

IAFC 2020 Schedule
TENTATIVE and Will Change

Sunday May 3 2020				
Session Time	Type	Code	Sunday AEA In-Depth Education (Refresh & Prepare)	Presenter
9:00a-5:30p	SPEC	90	AEA Aquatic Fitness Practical Applications	TBD/AEA
Monday May 4, 2020				
Session Time	Type	Code	Specialty Program/In-Depth	Presenter
Wake Up Sessions Early Riser Precon Delegates				
7:00a-7:30a	WAKE	100	Sunrise Yoga	Lebeau
7:00a-7:30a	WAKE	101	Wake Up Like a Dancer	Bishop
7:00a-7:30a	WAKE	102	Early Riser Beach Walk	See
Circuits				
7:45a-8:30a	AMCX	103	Acqua Strong	Indigo/Manfredi/Tufano
7:45a-8:30a	AMCX	104	Hydrorider Athletic Circuit	Hydrorider/DeLuca Ragnoli
8:45a-9:30a	AMCX	105	Morning Mixed Circuit (Mixed Equipment)	Mixed Companies
8:45a-9:30a	AMCX	106	Hydrorevolution Super Circuit	Hydrorevolution
Monday Specialty Programs & Precons				
8:00a-12:30p	SPEC	107	Aqua Yoga Specialty (Morning Snack Pack)	AEA/MH/Senra
8:00a-10:15a	SPEC	108	AEA Examination (online/personal laptop or device needed)	AEA
11:30a-6:00p	SPEC	109	AEA Arthritis Foundation Program Leader Development	AEA/Grevelding
8:00a-4:30p	SPEC	110	LaBlast® Instructor Training	LaBlast/Cooperman
8:00a-6:00p	SPEC	111	Aqua Zumba®	Zumba®
8:00a-4:00p	SPEC	112	Ai Chi Certification	Sova
9:30a-4:30p	SPEC	113	HYDRORIDER® Aquacycling Fusion Certificate Training	Hydrorider
11:00a-2:00p	SPEC	114	Safety Training and Rescue for Aquatic Fitness Professionals	SAI/Donovan/White
3:30p-7:30p	SPEC	115	Hydrorevolution Power by Aqualogix™ & AquaStrength™	Patterson-LaCour
1:30p-6:00p	SPEC	116	Prenatal & Baby Specialty Certification	AEA/MH/Senra/Tarevnic
2:15p-3:00p		117	Aquatic Active Aging Circuit (Mixed Equipment)	AEA+
3:15p-4:00p		118	Liquid Gym Toolkit Program	Indigo/Manfredi/Tufano
6:00p-6:30p	GEN	119	IAFC FAQ and Q&A (Select if first timer or new to Daytona)	Proctor
6:30p-7:30p	GEN	900	Swimandsweat Mix, Mingle, Meet & Greet	Swimandsweat
Tuesday May 5, 2020				
Session Time	Type	Code	Session	Presenter
Wake Up Sessions Early Riser Precon Delegates				
7:00a-7:30a	WAKE	201	Ai Chi Awakenings	Konno
7:00a-7:30a	WAKE	202	Yoga or Morning Pilates or Meditation	Lebeau
7:00a-7:30a	WAKE	203	Beach Bootcamp	See/Ribbins
8:00a-8:45a	AMC	204A	Go Deep Flow	Bispo
9:00a-9:45a	AMC	204B	Noodle Core Training (Deep)	Perelomova
8:00a-8:45a	AMC	205A	Triple Threat	Triple Delight
9:00a-9:45a	AMC	205B	Senior Strength Circuit	Yaniglos
8:00a-8:45a	AMC	206A	Aqua Cross Training	DeLuca/Regnoli/Collu?
9:00a-9:45a	AMC	206B	Jump & Bike: Effective Fun Traing	Santos J/Santos, P
8:00a-8:45a	LMC	207A	Chair Dance'letics	Grevelding
9:00a-9:45a	LMC	207B	LaBlast Fitness Master Class	Cooperman
10:30a-11:15a	AMC	208A	Naughty Noodles	Pittam
11:30a-12:15p	AMC	208B	Dynamic & Static Stretch	Solier
10:30a-11:15a	AMC	209A	Functional Kickboard Challenge	Santos, J
11:30a-12:15p	AMC	209B	Fun & Spicy Choreography	Jeong

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10:30a-11:15a	AMC	210A	Acquapole® Fitness:	Manfredi
11:30a-12:15p	AMC	210B	Liquid Duo Punch and Jump	Gilardoni/Tufano
10:30a-11:15a	L2W	211A	Toning through Turbulence	dos Santos
11:30a-12:15p	L2W	211B	Using the Heavy Concept for the Core	Sova
12:15p-1:30p	LUNCH	901	Lunch Cinco de Mayo	
1:00p-4:30p	GEN	XXX	IAFC Marketplace Grand Opening	
2:30p-3:00p	AMCX	212	SAF AQUA Drums Vibes® - The Power of the Interval	Apolinarska
2:30p-3:00p	AMCX	213	Nekdoodle TBD	Nekdoodle/One Step
3:00p-3:45p	LMC	214	Pre-Post Natal Training	DeToia
3:15p-3:45p	AMCX	215	Riderband Workout	Hydrorider/Collu
3:15p-3:45p	AMCX	216	AEA+ Circuit Demo NZ/Becco/	Mixed Companies
4:00p-4:45p	AMC	217	LaBlast Splash Master Class	Cooperman
4:00p-4:45p	AMC	218	Aqua Zumba®	Bostic
4:00p-4:45p	L2W	219	Taekwon Rhythmical Routine	Cho
5:00p-5:30p	AMC	220	Core Reborn & Cardio2Bum	Santos, P
5:00p-5:30p	AMC	221	S'WETacular	Patterson-LaCour
5:45p-6:15p	AMC	222	Deep Core Combos	Yaniglos
5:45p-6:15p	AMC	223	Jogging HIIT	Onuki
5:45p-6:30p	L2W	224	ChoreYOUgraphy! Aquatic Choreography YOUR way	Bishop
6:30p-7:00p	AMC	225	Noodle Challenge	Tanuma
6:30p-7:00p	AMC	226	Aquatic Foundations, Formats and Formations	Keyes/Keyes
7:15p-7:45p	AMC	227	Cardio & Abs Combo	Ryzkova
7:15p-7:45p	AMC	228	Choreo: The Final Show	DeLuca
Wednesday May 6, 2020				
Wake Up Sessions Early Riser Precon Delegates				
6:30a-7:00a	WAKE	301	Union Flow	Senra
6:30a-7:00a	WAKE	302	Morning Wake Up	Lewen
6:30a-7:00a	WAKE	303	Sunrise Tai Chi	Templeman
7:30a-9:15a	AWS	304	W.W.W. Wall Gym 2.0	Benetti
7:30a-9:15a	AWS	305	Music & Movement (Entire Pool)	Bergas del Rio
7:30a-9:15a	AWS	306	HIIT it Before You Break It!	Huff
7:30a-9:15a	AWS	307	Advanced Water Walking	Toogood
7:30a-9:15a	AWS	308	Hydrorider Wave Riding	Brasil
7:30a-9:15a	AWS	309	Triple HIIT	Ragnoli/DeLuca/Collu
7:30a-9:00a	LEC	310	Pool Drama	Mehanni
7:30a-9:00a	LAB	311	The Path to Aquatic Personal Training	Mondick
9:45a-11:30a	AWS	312	10 Ways to Tabata (Entire Pool)	Sherlock
9:45a-11:30a	AWS	313	Wet, Wet Sweat	Pittam
9:45a-11:30a	AWS	314	Kombat Circuit	Senati
9:45a-11:30a	AWS	315	Aqua Strength by Design	Thielen
9:45a-11:30a	AWS	316	The Family Connection	Harush
9:45a-11:30a	AWS	317	Aqua Yoga	Fairbrother
10:00a-11:30a	LEC	318	Fall Prevention in the 21st Century	Stoub
10:00a-11:30a	LAB	319	Choreography Camp	Grevelding
11:30a-2:30p	GEN		IAFC Marketplace Open	
11:45a-1:15p	LUNCH	902	Wednesday Lunch	
1:00p-1:20p	DEMO	XXX	<i>Demo Equipment Pool</i>	
1:30p-1:50p	DEMO	XXX	<i>Demo Equipment Pool</i>	
2:00p-2:20p	DEMO	XXX	<i>Demo Equipment Pool</i>	
2:45p-4:30p	AWS	320	Classically Deep	Harush/Mehanni
2:45p-4:30p	AWS	321	Aqua Challenge Combo (Entire Pool)	Benetti/Gilardoni
2:45p-4:30p	AWS	322	Baby Boomer Blast	Ribbins
2:45p-4:30p	AWS	323	Martial Arts Power	Levia
3:00p-4:30p	LEC	324	Exercise and Blood Pressure Management	Chewing
3:00p-4:30p	LAB	325	Seats of Adventurism for Cognitive & Physically Challenged	Keyes/Keyes
5:00p-6:45p	AWS	326	Power & Balance	Khapkova
5:00p-6:45p	AWS	327	S'WET Silver	Patterson LaCour
5:00p-6:45p	AWS	328	Wet Barre: Hip Nautic	Brock
5:00p-6:45p	AWS	329	Seriously AquaPilates	Solier
5:00p-6:30p	LEC	330	Movement is Medicine	Sherlock
5:00p-6:30p	LWS	331	Sizzling Seniors: Planes Trains and Automobiles	Abel Sullivan

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Thursday May 7, 2020				
Session Time	Type	Code	Session	Presenter
Wake Up Sessions Early Riser Precon Delegates				
6:30a-7:00a	WAKE	401	Ai Chi Awakenings	Ai Chi Awakenings
6:30a-7:00a	WAKE	402	Wake Up Stretch	Templeman
6:30a-7:00a	WAKE	403	Beach Wake Up Stretch	AEA
7:30a-9:15a	AWS	404	Aqua Dot Drills (Entire Pool)	Sherlock
7:30a-9:15a	AWS	405	Below the Belt	Thielen
7:30a-9:15a	AWS	406	The Metabolic Challenge	Zaghi
7:30a-9:15a	AWS	407	HidroInTENSity	Goncalves
7:30a-9:15a	AWS	408	Bikes & Bands	Collu
7:30a-9:15a	AWS	409	Hydronider: The Experience	Brasil
7:30a-9:00a	LEC	410	Welcome to Boom Town	Stoub
7:30a-9:00a	LAB	411	Ai Chi in Ten	Lewen
9:45a-11:30a	AWS	412	Tabata Tune Up	Mondick
9:45a-11:30a	AWS	413	Split SpAsh (Dual Depth-Entire Pool)	Bishop
9:45a-11:30a	AWS	414	Form, Function and Fun	Toogood
9:45a-11:30a	AWS	415	Wet Barre: Plank-Ton	Brock
9:45a-11:30a	AWS	416	Acquapole® Boxing	Senati/Tufano
9:45a-11:30a	AWS	417	Acquapole® Athletic Circuit	Tufano/Manfredi
10:00a-11:30a	LEC	418	Guideline & Actions-Aquatics for Special Populations	Senra/Tarevnic
10:00a-11:30a	LAB	419	Training vs Working Out	Levia
11:30a-2:30p	GEN		IAFC Marketplace Open	
11:45a-1:15p	LUNCH	903	Thursday Lunch	
1:00p-1:20p	DEMO	XXX	<i>Demo Equipment Pool</i>	
1:30p-1:50p	DEMO	XXX	<i>Demo Equipment Pool</i>	
2:00p-2:20p	DEMO	XXX	<i>Demo Equipment Pool</i>	
2:45p-4:30p	AWS	420	AquaCombat Cardio Mixes	Gilardoni
2:45p-4:30p	AWS	421	Seamless Deep Circuits Tabata Style	Lebeau
2:45p-4:30p	AWS	422	LaBlast Splash Fitness	Cooperman
2:45p-4:30p	AWS	423	Aquatic Adventurism	Keyes/Keyes
3:00p-4:30p	LEC	424	The Physiology of Fat Loss: New Exciting Findings	Kravitz
3:00p-4:30p	LWS	425	Defy Gravity - Remain Fall Free	Huff
5:00p-5:45p	LMC	426	Sit Down Get Down	Triple Delight
5:00p-5:30p	AMC	427A	SAF AQUA Drums Vibes® - Feel the Rhythm! (Entire Pool)	Apolinarska
5:35p-6:05p	AMC	427B	Go Go Noodles	Khapkova
5:00p-5:30p	AMC	428A	IntervArm	Cunha
5:35p-6:05p	AMC	428B	Move On Beat	Ragnoli
6:30p-7:15p	LMC	429	Yoga Wind Down	Templeman
6:30p-7:00p	AMC	430A	WAFRO®	Ronchi
7:05p-7:35p	AMC	430B	Noodles in the Deep	Mehanni
6:30p-7:00p	AMC	431A	Laurel & Hardy: Smile & Partner Training	Bergas/Harush
7:05p-7:35p	AMC	431B	Aqua Pool Party	Gilli
Friday May 8, 2020				
Session Time	Type	Code	Session	Presenter
7:30a-9:15a	AWS	501	Jacks N Skis	Watkins
7:30a-9:15a	AWS	502	Alternative HIIT	Senati
7:30a-9:15a	AWS	503	Circuit Wave Workout	Templeman
7:30a-9:15a	AWS	504	Seniors in Action	Collu
7:30a-9:00a	LEC	505	Women, Hormones, Metabolism and Exercise	Kravitz
7:30a-9:00a	LWS	506	Find Your Inner Peace	Lewen
9:00a-11:30a	GEN		IAFC Marketplace Last Chance Shopping	
9:30a-10:30a	GEN	904	Breakfast	
11:15a-1:00p	AWS	507	Joint by Joint	Cho
11:15a-1:00p	AWS	508	ABC Choreo Training	Senati
11:15a-1:00p	AWS	509	Hard, Harder, Hardest Low Impact Intervals	Lebeau
11:15a-1:00p	AWS	510	Routine Revolution	Barker-Hemings/Gilli
11:30a-1:00p	LEC	511	Genetic Driven Diet, Exercise & Health	Chewning
11:30a-1:00p	LWS	512	Stretch for Success	Thielen
1:30p-3:15p	AWS	513	Match 2 Mix	dos Santos
1:30p-3:15p	AWS	514	Aquatic Choreo Mix	Goncalves
1:30p-3:15p	AWS	515	CV conditioning vs. HIIT	Ryzkova
1:30p-3:15p	AWS	516	YoHiLates	DeToia
1:30p-3:00p	LEC	517	The Age Antidote	Kravitz
1:30p-3:00p	LWS	518	The 3 R's: Rest, Recovery & Relaxation	Abel Sullivan

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Friday May 8-Continued				
Session Time	Type	Code	Session	Presenter
3:30p-4:00p	AMC	519	HIIPT: High Intensity Interval Partner Training	Perelomova/Bergas
3:30p-4:00p	AMC	520	You're the One That I Want	Benetti/Ronchi
4:00p-4:30p	LMC	521	Week-End Wind Down	Senra
4:05p-4:35p	AMC	522	Aqua P2P (Plyometrics to Pilates)	Barker-Hemings
4:05p-4:35p	AMC	523	Brain Train	Santos, P
4:55p-5:25p	AMC	524	Aquatic Rock & Roll	Ribbins
4:55p-5:25p	AMC	525	Aqua Urban Dance	Levia
4:55p-5:25p	LMC	526	So Long Stretch	See
7:00p-11:00p	GEN	FRI2	Global Awards, Dinner & Party	
Saturday May 9, 2020				
8:30a-11:30a	SPEC	602	Aqua Zumba@ ZIN Jam Session (aqua on land program)	Bishop