-stressing and revitalizing. Get ready to apply amazing movements to the water with amazing African music.

413 Rebound Detox Laura Ribbins AWS  
Rebound Detox is an awesome experience you won't want to miss. Rebounding in the water delivers your lymphatic system a "push" and a cushioned G-force to provide a free-flowing system that drains away toxins. Come experience a jumping workout that leaves you feeling healthy and invigorated. Rebound Detox is suitable for everyone.

414 H2O HIIT Hi/Lo Mark Grevelding AWS  
Tired of doing drills only? Before there was HIIT there was Hi/Lo. Learn how to transform your library of high-energy drills and lower intensity recovery into exciting Hi/Lo choreography. Treat

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your students to a classic aerobic workout of bounded and grounded choreography that maintains the intensity they have come to expect in a HIIT class.

415 Comprehensive Carbohydrates Melissa Layne LEC  
There is truth in advertising: everything you ever wanted to know about carbohydrates. Why they are the prime energy source, which systems can't operate without them, their chemical structure, how we use them, our body's Plan B if we don't have any, why America loves a low carb diet and more. We will also put the end to some myths, misconceptions and misinformation.

416 Aquatic Program for Seniors Flávia Yázigi LEC  
This session will teach step by step how to design an aquatic program for elderly adults. Understand how exercise can affect the aging process. Identify and assess individual functionality. Establish methods and strategies to create an effective aquatic program for aging, considering all guidelines for this population.

417 No Voice...Only Moves: Non-Verbal Cueing Deborah Benetti LAB  
Learn how to teach without speaking from one of the international masters of non-verbal cueing. Learn, practice and gain confidence with various techniques and strategies for teaching a class with non-verbal cueing techniques. Discover which visual cueing skills are most effective at getting attention.

**11:30am – 2:00pm – Marketplace Open**

**12:30pm – 2:00pm – Lunch**

**Friday 2:15pm – 4:15pm**

**Select (1) One Session From 418 to 425**

418 AquaCross: The Challenge Roxana Brasil & Tinoca Senra AWS  
This class features cross training with bikes, steps and running. This workout is a great option to improve your cardiovascular condition and your mind & soul. Explore amazing cross training and HIIT benefits provided by this type of cross training class, while maximizing pool space by using both depths. Join Roxana and Tinoca for an energetic and challenging class.

419 HyrdoRiding & Music Giorgia Collu & Ivan DeLuca AWS  
How important is music in a water cycling class? In this workshop you will discover how music is the key to building effective workouts – serving as a motivator for students and an important educational tool for instructors. From BPM to RPM...to accents to sprints...don't miss the opportunity to learn how to train and entertain your students.

420 S'WET Challenge Jenni Lynn Patterson AWS  
No matter what fitness level students are at, you can teach them to work to their MAXIMUM potential. This course will show you how to challenge students with multiple levels and modifications for each exercise so that your students will be able to start at an appropriate level. And then explore ways to get them to CHALLENGE themselves to go farther than they ever expected.

421 Double Trouble Lindsay Mondick AWS  
It is all about the power of two. In this shallow water class we will explore how partner work, interval training with strategic interval sets and asymmetry in equipment choices can enhance and challenge our participants physically and mentally. Examine how to creatively introduce equipment with bilateral asymmetry to enhance programming and neurobic training.

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422 Everyday Measures: Personalized Senior Group Fitness Lori Sherlock AWS  
With the right success criteria, instructors can have a more positive impact on baby boomers and senior focused water workouts. Learn how to use five key health and fitness measures to facilitate better results with a small amount of extra effort. Instructor tips make it a breeze to give seniors the tools they need to propel themselves towards serious results.

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

424 Aquacise Your Pelvic Floor Marietta Mehanni LEC  
What is your understanding of pelvic floor and continence issues? Do you feel confident delivering a class that is pelvic floor safe? This session will answer all of those grey areas and will cover the where, why and how's of pelvic floor training. Explore modifications for integrating pelvic floor exercises seamlessly into your regular aqua classes.

425 Body Language & Non-Verbal Cues Katrien Lemahieu LAB  
In this session, you will learn how to maximize your body language for demonstrations on deck and how to do so safely. Most importantly, take away a library of hand signals for cueing. Improve your teaching skills in this classroom lab for teaching aquatic classes on deck.

#### Friday 4:30pm – 6:15pm

#### Select (1) One Session From 426 to 432

426 Hydridorider Olympics Roxana Brasil AMC



**HYDRORIDER®**  
AQUATIC PROFESSIONAL EQUIPMENT

Brazil is the proud host of the 2016 Olympic games and Roxana is ready with a cycling class that celebrates the games with international music from participating countries. Mix it up in your class with aerobic and anaerobic training, alternating volume and intensity of training periods.

427 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.

428 Aquatic Band Tone-Up Pedro Santos AMC  
Exercise Bands are used all over the world for toning and functional training. In this session you will learn a variety of exercises, how to sequence them, and different positions to work with the bands. Discover how to maximize rubberized resistance while maintaining safety. Take away lots of ideas for cardio and toning!

429 Stronger Seniors™ Chair HIIT Anne Pringle Burnell LMC  
New research tells us we should be implementing high intensity in our workouts, but how can that be a safe, viable option for older adults? Standard burpees do not work for many people, let alone a population with balance and mobility issues. They don't even apply to Baby Boomers with ortho issues. Come learn Stronger Seniors new safe HIIT ideas for everybody.

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430 Pedal and Power Craig Yaniglos AMC  
Designing a fresh aqua cycling class can be a challenge. Having taught HydroSpin for years to clients that are always craving something new, Craig shares a few tricks of the trade in this session. Learn how to pick a format, select proper music and create a workout that hits all three energy systems.

431 C & T Based on Core Heeju Kim AMC  
Get more from your core with cardio and toning. This session features intense cardio exercises blended with core training. The programming also includes specific toning exercises taught with circuit training and an emphasis on core contraction. Filled with action and fun, you will experience excitement flowing through your body during this workout.

432 Deep Water Calorie Burning Workout Mushi Harush AMC  
Everyone wants to burn calories and this is a deep water program that gets the job done. Learn how to combine aerobic endurance, speed, power, acceleration and resistance training into a challenging workout. Deep water is an optimal exercise environment for the overweight population, delivering both enhanced and safer results.

### 7:15pm – 10:00pm – Friday Evening Awards, Dinner & Party

### Saturday, May 14 Session Descriptions

#### Day Long Specialty Sessions Offered

500 Aqua Zumba Day Long Training

#### Saturday 7:30am – 9:30am

#### Select (1) One Session From 502 to 509

502 Mastering Arthritis Choreography Danita Watkins AWS  
This workshop will help to educate instructors on choreography design for an arthritis aquatic class. Aquatic arthritis classes require lots of care and planning put into the choreography. Learn how to put moves together that are easy to perform, soft on the joints and beneficial to the body.

503 Dumbbell Sculpt Pedro Santos AWS  
Tired of the same old dumbbell exercises? It's time for change. It's time for innovation. Learn how to create safe and creative exercises to improve your classes. Using the characteristics of the dumbbells, along with imagination, we will create a variety of exercises using the dumbbells in various ways – hand held and supportive.

504 Music & Moves 2016 Marti Peters AWS  
Get ready to move to the music in this aqua dance class. Experience hands on practice in the classroom working in groups. Learn how to create a multi-level format. Find your creativity as you learn to design a routine for each song and make a splash when you take it to the pool!

505 Let's play together: Rock, Paper & Scissors Deborah Benetti AWS  
Join Deborah for a unique aquatic fitness session that focuses on hand positions and how to alter intensity. Learn how to use the hands in different positions to increase or decrease the resistance of the water. Understand when it is better to use one hand position over another and why.

506 Aquatic Rounds Stephanie Thielen AWS  
Training in "rounds" is a great way to push and increase your fitness skills by attempting to do 1 more rep, 1 more exercise, 1 more round with each timed sequence. Walk away with six 4-minute rounds that challenge your strength and aerobic performance through cardio, agility, plyometric, strength and core movement sequences.

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507 Balance & Stability for Seniors Daniela De Toia AWS  
Baby Boomers are booming! So let's get them in the water for their balance and stability so that they can improve these components on land where it is needed. To make the workout fun and safe we will be using the pool noodle to improve balance, stability and posture.

508 Functional Balance Mary Wykle LEC  
Functional balance combines static and dynamic balance that lets us navigate efficiently through daily life. Review current research comparing balance on land and in the water at various depths. Learn how to add challenges to balance by using ballet, yoga and sumo moves that require a continuous shifting outside the center of balance with arm or leg movements while maintaining stability through the core.

509 Exercise Recommendations For Type 2 Diabetics Eduardo Netto LAB  
Diabetes Type 2 continues to be a growing health threat and is currently the sixth leading cause of death in the United States. Fitness trainers are an important part of the frontline in fighting the diabetes epidemic. This session will help prepare you to more effectively work with diabetic clients on many levels, including scenarios to help prepare for inevitable diabetic incidents with clients.

**9:30am – 12:00pm – Marketplace Open-Last Chance Shopping**  
**10:15am – 11:15am – Brunch**

**Saturday 11:45am – 1:30pm Select (1) One Session From 510 to 516**

510 Hand Bars Strategy Nino Aboarrage AMC  
Dive in for some hands-on training in buoyant resistance with Nino. This training is exclusively designed for upper body and uses hand bars to increase resistance. The strategy in this workout is to strengthen, tone and add muscular balance to the upper body.

511 Caribbean Cardio Challenge 2.0 3D Aquatics AMC  
Wind up ya' waist and dance with total abandon...like nobody is watching. Engage a wide range of people in energetic, physical activity that can be adapted to all ability levels. Release stress and tension and introduce carefree Caribbean music and culture in your aquatic fitness classes.

512 Aqua AMRAPs João Santos AMC  
As Many Rounds As Possible or As Many Reps As Possible. These are two different intensity interval challenges that will push you outside of your limits. Several challenges will be put before you in the pool and you will have to channel your inner athlete to get through them.

513 More Directions ... A Game Changer! Laurie Denomme LMC  
Millions of people fall every year and the most profound effect is loss of independence. Avoid this situation and experience how exercises focused on weight shifting, reaching and stepping significantly improve balance. This low-impact program moves the body in 6 directions to build strength and flexibility. Take home three routines you can do any time, any place – no equipment required.

514 Shake your Body Sunha Hong AMC  
Enjoy a routine that features traditional dance-style choreography. Movements are matched to the music with smooth transitions. Skills and drills, including tempo changes are added for power and strength and grounded movements are included for core enhancement. Make some waves, shake your body and watch the pool party unfold.

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515 Aqua aerobics ~SEN-EN-BU~ Masanori Niino AMC  
This functional cardio workout features a variety of Japanese martial arts movements performed in diagonal and spiral motions. The goal is to maintain heart rate at 70% to improve cardiopulmonary function. This aqua aerobic routine coordinates muscles and challenges balance to help make participants more proficient at performing activities of daily living.

516 Functional X Aqua Training Ivan De Luca & Giorgia Collu AMC  
This session features functional choreography that highlights a variety of ways to use different parts of the body. Experience creative combinations using right arm with left leg and vice versa. Drag resistance will be the star of this workout as aqua gloves increase the water's resistance for optimal upper body toning.

**Saturday 1:45pm – 4:45pm**

**Select (1) One Session From 517 to 524**

517 Research2P: Exercise and Pain Management Flávia Yázigi & Senra AWS  
Exercise can have different effects on pain management. This workshop will discuss pain mechanisms and their effects on daily living. Flávia will present the most recent research related to exercise effect on musculoskeletal pain, as well as provide exercise tips for practical application.

518 Transitions for Special (P)op-tions Kim Geeroms & Katrien Lemahieu AWS  
Explore aquatic solutions for rehab or senior populations. Instead of thinking in limitations, we will look for the possibilities (options) from one-on-one training to small group instruction and to deep & shallow. And we will show different possibilities for pool depths – all in ONE class!

519 H2O: More for the Core Lori Templeman AWS  
Join Lori at the pool to utilize vertical core training techniques that are physically and mentally challenging. Specific exercises will target joint mobility and posture, mental agility and coordination. You will learn how to apply this skill set to achieve success working with multiple conditions in group fitness or personal training.

520 Levers, Power and Music Craig Yaniglos AWS  
Let's explore aquatic base moves with various levers and power in this intense interval course that is driven entirely by music. This workshop will show you how to create a powerful and innovative routine by using music as your foundation. Start with music; add levers & power and your participants will feel invigorated.

521 Wet Barre: Balance Katina Brock AWS  
Progress your students' balance and proprioception utilizing a noodle and some innovative movement. Learn how to make core work more challenging. This training is suitable for everyone, from active seniors to athletes. Balance training is important for everyone at every age and stage, so don't miss the boat!

522 AquaTaba2 Javier Bergas & Mushi Harush AWS  
The Tabata protocol is the most popular type of high-intensity interval training (HIIT) and it has been adapted to the aquatic environment with great success. This session will present a different Tabata adaptation. Can we transform a Tabata workout into a class that promotes socializing? Join Mushi & Javier for a version of Aqua Tabata that features partner work, various music styles and lots of fun.

**Specialty Session Descriptions may be found in the IAFC Mini Promo Brochure**  
[Presenter Detail/Video & Bio](#)  
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523 Has High Intensity Exercise Gotten Out of Hand? Eduardo Netto LEC  
Many of today's popular fitness offerings are based on a "no pain no gain" attitude. High-intensity formats are attractive, but have we pushed this enticing fitness modality too hard and too far, making it less safe and less effective? Learn how to recommend a safe workout along with the pros and con; most importantly, learn to customize workouts for your clients/members goals.

**Saturday 4:00pm – 5:45pm**

**Select (1) One Session From 525 to 530**

525 On "Fleek" Ian Levia AMC  
Get ready to dance, sweat, laugh and release your stress with the perfect blend of Urban Hip Hop and House Dance. Learn the latest Hip Hop moves and understand the physiology behind combining Hip Hop and House Dance. Set to heart pumping Hip Hop Music, this workout is guaranteed to have you dancing even in your sleep

526 Rolling Intervals Stephanie Thielen AMC  
Ride the wave in this interval format that helps to improve aerobic power and lactate threshold. Build an interval training foundation with this HIIT hybrid style and walk away with eight 3-minute rolling interval sequences that builds from moderate to hard to very hard in one-minute increments.

527 Old Skool Remix Laura Ribbins AMC  
This session is for those who hate to exercise. Experience the joy of feeling free to move and laugh. Come enjoy a fun, invigorating remix of games and moves over the years that will help you to forget you are exercising. Laura will put adrenaline in your veins and a smile on your face.

528 Aqua Dynamica Continues Kim Geeroms AMC  
Building upon the first Aqua Dynamica master class at IAFC 2015, Kim is ready with more crazy combinations, fun variations and fluid transitions. The standard or basic moves of aqua are limited, but the variations are endless. Discover how to progress from basic to challenging in this high-energy cardio workout.

529 2 Xplosive! Deborah Benetti & Silvia Senati AMC  
Join Deborah and Silvia for an explosive aquatic fitness master class in typical Italian style. This athletic workout combines both cardio and choreography. Learn new combinations, develop choreography strategies and discover the power of water in this high-energy aqua adventure.

530 Ultimate Core Pedro Santos AMC  
Join Pedro for the ultimate aqua core workout. Learn various ways to work with range of motion, changes in hand position, the water's resistance, breath and more. Explore new movements and sequencing of exercises for core training. Take away ideas for targeting the core in a variety of positions.

**Saturday 6:00pm – 6:45pm**

**Select If You Plan on Participating!**

531 IAFC Finale Various Presenters AMC  
We know how hard it is to say good-bye to your global AEA family so we'll make it a fun way to end a long and exhausting week! Join your favorite presenters leading and participating as they team up a global good-bye until next year! Always a fun experience to be a part of!

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