

# FRESH & INNOVATIVE EDUCATION



4+ DAYS OF  
EDUCATION  
& TRAINING

Welcome to IAFC 2020 - Set Your Sights on Your Teaching Skills. Fresh & innovative educational programming brought to you by 60 of our industry's leading Presenters.

#### SUNDAY, MAY 3

##### AEA AND HOSTED SPECIALTY PROGRAMS

- AEA Aquatic Fitness Practical Applications

#### MONDAY, MAY 4

##### AEA AND HOSTED SPECIALTY PROGRAMS

- Examination-Aquatic Fitness Professional
- AEA Arthritis: Program Leader Development
- LaBlast Splash Instructor Training
- Aqualogix/Aquastrength
- Hydorevolution Training
- HYDRORIDER Aqua Cycling Fusion
- Aqua Yoga Strength Certificate
- Aqua Zumba Specialty Training
- IAFC Circuit Demos
- Ai Chi Certification
- SAI Safety Training & Rescue
- Prenatal & Baby Specialty Certificate
- Swimandsweat Mix & Mingle

#### TUESDAY, MAY 5

##### IAFC GENERAL SESSIONS BEGIN

- Lunch Provided
- General Sessions (Aquatic & Land Master Classes)
- L2W-Land to Water Mini Labs
- IAFC Circuit Stations
- Marketplace Grand Opening at 1:00pm
- Research Displays

#### WEDNESDAY, MAY 6

- Lunch Provided
- General Sessions(Workshops, Lectures, Labs, Master Classes)
- Marketplace Open
- Research Summary Displays and Q&A

#### THURSDAY, MAY 7

- Lunch Provided
- General Sessions (Workshops, Lectures, Labs, Master Classes)
- Marketplace Open

#### FRIDAY, MAY 8

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

#### SATURDAY, MAY 9

- Aqua Zumba JAM
- Must be an ZIN member to attend  
[Click here to register for Jam](#)

Friday 7:00pm - 11:00pm  
Global Awards, Dinner & Party

**WILD, WILD WEST!**

Strut your stuff in this fun themed night celebrating the American Wild, Wild West!







# SESSION TYPES

Choose a mix of sessions, labs, workshops and land classes for an educating & rejuvenating IAFC experience!

The guide below will help you select your sessions.

## AQUATIC WORKSHOP (AWS) POOL & LECTURE

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

## LECTURES (LEC) NO POOL ACTIVITY

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

## AQUATIC MASTER CLASSES (AMC) OR LAND MASTER CLASSES (LMC)

Sometimes you just want the moves! These 35 to 45 minute sessions are offered for water (AMC) and land (LMC). They feature practical applications only.

## L2W (LAND TO WATER) MINI LAB

45-minute session with NO POOL required. Enhance your skills as an aquatic professional/leader WITHOUT getting your hair wet in these mini dynamic pool tool must have sessions! Learn on land & drop in the pool!

## LAB (LAB) IN CLASS LEARNING

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

## LAND THEORY/MOVEMENT WORKSHOP (LWS)

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



## Empower your career & become a member!

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



EXPERT  
PROFILE

EXCLUSIVE  
WEBSITE  
ACCESS

DISCOUNTS

RESOURCES

ONLINE  
FORUMS

MEMBERS  
DIRECTORY

FOR MORE DETAILS

AEA | Toll-Free Phone: 888-232-9283 | Fax: 912-289-3560 | [www.aeawave.org](http://www.aeawave.org) | [info@aeawave.org](mailto:info@aeawave.org)



# SHARE THE MAGIC! DAYTONA BEACH



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

**Promote IAFC with your students because...**

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

**Bring family & friends who...**

- Love the beach
- Enjoy tourist attractions & discount outlet shops
- Want to relax and be near all Daytona has to offer
- Love to watch the sunrise

**Enjoy a spa day!**

The Resort Spa offers world class amenities steps away from your room. Relax & unwind.

**Why bring family & friends to IAFC?**

- Experience America's Number One Beach Town
- Relax Poolside or on the beach, steps away
- Great restaurants & nightlife within walking distance
- Chill at the Spa, featuring an extensive treatment menu and a variety of offerings.
- On-site fitness room and miles of walkable beach.

**IAFC Companion Complete**

**\$349.00**

- Group Meal Functions (Tuesday-Friday)
- Attend 2 Interior Only Sessions Daily (excluded AWS, AMC, IAFC Circuit Stations)

**Online  
CLICK  
HERE  
Reservations**

**Reserve Your Hotel Now!  
Rates from \$124.00 to \$164.00**

Includes resort fee, parking, wifi, in-room microwave and small fridge and 2 bottles of water upon check in.

**Toll-free 1-866-500-5630 or 386-255-4471**

Ask for rate code "AEA IAFC 2020"  
and get the group rate while they last!

IAFC CO-HOSTS



# REGISTRATION FEES



## IAFC Full Conference Registration

### AEA Member Early Bird Full Conference

Register before March 21

### Late Members or Non Members

(after March 21)

**\$419.00**

**\$545.00**

## IAFC Day Only Registrations

### Wednesday

### Thursday

### Friday

**\$179.00**

**\$179.00**

**\$209.00**

## Specialty training programs for professionals

	AEA Member, Early bird & full conference	Late or non Member
<b>AEA Aquatic Fitness Practical Applications</b>	\$99.00	\$129.00
This Workshop is FREE to Registrants purchasing the Self-Study Bundle & IAFC 2020 Full Conference Registration only		
<b>AEA Arthritis Program Leader Development</b>	\$75.00	\$99.00
<b>AEA Arthritis Blended Package</b> (AEA members only)	\$99.00	
AEA Arthritis Program Online Training Course & AEA Arthritis Program Leader Development Course. Exclusive bundle price for full conference AEA member delegates.		
<b>LaBlast Splash Instructor Training</b>	<a href="#">Click here to register directly with LaBlast</a>	
<b>Aqua Zumba Training By Zumba</b>	<a href="#">Click here to register directly with Zumba</a>	
<b>Hydroider Aquacycling Fusion Certificate</b>	\$99.00	\$109.00
<b>Aqua Yoga Specialty Certificate</b>	\$49.00	\$69.00
<b>Hydrorevolution Power Training</b>	\$59.00	\$79.00
<b>Ai Chi Certification</b>	\$169.00	\$209.00
<b>CPR/AED (Online &amp; In-Person Test Out)</b>	\$29.00	\$35.00
<b>SAI Safety Training and Rescue for Aquatic Fitness Professionals</b>	\$49.00	\$59.00
<b>Prenatal &amp; Baby Specialty Certificate</b>	\$49.00	\$69.00
<b>Aqua Zumba JAM Session</b>	<a href="#">Click here to register directly with Zumba</a>	





# SUNDAY, MAY 3 SPECIALTY PROGRAM

## **AEA USA Certification Self-Study Bundle** **\$275.00**

Includes: AEA AFP Online Prep Course, Aquatic Fitness Professional 7E Manual (digital or hard copy), AFP Learning Objectives, Sample Test and Online Examination Access and a Two-Year eMembership.

**90-SPEC AEA Practical Applications / In-depth Refresh & Prepare**  
**Featuring Monique Acton**  
**8:30am - 5:30pm**

**AEA Member \$99 - All Others \$129**

**This Workshop is FREE to Registrants purchasing the Self-Study Bundle & IAFC 2020 Full Conference Registration only**

**CECS: AEA/AF 8.0\*, ACE 0.6, AFPA 7.0, ATRI 7.0, NASM 0.7**

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

PLEASE NOTE: References to the 2018 Aquatic Fitness Professional Manual, Seventh Edition, will be included throughout the course. If you would like to follow these references, please have your 2018 manual available, either the print version of the eBook on your device.

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

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



# MONDAY, MAY 4 SPECIALTY PROGRAMS

## AEA Hosted Sponsor and Affiliate Specialty Training Programs

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

**107-SPEC Aqua Yoga Specialty**  
Featuring AEA & Mundo Hidro: Cristina (Tinoca) Senra  
8:00am - 12:30pm

**AEA Member Full Conference Attendee Price: \$49.00**  
**All Others: \$69.00**  
**CECs: AEA/AF 4.5, ACE, AFPA & NASM Pending**

You are an aquatic fitness instructor and a yoga lover. You recognize the benefits and growing demands of both activities and want to give to your students the best of both worlds. So, how do you build an aquatic yoga program? Acknowledge which basic aquatic fitness movements can lead to Asanas. Elect which of the postures are most familiar to you and which benefits, challenges, and safety factors are most important. Adjust for the aquatic environment and your clients to achieve greater fluidity and effectiveness. Explore deeper and practice the sequences on land and water to use in your own classes.

**108-SPEC AEA Aquatic Fitness Professional Certification Examination**  
Optional Q&A 8:00am-8:45am  
Exam Starts Promptly 8:45am  
8:00am - 11:00am

Increase your credentials and career opportunities with the most comprehensive and recognized aquatic fitness certification. The AEA Certification test is a 100-question multiple choice exam developed to test a standard level of theoretical and practical competence in aquatic fitness program design and leadership for general populations approved for independent exercise. Group fitness instructors and personal trainers who hold the AEA Certification are prepared to assist participants meet health and fitness objectives through safe, effective, and enjoyable water exercise. The AEA Certification reinforces guidelines for developing and delivering aquatic fitness programs in the community.

Offered on site at IAFC 2020, this is an electronic examination. You must bring your own laptop or tablet in order to complete the exam. The examination proctor will be able to assist you with technical questions of the examination process but cannot provide assistance with exam content.

**109-SPEC AEA Arthritis Foundation Program Leader Development**  
Featuring Mark Grevelding  
11:30am - 6:00pm

**AEA Member Full Conference Attendee Price: \$75.00**  
**All Others: \$99.00**  
**CECs: AEA/AF 7.0, ACE 0.4, AFPA 6.0, ATRI 7.0, NASM 0.6**

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





# MONDAY, MAY 4

## SPECIALTY PROGRAMS

### AEA Hosted Sponsor and Affiliate Specialty Training Programs

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

**110-SPEC LaBlast Splash Instructor Training**  
Featuring LaBlast: Megan Cooperman  
8:00am - 4:30pm

**REGISTER DIRECTLY WITH LABLAST  
FOR THIS PROGRAM**

**CECs: AEA/AF 8.0, ACE 0.8, AFAA 8.0, SCW 8.0**

Becoming a LaBlast Splash instructor will set you apart from the crowd by joining the only aqua dance fitness program based on Ballroom Dancing. This shallow aqua program is inspired by Dancing with the Stars and both challenge and inspire people of all ages and fitness levels. Our one-day certification dives into many of the dances taught by LaBlast Splash instructors, teaches how to apply the LaBlast movement philosophy while addressing the key principles of movement in water. You'll leave with the tools needed to lead your own LaBlast Splash classes in no time. In addition, after you complete the LaBlast Splash certification, you will have access to all the dance patterns 24/7 online.

**111-SPEC Aqua Zumba Training by Zumba**  
Featuring Zumba: Jenna Bostic  
8:00am - 6:00pm

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

**Only ZIN Members can register for this program**  
**CECs: AEA/AF 8.0, ACE 0.7, AFAA 8.0**

This course is the "pool party" workout for all ages. You'll learn how to teach safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines. Cost Includes an Aqua Zumba Training DVD, music CD, the Aqua Zumba Instructor Manual and an Aqua Zumba Certificate. **PREREQUISITE:** Attendees must be a current Zumba Instructor and member of the Zumba Instructor Network (ZIN). AEA certification is recommended.

**112-SPEC Ai Chi Certification**  
Featuring Ruth Sova  
8:00am - 4:00pm

**AEA Member Full Conference Attendee Price: \$169.00**  
**All Others: \$209.00**  
**CECs: AEA/AF 7.0, ATRI 7.0**

Ai Chi is quickly growing in popularity, so this certification will benefit you in many ways. Learn Ai Chi postures, concepts and requirements. Learn from Ai Chi leaders about teaching techniques, music, pacing, flow, the energy progression and the clinical progression. Review who Ai Chi works for and who it doesn't and how to slip it into your programming. Take your Ai Chi experience to the next level with Ai Chi Certification.



## AEA Hosted Sponsor and Affiliate Specialty Training Programs

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

### 113-SPEC HYDRORIDER

Aquacycling Fusion Certificate Training

Featuring Hydrorider: Giorgia Collu, Ivan DeLuca & Manuela Ragnoli

9:30am - 4:30pm

**AEA Member Full Conference Attendee Price: \$99.00**

**All Others: \$109.00**

**CECs: AEA/AF 6.0**

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

Course includes:

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

### 114-SPEC SAI Safety Training and Rescue

for Aquatic Fitness Professionals

Featuring Jill White

11:00am - 2:00pm

**Advanced ONLINE prep recommended**

**AEA Member Full Conference Attendee Price: \$49.00**

**All Others: \$59.00**

**CECs: AEA/AF 3.0, ATRI 3.0**

Make your classes safer by learning to reduce risk and knowing what to do should an emergency occur. You will explore areas of prevention, surveillance, response and rescue, emergency care and personal safety - all specifically created for the unique risks present while leading others in water fitness or therapy sessions. Upon completion of the course you will be able to: Identify strategies for preventing drowning, injury, and illness. Recognize what signs and symptoms of drowning, injury and health emergencies look like. Develop an Emergency Action Plan (EAP) and know how to respond. Provide emergency care until other help or EMS arrives. Identify strategies for personal and workplace safety while conducting classes.

# MONDAY, MAY 4 SPECIALTY PROGRAMS

### 120-SPEC CPR/AED for Aquatic Professionals

(ADVANCED Online Course/Test Out LIVE in-person at IAFC)

Featuring SAI: Jill White

**AEA Member Full Conference Attendee Price: \$29.00**

**All Others: \$35.00**

**CECs: AEA/AF 3.0**

CPR and AED certification based on the latest science and treatment guidelines of the International Liaison Committee on Resuscitation (ILCOR) and American Heart Association, with the addition of drowning-specific information for aquatic professionals. Certification is valid for two (2) years. Your personal test out can be scheduled at any time during exhibit hall hours. You will be sent a link to enroll in the online course and schedule your test out in April 2020.





# MONDAY, MAY 4 SPECIALTY PROGRAMS

## AEA Hosted Sponsor and Affiliate Specialty Training Programs

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

**T15-SPEC Hydrorevolution**  
Powered by Aqualogix and Aquastrength  
Featuring Jenni Lynn Patterson-LaCour  
3:30pm - 7:30pm

**AEA Member Full Conference Attendee Price: \$59.00**  
**All Others: \$79.00**  
**CECs: AEA/AF 4.0, ACE 0.4, AFPA 4.0, NASM 0.4**

This course takes the best practices in professional hands-on education with an updated blend from Aqualogix and Aquastrength educational programs. Be one of the first fitness leaders to experience this course that complements the Online Specialty Certificate Training Course. This session will introduce the comprehensive range of drag resistance equipment on the market that can be used for any of your clients; from rehab to sports/athletic performance to general fitness for group exercise, small group and one on one training. Learn the correct way to use all Aqualogix and Aquastrength equipment (bells, fins and barbells).

**T16-SPEC Prenatal & Baby Specialty Certificate**  
Featuring Cristina (Tinoca) Senra & Renata Tarevnic  
1:30pm - 6:00pm

**AEA Member Full Conference Attendee Price: \$49.00**  
**All Others: \$69.00**  
**CECs: AEA/AF 4.5, ACE, AFPA & NASM Pending**

A world of aquatic opportunities awaits you by expanding your programming to target pre-natal and babies up to one year of age. Learn how to design an aquatic exercise program for women during pregnancy; then continue with programming for baby stimulation and parent/baby classes. This course will review guidelines and safety considerations for working with these special populations. Leadership skills and teaching techniques, along with the best strategies for efficient aquatic management, will also be discussed.

# SATURDAY, MAY 9 SPECIALTY PROGRAMS

## IAFC POST-CON SATURDAY MAY 9<sup>th</sup>

**Aqua Zumba Jam Session**  
Saturday, May 9, 9am - 12pm

**602-SPEC**  
**Aqua Zumba ZIN Jam Session**  
**REGISTER DIRECTLY WITH ZUMBA**  
**Ashley Bishop**

Let's JAM! Aqua Zumba Style! FOUR songs, water tested and ready to deliver to your classes! We will practice cueing, coaching and deck teaching skills to take your classes to the next level! This session is done 100% on land and each routine will highlight an Aquatic Fitness Principle to keep your classes fun, functional and refresh your knowledge from your Aqua Zumba Instructor Training. Jam Sessions are conducted by licensed Zumba Jammers<sup>™</sup> and are exclusively for ZIN<sup>™</sup> members.

# ZUMBA<sup>™</sup>



# MONDAY, MAY 4

## PRE-CON WAKE UP SESSIONS & CIRCUIT SESSIONS

**7:00am - 7:30am**

**Sleep in or Select ONE (1) Session from 100-102 IF you are on-site on Monday and registered for a pre-con.**

### **100-WAKE POOL**

**Sunrise Yoga**  
**Jackie Lebeau**

Here comes the sun - begin your day in the pool as the sun rises over the Atlantic Ocean. This beautiful setting is ideal for an early morning, energizing yoga session that fuses heat-building flows, dynamic stretching and breath work.

### **101-WAKE LAND**

**Wake Up Like a Dancer**  
**Ashley Bishop**

Rise and shine with an easy to follow, feel good, ballet-based stretching routine for the inner dancer found in all of us. A simple series of stretches to set your body (and soul) up for success as you embark on the day's aquatic fitness journey. No dance experience necessary.

### **102-WAKE BEACH**

**Early Riser Beach Walk**  
**Julie See**

The sand beneath your feet, the sound of the waves to guide your pace, and the rising of the sun to energize your spirit. This early morning walk will blend a variety of striding skills with stretching and strengthening on beautiful Daytona Beach. Please wear shoes.

**7:45am - 9:30am**

**Select ONE (1) Session from 103-106 IF you are on-site on Monday and registered for a pre-con.**

### **103-AMCX**

**Acqua Strong Circuit**  
**Indigo: Stefania Manfredi & Gabriele Tufano**

Jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end up with stretching for maximum flexibility and range of motion with the new Liquid Gym Equipment by Acquapole: Cyclone Bike, Runsphere and Liquid Jump.

### **104-AMCX**

**Hydrorider Athletic Circuit**  
**HYDRORIDER: Giorgia Collu, Ivan De Luca & Manuela Ragnoli**

Increase revenue potential with creative programming for the AquaBike, AquaTreadmill and Diamond AquaJump trampoline. Plus, the new RiderBand, a calibrated elastic band that allows you to increase the workload, can be combined with all HYDRORIDER equipment.

### **105-AMCX**

**Morning Mix It Up Circuit**  
**Various Companies & Circuit Leaders**

Sample a wide range of equipment to explore which options are the best for your pool, your participants and your programming. Something for everyone - this circuit will introduce a variety of equipment choices and training techniques.

### **106-AMCX**

**Hydorevolution Super Circuit**  
**Hydorevolution**

Increase your pool's profits with a total body water workout line. Learn hands on ideas to attract clients of all ages and abilities. All the tools you need for total body functional fitness, enhanced health and wellbeing.

**2:15pm - 4:00pm**

**Select ONE (1) Session from 117-118 IF you are on-site on Monday and registered for a pre-con.**

### **117-AMCX**

**Aquatic Active Aging Circuit**  
**MIXED Companies**

Upgrade your older adult aquatic programming by adding equipment to target muscular strength and endurance, coordination and balance skills. This master class will be set up in a circuit format to introduce you to a variety of affordable equipment options that are ideal to help your participants age actively through aquatics.

### **118-AMCX**

**Liquid Gym Toolkit Program**  
**INDIGO: Manfredi & Tufano**

Turn your aquatic facility into a liquid gym using small equipment with flash cards and modified lesson plans. Wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion. Use the Liquid Star and Liquid Gloves equipment for optimum use of drag resistance to tone upper body muscles.

**6:30pm - 7:30pm**  
**900-GEN**

### **Swim and Sweat Mix & Mingle**

Mix and mingle with fellow delegates, presenters and staff, meet new friends & greet those from past conferences. A casual gathering for those looking to gain a little more insight into the week ahead. Light snacks and beverages will be available.





**Tuesday, May 5, 7:00am -7:30am**  
**Sleep in or Select ONE (1) Session**  
**from 201-203**

**201-WAKE POOL**  
**Ai Chi Awakenings**  
**Jun Konno**

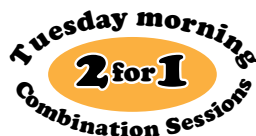
Enjoy the sunrise as you wake up with Ai Chi to begin a new day at IAFC. Strengthen your mind, body and soul with breath, balance and awareness. Leave energized and ready for a power packed conference.

**202-WAKE LAND**  
**Sunrise Yoga**  
**Jackie Lebeau**

Here comes the sun - Let's open the curtains and begin your day as the sun rises over the Atlantic Ocean. This beautiful setting is ideal for an early morning, energizing yoga session that fuses heat-building flows, dynamic stretching and breath work.

**203-WAKE BEACH**  
**Beach Bootcamp**  
**Laura Ribbins & Julie See**

Hit the beach for a morning workout that will rev you up for the day ahead. Join Laura & Julie as we work up a sweat with this IAFC beach bootcamp focusing on camaraderie, team work and fun fitness challenges.



Tuesday starts off with Combination Sessions to allow participants the chance to take 2 sessions that complement each other and allow for less transitioning time. You will receive 4.0 AEA CECs.

**Tuesday 8:00am - 9:45am**

**Select Combo 204, 205, 206 or 207**

**204A** AMC Go Deep Flow  
**Luiz Fabiano Bispo**

Experience a fun and dynamic class engaging all body parts in high level cardio training. This dynamic session works with the flow of organic movements where specific exercises target both calorie-burning and a feeling of well-being. Explore technical and harmonious deep-water exercises for intermediate to advanced participants.

**204B** AMC Noodle Core Training  
**Valeria Perelomova**

Using the noodle can help to activate the deeper muscles to achieve balance and stability while suspended in the water. Explore new ideas for adding a noodle into deep-water programming that targets both cardio conditioning and core strengthening for intermediate to advanced participants.

**205A** AMC Triple Threat  
**Triple Delight Aquatics**

Triple the power. Triple the intensity. Triple the level of difficulty. This Triple Threat is Code Blue. Not only are we turning it up three notches on core strength, choreography and cardio... we've added a secret weapon. A fun way to stretch your limits during a challenging intermediate to advanced workout. AEA recruits, let's go!

**205B** AMC Senior Strength Circuit  
**Craig Yaniglos**

Seniors can do circuits too! Explore a circuit specifically designed for seniors that builds strength while emphasizing balance. These concepts are guaranteed to help you change up your senior programming. Learn how to create a well-organized, easy to follow strength circuit for the senior population.

**206A** AMC Aqua Cross Training  
**Giorgia Collu, Ivan DeLuca & Manuela Ragnoli**

Circuit training with HYDRORIDER™ equipment designed to improve muscular toning and strength. Incorporating the most recent studies and application of the unique properties of the aquatic environment, this session brings real strength training into the water. Improve muscular strength, toning and both aerobic and anaerobic capacity.

**206B** AMC Jump & Bike  
**João Santos & Pedro Santos**

Aquatic trampolines and bikes are here to stay, but not always available in the number to accommodate each participant. Learn how to intermix activities to add fun challenges and successfully use your aquatic equipment. Join us on this fun aquatic journey as we jump, bike and move through the water.

**207B** LMC Chair Dance'letics  
**Mark Greveling**

This 45-minute chair workout blends together AEA Arthritis Foundation exercises and aerobic choreography with a combined dance and athletic theme. Don't teach chair classes? Consider using this workout as a substitute class for days you can't get in the pool. Expand your teaching horizons with some Sit & Fit inspiration.

**207B** LMC LaBlast: Waltzing, Weights\* & Feeling Welcome!  
**Megan Cooperman**

LaBlast is a dynamic workout incorporating both cardio and weight training. The many different partner-free Ballroom dances, including Quickstep, Foxtrot, Jive, Waltz, Lindy Hop, Tango and more, vary in speed and energy, and are taught using our special formula of PATTERNography, making all participants feel welcome and successful.



**Tuesday morning**  
**2for1**  
**Combination Sessions**

Tuesday starts off with Combination Sessions to allow participants the chance to take 2 sessions that complement each other and allow for less transitioning time. You will receive 4.0 AEA CECs.

**Tuesday 10:30am - 12:15pm**

Select Combo **208, 209, 210 or 211**

**208A** AMC Naughty Noodles  
Hayley Pittam

This workout is not just for the 'Single Ladies'. We're bringing the hits of the OO's to the pool to create 'Feel Good Inc'. You're going to 'Move Your Feet' to get a 'Sexy Back' and let's hope your 'Hips Don't Lie' as you get 'Bootylicious'. 'Let's Get the Party Started!' integrating vertical and horizontal moves and methods with the help of the noodle.

**208B** AMC Dynamic & Static Stretch  
Mariano Solier

Upgrade your stretching technique to create a class that never ceases to surprise. Prepare the muscle with a dynamic stretch and global movement; and then let it relax and stretch statically. Participants will leave the class feeling taller, more flexible and relaxed with this innovative class model.

**209A** AMC Functional Kickboard Challenge  
João Santos

Kickboards can be found in almost every pool but usually we never see them incorporated into aquatic fitness classes. Why? Learn ideas to utilize this aquatic-specific equipment with fun and functional ideas to update your shallow-water programs. Pick up a kickboard and challenge yourself in the water with equipment that is already available.

**209B** AMC Fun & Spicy Choreography  
Jihyun Jeong

A series of 3D patterns with smooth transitions that target cardio, muscle toning and range of motion. Focusing on body awareness during the movements, you can learn to enhance core muscle involvement and function. The rhythm is gonna get you... with total body movements that enhance the pleasure of exercise.

**210A** AMC Acquapole®Fitness  
Stefania Manfredi

Not your typical water workout class! Experience aquatic fitness like never before with an Acquapole™ class. Allowing maximum freedom in the water with over 150 possible movements, Acquapole™ will take your water workout to the next level with high intensity ab, upper and lower body training. Get ready to tone, burn fat and have a blast.

**210B** AMC Liquid Duo Punch & Jump  
Andrea Gilardoni & Gabriele Tufano

This workout is a high intensity, energetic program that utilizes the combination of Acquapole equipment and specially designed aquatic trampolines to give you a high intensity workout with minimal impact on the joints. Kickstart the lymphatic system, helping to detoxify and energize your whole body.

**211B** L2W Toning Through Turbulence  
Elson dos Santos

Aquatic turbulence can trigger the muscles to contract, as more muscular effort is needed to achieve both acceleration and velocity. Learn to demonstrate, utilize and combine acceleration and speed to create powerful toning exercises in the turbulent environment. Speed up the moves for better power.

**211B** L2W Using the Heavy Concept for Core  
Ruth Sovà

Apply this simple concept (with complex and intricate outcomes) to strengthen the core with precise muscle recruitment. The Heavy Concept has been shown to improve functional movement organization by re-educating neuromuscular patterns of the trunk, pelvis and shoulder girdle. You can use it with almost any exercise in your class.

**Tuesday 12:15pm - 1:30pm**  
**Lunch (Celebrate Cinco de Mayo)**

**Tuesday 1:00pm - 4:30pm**  
**IAFC Marketplace Grand Opening**

**Tuesday 2:30pm - 5:30pm**  
**Select ONE (1) Session from 212-221**

**212-AMCX**  
**SAF AQUA Drums Vibes -**  
**The Power of the Interval!**  
**Joanna Apolinarska**

Set to the unusual sounds of African rhythms, this session will use the basic exercises of the SAF AQUA Drums Vibes in deep water. Experience a unique interval format to make the training even more effective. The SAF AQUA Drums Vibes create lots of energy and fun as you enhance your fitness in the pool.

**213-AMCX**  
**Circuit Station Demos**  
**AEA, Aqua Ohm, BECO, Hydrex, Nekdoodle & More**

Sample a wide range equipment to explore which options are the best for your pool, your participants and your programming. Something for everyone - this circuit will introduce a variety of equipment choices and training techniques.





# SESSION SELECTION DESCRIPTIONS

## Tuesday 2:30pm - 5:30pm Select ONE (1) Session from 212-221

### 214-LMC Pre- and Post-Natal Training Daniela De Toia

Designed for all pregnant women and mothers two weeks after giving birth. This land-based program focuses on exercises for the core and pelvic muscles during pregnancy and afterwards with do's and don'ts for a safe and effective training. Learn the best exercises to assist pregnant woman and mothers.

### 215-AMCX Total Body Hydro Functional Training HYDRORIDER: Collu

A total body workout using the HYDRORIDER band. Improve muscle strength and endurance with functional and complete aquatic movements. A total body, total band workout for everyone.

### 216-AMCX Circuit Station Demos AEA, Aqua Ohm, BECO, Hydrorevolution, Nekdoodle & More

Sample a wide range equipment to explore which options are the best for your pool, your participants and your programming. Something for everyone - this circuit will introduce a variety of equipment choices and training techniques.

### 217-AMC LaBlast Splash: Waltz, Tango, Foxtrot! Megan Cooperman

Spice up your shallow aqua fitness program with this blend of ballroom dance and strength training based on all the dances seen on Dancing with the Stars. Learn how to fuse dance and strength endurance while utilizing proper principles of water, all while having a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, Tango, and more!

### 218-AMC Aqua Zumba Jenna Bostic

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.

### 219-L2W Taekwon Rhythmical Routine Gyoungmin Cho

Learn the basic movements of Korean Taekwondo and then create engaging patterns that flow with the rhythm of the music. Effective both on land and in the pool, this Martial Arts inspired training offers a new style of exercise to help your participants reach health and fitness goals. Expand your programming with the power of Taekwondo.

### 220-AMC Core Reborn & Cardio 2burn Pedro Santos

Discover new ways to challenge the core by challenging your center of buoyancy. This deep-water interval workout combines core strength with creative cardio. Learn how to effectively organize the ratio of work to recovery with various types of interval training and experience the benefits of alternating methods to maximize training results.

### 221-AMC S'WETacular Jenni Lynn Patterson-LaCour

Whether you're teaching a full hour class or looking to squeeze a lunch break session into your current gym schedule, this shallow-water class will HIIT every muscle while testing your cardiovascular stamina and core strength. Challenging impact variations and unilateral equipment exercises really make waves during your aquatic fitness workout.

## Tuesday 5:45pm - 7:45pm Select ONE (1) Session from 222-228

### 222-AMC Deep Core Combos Craig Yaniglos

Deep water allows us to really challenge the core. Understand how to utilize full body immersion while working with easy to follow combinations that will leave your core feeling the burn. Learn proper cueing and safety considerations, in addition to in-depth practice on transitions, to understand the impact that deep water has on the core.

### 223-AMC Jogging HIIT Nachiko Onuki

Jogging is one of basic exercises that most everyone can perform and also self-pace and manage intensity - especially in the pool. Break down the movement of water jogging and experience a simple, high intensity workout effective for a wide range of individuals with intervals that target cardio, core connections and balance abilities.



# SESSION SELECTION DESCRIPTIONS

## Tuesday 5:45pm - 7:45pm Select ONE (1) Session from 222-228

### 224-L2W ChoreYOUgraphy! Aquatic Choreography YOUR Way Ashley Bishop

Back to basics to explore all the ways movement combinations can be delivered via different choreography styles. Learn how to take nearly any pattern and apply a choreography style that feels natural to YOU. Freestyle, Add On, Pyramid - you name it. Your style, your way, your class! Choreography to match your individual teaching style.

### 225-AMC Noodle Challenge Eiichi Tanuma

Everyone loves the noodle! This session blends cardio and core training in different water depths to upgrade your noodle workout. Mix up your training by using various techniques to challenge the body while alternating between shallow and deep water activities. Time to change up your noodle training and get challenged.

### 226-AMC Aquatic Foundations, Formats and Formations Greg & Evelyn Keyes

Tired of HIIT, Tabata, etc.? Challenge your participants with some new or re-vamped varieties of aquatic formats that will also enhance your aquatic knowledge in utilizing various formats and formations. Use structured foundations of exercise sciences via formats, such as pyramiding, matrixing and creating formations and symmetry.

### 227-AMC Cardio & Abs Combo Eva Ryzková

Create and teach enjoyable and easy to follow combinations with different focus areas that will innovate your shallow-water programs. Working with body positions and intensity alternations, this format alternates between intense cardio combinations and moderate intensity abs segments for a class that everyone will be talking about.

### 228-AMC Choreo - The Final Show Ivan De Luca

This total body workout takes your choreography experience to another level, creating the final show! Using various training techniques, this program highlights easy transitions, effective choreography and lots of fun. Use music to build an intense, well-balanced cardiovascular workout your participants will love.

## Wednesday, May 6, 6:30am - 7:00am Sleep in or Select ONE (1) Session from 301-303

### 301-WAKE POOL Union Flow Cristina (Tinoca) Senra

Follow a path from individual consciousness to sharing collective energy in this early morning workout. Enjoy a learning process of respect, confidence and trust, using Asanas in which we progress individually and evolve into a cohesive group.

### 302-WAKE LAND Yoga Nidra Donna Lewen

Release, relax and reduce stress with yoga nidra - a meditation and conscious relaxation practice. This land-based guided meditation will help you to start the day with a sense of wholeness and a positive, stress-free outlook.

### 303-WAKE BEACH Sunrise Tai Chi Lori Templeman

Start your morning on the beach with the graceful and fluid movements of Tai Chi. Experience a six-movement Sun Style sequence with gentle Qi Gong as the sun rises over the horizon. The perfect start to a perfect day.

## Wednesday 7:30am - 9:15am Select ONE (1) Session from 304-311

### 304-AWS W.W.W. Wall Gym 2.0 Deborah Benetti

Transform your swimming pool into a full-scale gym by simulating the different machines and exercises by creatively using the pool wall. Effectively train your upper body, lower body and core with this innovative approach to aquatic fitness. A new way to train individually or in partners using the pool wall as your gym - no additional equipment needed!

### 305-AWS Music & Movement Javier Bergas del Rio

The first reference of music's effect on physical performance is from 2700 years ago! Over the years we have further developed the relation between music and movement into an important aspect of our fitness classes. Using both shallow and deep water, we will analyze different styles of music and how to optimize music selection to motivate, pace, and create.





### Wednesday 7:30am - 9:15am Select ONE (1) Session from 304-311

#### 306-AWS HIIT It Before You Break It! Kimberly Huff

Preventing fragile bones requires higher intensity exercise and what better place to do it, than in the pool! Let's review the science behind safely using higher intensity cardio and resistance training exercises to improve bone density. Then, we'll put it all together in the pool using a creative format that you can easily incorporate into your classes.

#### 307-AWS Advanced Water Walking Steph Toogood

Experience how beneficial walking in water can be! The interval format includes stationery drills to ensure good body alignment while gliding against the water's resistance to increase gait length and improve walking speed and style. Maximize the destabilizing properties of water to challenge static and dynamic balance and improve mobility.

#### 308-AWS Hydrider Training Wave Roxana Brasil

Come ride the wave! It can be a challenge to improve cardiorespiratory fitness, muscle endurance and energy expenditure through different strategies in a single workout. Undulatory training establishes increasing and decreasing intensities with different workloads, creating a clear "wave" in the same HYDRORIDER training session.

#### 309-AWS Triple HIIT Giorgia Collu, Ivan De Luca & Manuela Ragnoli

A creative, high intensity interval training program featuring different equipment options to target both aerobic and anaerobic capacity. Triple your HIIT potential as these three presenters help you better understand how to apply this popular format to aquatic fitness. Look at a new option for taking HIIT to the pool.

#### 310-LEC Pool Drama Marietta Mehanni

Participants owning a spot in the pool, refusing to participate, incessant talking or turning their back to the instructor are some of the most common issues. No instructor is immune to these challenges, but how we deal with them defines us as leaders. Empower yourself with tools to manage personalities and maintain professionalism and dignity.

#### 311-LAB The Path to Aquatic Personal Training Lindsay Mondick

Start on the path to building your career in aquatic personal training. We will discuss certification, marketing, and program planning to assist you in positioning yourself in the personal training realm of aquatic fitness. Learn the basics of how to add to your marketability in the aquatic fitness arena.

## SESSION SELECTION DESCRIPTIONS

### Wednesday 9:45am - 11:30am Select ONE (1) Session from 312-319

#### 312-AWS Ten Ways to Tabata Lori Sherlock

Take Tabata training to a new level. Use various aquatic strategies paired with the Tabata format to challenge all levels of aquatic exercisers. Learn 10 different ways to effectively use the Tabata protocol to enhance various components of fitness with both shallow and deep water applications.

#### 313-AWS Wet, Wet, Sweat Hayley Pittam

Come and experience a workout that creates layers within the water. Learn how to build up the turbulence and resistance from the surface of the water to the pool floor in a series of exercises that flow from one move to the next. Innovative ideas for building layers of resistance in the shallow water to challenge the core and lower body strength.

#### 314-AWS Kombat Circuit Silvia Senati

Combine circuit training with combat skills to help participants learn the basic movements before transitioning into combinations that train for coordination, muscular strength and endurance, and cardio fitness. Learn. Apply. Train. An easy way to perform combat skills in the pool... but a very effective technique.



# SESSION SELECTION DESCRIPTIONS

## Wednesday 9:45am - 11:30am Select ONE (1) Session from 312-319

### 315-AWS Aqua Strength by Design Stephanie Thielen

For an entire class or small segments, effective strength training starts with a plan. Methods such as super sets, 3 strikes, and ladder sets provide a formula for sequencing to maximize time and efficiency. Review tried-and true protocols and learn a few new designs to help you get started towards teaching a well-rounded aquatic strength training session.

### 316-AWS The Family Connection Mushi Harush

The whole family will take part in various playful activities with an emphasis on spending time together and having fun while getting fit. Focusing on the need to communicate and collaborate to complete the tasks and reach multiple goals, every member of the family counts in this workout that offers a positive feeling of shared success!

### 317-AWS Aqua Yoga Christa Fairbrother

So many people practice yoga these days, yet aqua yoga is still a unique offering. Come learn aqua yoga as a practice or expand your skill set to add aqua yoga elements into your existing classes. This introduction to aqua yoga lets you learn some theory and gain lots of practical tools you can implement into any aquatics programming.

### 318-LEC Fall Prevention in the 21st Century Sandy Stoub

While the indicators of increased fall risk are largely unchanged, technological advances have enhanced our ability to identify and predict those individuals who are more susceptible to falls. This interactive session explores physiological aging, and studies dynamic/static stabilization and movement using the concept of multi-planar training.

### 319-LAB Choreography Camp Mark Grevelding

Send yourself to choreography camp for a comprehensive understanding of how to teach aquatic base moves with a variety of methodologies. Choreography styles featured in AEA's certification come to life in this hands-on IAFC practicum. Show up prepared to move! (For beginner/intermediate instructors or those who want to improve choreography skills.)

## Wednesday 11:30am - 2:30pm IAFC Marketplace Open

## Wednesday 11:45am - 1:15pm Lunch

## Wednesday 2:45pm - 4:30pm Select ONE (1) Session from 320-325

### 320-AWS Classically Deep Mushi Harush & Marietta Mehanni

Classical music moves people in profound ways. Combine this with weightless movement and you have a winning combination. Using classical music to provide endless creative choreography ideas, learn how to use the highs and lows of familiar tracks to entertain and elevate intensity and physical vibrations.

### 321-AWS Aqua Challenge Combo Deborah Benetti & Andrea Gilardoni

Easy combinations in the perfect Italian style for both shallow and deep water. Learn how to create the combinations, how to write the choreography, and how to adapt the moves for different water depths. Come and discover Aquachallenge Combo, in both deep and shallow water, to upgrade your programming to another level.

### 322-AWS Baby Boomer Blast Laura Ribbins

Baby Boomers, characterized by the significant social changes they have created, may be wanting community as well as a level of socialization that often "disrupts" your aquatic class...like talking while you are teaching? Baby Boomer Blast will deliver a non-stop exercise series that "works" your client as well as gives them permission to "talk".





# SESSION SELECTION DESCRIPTIONS

## Wednesday 2:45pm - 4:30pm Select ONE (1) Session from 320-325

### 323-AWS Martial Arts Power Ian Levia

A class that appeals to all populations, from seniors who need to stimulate muscles to jumpstart their metabolism to young fit athletes whose thirst for performance is unending. Set yourself apart from other trainers and keep your students coming back for more with the most powerful scientific and modern applications of water martial arts conditioning.

### 324-LEC Exercise and Blood Pressure Management June Chewning

Healthy blood pressure is essential to the proper function of most systems in the body. One of the best ways to manage and prevent blood pressure disease is with exercise. Learn the basics of blood pressure, BP disease dos and don'ts, how to facilitate exercise, and the surprising benefits of the aquatic environment.

### 325-LAB Seats of Adventurism for the Cognitive & Physically Challenged Greg & Evelyn Keyes

An interactive workshop emphasizing the release of endorphins through movement for individuals who have cognitive challenges. Multiple techniques of cognitive suggestion, while utilizing musicality and demonstration/interaction, simultaneously enable therapeutic improvement of movement and enhance positive mental stimulation.

## Wednesday 5:00pm- 6:45pm Select ONE (1) Session from 326-331

### 326-AWS Power and Balance Ekaterina Khapkova

Using hand bars in shallow and deep water, learn to accentuate a combination of dynamic and static loads on the muscles and to use asymmetric exercises to target the muscles responsible for balance. Recognize the importance for developing maximum concentration and control of the body and the equipment to optimize training.

### 327-AWS S'WET Silver Jenni Lynn Patterson-LaCour

Use level II, grounded and equipment assisted high-intensity exercises to elevate your elite senior and lower-level aqua enthusiasts. Learn exercises, stance variations and combinations to help push your sensational silver movers. Cardio intervals, balance work and core teasers keep our active aging population coming back for more.

### 328-AWS Wet Barre: Hip Nautic Katina Brock

This Wet Barre session addresses the needs of the hips and glutei. Range of motion, strength and stabilization exercises concentrate on muscle imbalances and ROM limitations created from sitting too much or an incomplete exercise regimen. This session aims to create open, strong and stable hips!

### 329-AWS Seriously AquaPilates Mariano Solier

An aquatic Pilates program where breathing and movement control are the main focus areas, but without losing sight of fluidity, core work and precision. Empower each individual to follow his or her own breathing rhythm to control the movement. A workout that is effective for all levels of ability and experience.

### 330-LEC Movement is Medicine Lori Sherlock

Exercise is medicine - but what is the best prescription for your participants and clients? We know exercise and movement provide many benefits to our bodies. Now, focus on how the right types of movement and exercise can be used as medicine to treat various conditions including diabetes, heart disease, and asthma.

### 331-LWS Sizzling Seniors: Planes, Trains & Automobiles Susan Abel Sullivan

Many seniors love to travel, but how many are prepared for the rigors involved? This land session focuses on strengthening and stretching the posterior/anterior muscles, plus exercises for improving balance, posture, reaction time and functional fitness for lifting luggage, walking in crowds, and sitting in planes, trains and automobiles.



# SESSION SELECTION DESCRIPTIONS

**Thursday, May 7, 6:30am - 7:00am**  
**Sleep in or Select ONE (1) Session from 401-403**

**401-WAKE POOL**  
**Ai Chi Awakenings**  
**Jun Konno**

Enjoy the sunrise as you wake up with Ai Chi to begin a new day at IAFC. Strengthen your mind, body and soul with breath, balance and awareness. Leave energized and ready for a power packed conference.

**402-WAKE LAND**  
**Wake Up Stretch**  
**Lori Templeman**

It's been a busy week at IAFC. Gradually prepare your body and your mind with this indoor class that will lengthen tight muscles and get your focus ready for another full day of fitness. Stretch into the day with Lori.

**403-WAKE BEACH**  
**Beach Wake Up Stretch**  
**Julie See**

The beach is a perfect place to start IAFC Thursday with a series of stretches to wake up and energize your tired muscles. A gentle mix of dynamic and static stretches will help you ease into a new day of learning. Please bring a beach towel.

**Thursday 7:30am - 9:15am**  
**Select ONE (1) Session from 404-411**

**404-AWS**  
**Aqua Dot Drills**  
**Lori Sherlock**

Shallow and deep, 5-Dot Drills can be powerful for training the body and the mind. Learn how to use 5-dots with level 1, 2, 3 and deep movements to improve agility, balance, power, coordination and cognitive performance. Develop exercise options that creatively target various components of fitness for exercisers of all skill levels.

**405-AWS**  
**Below the Belt**  
**Stephanie Thielen**

Kick, push, pull, pulse and kick some more! Tone and strengthen your lower body with a fun mix of kicks, leg/glute exercises, and explosive plyos that will test your legs to the max. Improve muscular endurance, agility and overall stamina in this workshop that focuses on all the muscles of the lower body.

**406-AWS**  
**The Metabolic Challenge**  
**Cristina Zaghi**

Choose your level of intensity in this cardio and toning total body class. Alternate high intensity cardio cycles (where you decide the variation needed to maintain the intensity) with lower intensity toning cycles (where every muscle region will be targeted). Train your metabolism at a maximum level and improve your cardiovascular system in a new way.

**407-AWS**  
**Hidro InTENSity**  
**Vera Gonçalves**

Power your aquatic inTENSity level with a total of ten combos, ten reps, and ten passes (training rounds)! This shallow-water program fuses cardiorespiratory and muscular endurance for a workout that is geared to a mixed level of participants. We are always looking for creative ways to upgrade our classes - why not push the limits with the power of ten?

**408-AWS**  
**Bikes & Bands**  
**Giorgia Collu**

A total body workout that unites the HYDRORIDER Aquabike with the Rider Bands for the perfect fitness combination. Targeting upper and lower body muscles, this effective, intense and fun training program in the pool can be adapted for a wide range of ages and abilities. Learn how to effectively use both the bikes and the bands together.

**409-AWS**  
**Hydrorider: The Experience**  
**Roxana Brasil**

When we think about balancing the body and generating power while pedaling, we should consider strategies to effectively and efficiently develop strength and endurance. We will mix training techniques - Fartlek, AMRAP, and Tabata - within the same aquatic cycling session so that you can truly feel The Experience!





# SESSION SELECTION DESCRIPTIONS

## Thursday 7:30am - 9:15am Select ONE (1) Session from 404-411

**410-LEC**  
**Welcome to Boom Town**  
**Sandy Stoub**

Boomers continue to move into the senior market but with needs that are different than other generations. Explore the psychology, physiology, and sociology of this unique population that is re-defining aging. Learn tactics to attract boomers to your programs by offering programs that resonate with their goals and values by understanding who they are.

**411-LWS/LAB**  
**Ai Chi in Ten**  
**Donna Lewen**

Did you ever think you could de-stress your clients and class participants in just a few minutes? Let me show you how you can transform ten minutes into a life-enhancing strategy by combining various visualization techniques within your Ai Chi sessions. Thanks to you, participants will finish class feeling rejuvenated and relaxed.

## Thursday 9:45am - 11:30am Select ONE (1) Session from 412-419

**412-AWS**  
**Tabata Tune Up**  
**Lindsay Mondick**

Tabata has been around for a while now, but are you utilizing the training method to the fullest? Tabata is the most effective type of high intensity interval training, the most intense, and the shortest in duration. Let's get back to the basics and refresh this training protocol, in shallow and deep water, for remarkable effects with your clients and participants.

**413-AWS**  
**SplIT SpliAsh!**  
**Ashley Bishop**

Work, Rest, Repeat in all the different flavors. Learn how to safely and effectively incorporate interval training simultaneously for deep- and shallow-water classes! Experience a variety of interval options to take your participants to their next level with liquid interval training in a SPLIT (dual depth) pool!

**414-AWS**  
**Form, Function and Fun**  
**Steph Toogood**

Laughter is the best medicine and the pool can be a fun place to exercise. Combine three essential movement elements to promote healthy active aging. Learn meaningful movements that ensure good form then incorporate exercises evolved from the seven primal moves. Intersperse the work segments with enjoyable sociable play sections.

**415-AWS**  
**Wet Barre: Plank-Ton**  
**Katina Brock**

This Wet Barre session offers even more creative and challenging plank variations to move your aquatic programs to another level. Explore to effectively utilize a simple pool noodle to increase your participants' stabilization and core strength. Expand your training with new plank ideas... Wet Barre style!

**416-AWS**  
**Acquapole Boxing**  
**Gabriele Tufano & Silvia Senati**

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone the arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks - all in the water!

**417-AWS**  
**Acquapole Athletic Circuit**  
**Stefania Manfredi & Gabriele Tufano**

Try out the entire line of Acquapole accessories and Liquid Gym products with one intense circuit format class. Revitalize the management of pool space by using a combination of the pole, boxing, bike, jump and resistance equipment. The TTR Revolution clamps add a horizontal dimension and expand the options for the Acquapole.

**418-LEC**  
**Guideline & Actions: Aquatics for Special Populations**  
**Renata Tarevnic & Cristina (Tinoca) Senra**

Make aquatic programming more inclusive. Gain insight into teaching safe and effective aquatic programs for special populations. Explore topics including: Evidence from the scientific literature. Efficient strategies, exercise choices and preferred training formats. Medical history and evaluation. Offering a safe and efficient class for all abilities.

**419-LAB**  
**Training vs. Working Out**  
**Ian Levia**

Whose fault is it when you try scientifically proven methods of training only to end up with the same mediocre results? This game-changing session helps you navigate to mind blowing gains no matter what your goals by avoiding common mistakes in training and clearly presents the difference between what you do and what you should be doing.



# SESSION SELECTION DESCRIPTIONS

**Thursday 11:30am - 2:30pm**  
**IAFC Marketplace Open**

**Thursday 11:45am - 1:15pm**  
**903-Lunch**

**Thursday 2:45pm - 4:30pm**  
**Select ONE (1) Session from 420-425**

**420-AWS**  
**Aquacombat Cardio Mixes**  
**Andrea Gilardoni**

Mix together water, martial arts, cardio training and choreography for an exciting and challenging shallow-water program. This workout transitions simple combat moves into high-energy cardio combinations progressing from simple to more complex movement patterns to provide an option for everyone and every class.

**421-AWS**  
**Seamless Deep Circuits (Tabata Style)**  
**Jackie Lebeau**

Combine a high intensity interval training class in deep water with Jackie's signature "seamless" series for a non-traditional Tabata workout with a different exercise in a flowing sequence for every single set. Experience a simple, yet effective modality for high intensity interval training in the deep water.

**422-AWS**  
**Making Waves with LaBlast Splash**  
**Megan Cooperman**

Dive into a fun and exciting way to teach shallow aqua fitness. LaBlast Splash uses simple ballroom patterns, accessible for the water. Our logical and easy-to-master format of interchangeable patterns (PATTERNography) will keep your members happily dancing in the water to their favorite tunes!

**423-AWS**  
**Aquatic Adventurism**  
**Greg & Evelyn Keyes**

Breathe new life into tried and true aquatic programs by use of stimulating cognitive suggestion that takes the participant on various types of adventures of the mind in the aquatic environment. This program focuses on the cognitivism of adventurism suggestion through instructor skills with the stimulation of the body via the release of endorphins.

**424-LEC**  
**The Physiology of Fat Loss: New Exciting Findings**  
**Len Kravitz**

A must attend lecture to understand and apply the physiology of fat metabolism. The newest research on the hormonal regulation of lipolysis during exercise, the effect of exercise on fat oxidation, and effective intensities for fat loss. TEN groundbreaking exercise programs that maximize caloric expenditure and fat metabolism will be presented.

**425-LWS**  
**Defy Gravity - Remain Fall Free**  
**Kimberly Huff**

How many of your balance exercises really improve the ability to maintain balance with daily activities? Review the most current information on balance training and learn new, creative techniques for improving dynamic balance and mobility. Put into practice with a challenging workout that will allow your participants to "defy gravity" and remain fall free!





# SESSION SELECTION DESCRIPTIONS

Thursday 5:00pm - 7:35pm

Select Combo [427](#), [428](#), [430](#) or [431](#) Or Select One (1) Land Master Class [426](#) or [429](#).

## **427A-AMC SAF AQUA Drums Vibes - Feel the Rhythm!** **Joanna Apolinarska**

A combination of unusual drum rhythms and completely new equipment provide a new approach to water training! Lots of fun with unique equipment that has never been used in water. Every move you make will be even more effective as you play drums in the water. Learn how to combine great fun with very effective training.

## **427B AMC Go Go Noodles** **Ekaterina Khapkova**

Need more ideas to effectively utilize the noodle in your aquatic programming? Experience shallow- and deep-water exercises for individuals as well as partner techniques for competitive training. Go Go Noodles encourages participants to go and go and go for an excellent cardio workout plus a twist of fun to bring them back for more.

## **428A-AMC IntervArm** **Maycon Pereira da Cunha**

Combining two training methods within the same session is very effective and results in excellent cardio and neuromuscular responses. In this workout, we will emphasize cardiorespiratory endurance and localized muscle endurance by alternating 5 minutes of HIIT training with 5 minutes of upper limb specific training. Are you ready for this?

## **428B-AMC Move On the Beat** **Manuela Ragnoli**

Have you noticed how the type of music you listen to impacts your exercise performance? Do you think music is important for your classes? Learn how to use music to enhance your teaching skills for leading fun and engaging classes. Upgrade your musicality and recognize the importance of music in achieving fitness goals.

## **430A-AMC WAFRO** **Andrea Ronchi**

Transfer the gestures and footsteps of African dances into the water. Sequences of movements combine playful exercise elements that require considerable aerobic capacity and motor coordination. This shallow-water program consists of intervals within intervals and choreography sequencing with no additional equipment required.

## **430B- AMC Noodles in the Deep** **Marietta Mehanni**

The noodle is often used in the shallow end, but when taken to the deep, it can add a level of intensity that your participants will enjoy. This session demonstrates how the noodle can be used for suspended, supported and resisted exercises that will challenge cardio fitness as well as upper body strength.

## **431A-AMC Laurel & Hardy: Smile & Partner Training** **Javier Bergas del Rio & Mushi Harush**

Laurel and Hardy were a comedy act during the early classical Hollywood era of American cinema. Present day, this duo has inspired partner aquatic training with noodles, mixing strength and core exercises with short cardio segments and a focus on fun. Keeping in character, the class utilizes music from the 1920s and 1930s.

## **431B-AMC Aqua Pool Party** **Dominic Gili**

What is a party without music? Two of the most important qualities of workout music are tempo and rhythm response, or how much a song makes you want to move. Utilize the benefits of popular music and simple choreography to create fun and challenging workouts that inspire, entertain and motivate clients of all ages and abilities.

## **426-LMC** **Sit Down... Get Down!** **Triple Delight Aquatics**

Get your Baby Boomers and "seasoned" citizens off the couch and give them something to talk about. Put them in the "hot seat" for a challenging cardio workout that's good for the body, mind and spirit. Guaranteed to have a good time filled with fitness, fun, and fellowship - experience how a solid cardiovascular workout is achieved while seated.

## **429-LMC** **Yoga Wind-Down** **Lori Templeman**

Spend some time on your yoga mat with gentle stretching, deep breathing and a chance to relax tired muscles and joints. Enjoy an evening dose of mental quietness and rejuvenation with this relaxing practice.



# SESSION SELECTION DESCRIPTIONS

**Friday, May 8, 7:30am - 9:15am**  
**Select ONE (1) Session from 501-506**

**501-AWS**  
**Jacks N Skis**  
**Danita Watkins**

Jumping Jacks and Cross-Country Skis are two of the basic moves used in shallow-water aquatic choreography. Take these two moves to a unique and creative level by using various levels of impact and choreography styles. With just these two moves, you can develop an awesome workout to wow your participants.

**502-AWS**  
**Alternative HIIT**  
**Silvia Senati**

Shake up your high intensity interval training with a class that blends traditional aquatic exercises with sports movements and an element of fun. Incorporate individual training and partner exercises to provide your shallow-water classes with a functional, intense and funny workout that participants will ask for again and again.

**503-AWS**  
**Circuit Wave Workout**  
**Lori Templeman**

Linear, easy-to-follow format includes 6 WAVES of exercises targeting essential components of fitness, including strength, cardio and balance. A specific WAVE formula and template can be utilized to accommodate a variety of exercises and fitness goals. This program provides a challenge but allows your students to work at their own pace.

**504-AWS**  
**Seniors in Action**  
**Giorgia Collu**

Featuring the protocol developed through scientific research by the Sports Laboratory of the Regional Olympic Committee of Sardinia. Initiated in 2013 and now widespread on the whole island with a large number of land-based practitioners over the age of 65. Now, we will apply the means, the methods and the results to the aquatic environment.

**505-LEC**  
**Women, Hormones, Metabolism and Exercise**  
**Len Kravitz**

Summary of recently published research on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, female abdominal obesity, body composition, and female physiology related to exercise. Several great resistance and aerobic training program designs, specifically for women, are presented.

**506-LWS**  
**Find Your Inner Peace**  
**Donna Lewen**

Use your body's innate intelligence to heal. This session will include meditation plus an introduction to various forms of relaxation to calm the body, mind and spirit. Learn how a relaxed state of mind can influence the outcome of any aquatic or land class you teach. Leave with your body, mind and spirit balanced!

**Friday 9:00am - 11:30am**  
**IAFC Marketplace Last Chance Shopping**

**Friday 9:30am - 10:30am**  
**904-Breakfast**

**Friday 11:15am - 1:00pm**  
**Select ONE (1) Session from 507-512**

**507-AWS**  
**Joint by Joint**  
**Gyoungmin Cho**

With the overall goal of improving range of motion - from the ankle to the cervical spine - this circuit program blends articular movement and cardio activity to enhance circulation. Targeting proprioceptive exercise, this joint by joint program can be modified for various ability levels by adjusting the cardio component.

**508-AWS**  
**ABC Choreo Training**  
**Silvia Senati**

It's as simple as A-B-C. Learn key concepts, methods, and movements to create easy but very effective choreographed workouts for the pool. Better understand how to adjust frontal resistance, employ travel into your pool space, alter the impact level, put levers to work, and much more. Choreography becomes a great training if it is full of valuable content!





# SESSION SELECTION DESCRIPTIONS

## Friday 11:15am - 1:00pm Select ONE (1) Session from 507-512

### 509-AWS

#### Hard, Harder, Hardest Low Impact Intervals Jackie Lebeau

Be a low-impact rock star! Participants will experience a high-intensity and multi-impact cardio class with four levels of each exercise from grounded to level 1, level 2, & level 3 while the instructor teaches the entire class from a chair. Strengthen your deck-teaching skills while progressing (and regressing) popular shallow-water base moves.

### 510-AWS

#### Routine Revolution Claire Barker-Hernings & Dominic Gili

Creating dynamic workout routines doesn't need to be complicated. Starting with a single move and a continuous training format, learn how to build, transition and combine moves to increase resistance levels and intensity while varying the target muscles. Revolutionize your routines with power, planes, working positions and travel for a total body workout.

### 511-LEC

#### Genetic Driven Diet, Exercise and Health June Chewing

The role your genetic profile plays in your health and fitness outcomes is now well established. Learn how the growing field of knowledge for genetic profiling can help you discover the best type of exercise and diet recommended on an individual basis. No more trial and error to choose your diet or exercise program to get health results.

### 512-LWS

#### Stretch for Success Stephanie Thielen

Improved mobility, performance, and posture are all obtained through the act of mindful stretching. Stretch your entire body while bringing attention to proper form and technique, regressions and progressions, and verbal cueing. Stretching feels ah-mazing for a reason; see how the right stretches can revitalize your workout, your health, and your life.

## Friday 1:30pm - 3:15pm Select ONE (1) Session from 513-518

### 513-AWS

#### Match 2 Mix Elson dos Santos

Shallow water transitions fall into three categories: basic, intermediate and advanced. Let's explore these options to create smooth transitions, whether working with combo ABCD or DCBA or BDCA. Are you getting confused already? No worries - transitions help us build effective patterns, so we will learn to flow from one move to another.

### 514-AWS

#### Aqua Choreo Mix Vera Gonçalves

Do you love choreographed classes but have difficulty writing the sequences, selecting the songs, and adjusting the exercises to water tempo while still providing an efficient respiratory cardiovascular response? Embark with me on this new experience and master the teaching process of choreography. Now, everything will be easier!

### 515-AWS

#### CV Conditioning vs. HIIT Eva Ryzková

What are benefits of cardiovascular workouts and HIIT? Why should we teach them both? Explore several ideas and skills that can help to safely program, update and diversify your cardiovascular workouts and HIIT class formats. Learn scientific-based knowledges about both training options and their application to your aquatic classes.

### 516-AWS

#### YoHiLates Daniela De Toia

Mixing the elements of yoga, HIIT 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. So, get your power and your powerhouse working at the same time to reach your highest fitness goals.

### 517-LEC

#### The Age Antidote Len Kravitz

Our increasing life expectancy has generated intense focus on the biology of aging and longevity. In this research-driven presentation, Len unveils the 10 key strategies to slow down aging, extend lifespan quality and live optimally. This lecture will give you powerful interventions to teach your clients.

### 518-LWS

#### The 3 Rs: Rest, Recovery & Relaxation Susan Abel Sullivan

Muscle rebuilds during recovery. The brain and the body restore during rest. Relaxation decreases stress and enhances health and healing. This session explores the three Rs of rest, recovery and relaxation that are often underrated and overlooked in favor of overtraining, overworking, and constant stimulation.



# SESSION SELECTION DESCRIPTIONS

**Friday 3:30pm - 5:25pm**  
**Select ONE (1) Session from 519-526**

## **519-AMC**

### **HIIPT (High Intensity Interval Partner Training)**

**Javier Bergas & Valeria Perelomova**

Training alone can be boring. Less motivation, doing the same thing every time, nothing interesting... HIIPT can change your training routine and help you regain interest in your workouts. Work with a partner at all times during this engaging session to up your level of fun with innovative ideas. Let's do it together!

## **520-AMC**

### **You're the One that I Want**

**Deborah Benetti & Andrea Ronchi**

Looking for a unique aquatic experience? Grease is the Word. Let yourself be guided by music to relive some of the moments of the film, Grease, because You're the One that I Want! Innovative ideas for cardio conditioning that use the music as a training tool to enhance performance. Bring (or wear) your favorite memento of the movie.

## **521-LMC**

### **Week-End Wind Down**

**Cristina (Tinoca) Senra**

The week is coming to an end. Wind down with Tinoca as you lengthen your muscles, open your mind, and fill your heart with an appreciation of all that you have learned and the people you have met at IAFC 2020.

## **522-AMC**

### **Aqua P2P (Plyometrics to Pilates)**

**Claire Barker-Hemings**

Slow to fast, fluid to fierce, and tranquil to turbulent, Aqua P2P is an excellent way to incorporate mind & body programming into chillier pools. This workout alternates between high-intensity exercises, yoga flow and Pilates core training. The class is ready to utilize as is or each segment can be used independently within your current programs.

## **523-AMC**

### **Brain Train**

**Pedro Santos**

An engaging exercise format that focuses on cognitive training through asymmetrical movement patterns to stimulate various brain functions of older adults. Use exercise to preserve or improve functions such as memorization, concentration, coordination, attention, and problem solving. Train the brain for better health and function.

## **524-AMC**

### **Aquatic Rock & Roll**

**Laura Ribbins**

Dancing and having fun while you're working out? Yes, of course! Today's fast-paced lifestyle barely leaves any "me" time. Busy chauffeur moms and dads taking kids from activity to activity seldom have time for themselves. Adding energy and "yippie" creates the perfect aquatic workout everyone will fit into their schedule.

## **525-AMC**

### **Aqua Urban Dance**

**Ian Levia**

Feeling connected and a sense of belonging are basic human desires. Never feel left out again by getting in the water and moving your body with me in this all-inclusive Hip Hop dance class that allows for uninhibited fun and funky dance moves that revitalize and energize you holistically. A funky fraternity awaits, let's enjoy it together.

## **526-LMC**

### **So Long Stretch**

**Julie See**

It has been an amazing week of learning and networking. Join us for a so long stretch as we unwind from training and prepare for the evening awards, dinner & party. One last stretch together...until we meet again in 2021!

**Friday 7:00pm - 11:00pm**  
**Global Awards, Dinner & Party**

## **WILD, WILD WEST!**

Strut your stuff in this fun themed night celebrating the American Wild, Wild West!



**Saturday, May 9, 9:00am - 12:00pm**

## **602-SPEC**

### **Aqua Zumba ZIN Jam Session**

**REGISTER DIRECTLY WITH ZUMBA**

**Ashley Bishop**

Let's JAM! Aqua Zumba Style! FOUR songs, water tested and ready to deliver to your classes! We will practice cueing, coaching and deck teaching skills to take your classes to the next level! This session is done 100% on land and each routine will highlight an Aquatic Fitness Principle to keep your classes fun, functional and refresh your knowledge from your Aqua Zumba Instructor Training. Jam Sessions are conducted by licensed Zumba Jammers and are exclusively for ZIN members.





# PRESENTER BIOGRAPHIES



**SUSAN ABEL SULLIVAN**, BS, has been teaching aquatic fitness for thirty years and holds a degree in exercise science with a dual emphasis in adult fitness and dance. She has presented for IAFC, SCW, Fitmotivation and the Alabama Recreation and Parks Association. She's AEA certified and an ACE personal trainer, health coach and group fitness instructor.



**MONIQUE ACTON**, President of Personal Health Trac, is a CE provider, international presenter, and fitness and personal trainer for both land and water. She is a contributing author to Akwa magazine and AEA Training Specialist, serves on the AEA advisory board, and works closely with the medical community to design medical exercise programs.



**JOANNA APOLINARSKA**, MS, is a master trainer for SAF AQUA, SAF AQUA Baby, Acquapole and the inventor and head master trainer of SAF AQUA Drums Vibes. She is a sports manager as well as an instructor for swimming, aerobics and Aqua Gymstic. She is a lecturer, as well as the co-author of the first Polish publication about aqua fitness.



**CLAIRE BARKER-HEMINGS** is a highly regarded aqua fitness exercise specialist, presenter and Pilates instructor. She trains people of all ages, sharing her passion and knowledge of water, fitness and wellbeing. Teaching since 1997, she plans and delivers aqua fitness workshops and new instructor training across Australia and internationally.



**DEBORAH BENETTI**, BS, studied artistic gymnastics, modern dance, ballet and karate from the age of 5 to 20, when fitness became her real passion. She is a trainer for both land and water activities, and since 2006, a presenter around the world with innovative and energetic classes. She holds a degree in physical education from Padova University.



**JAVIER BERGAS DEL RIO**, BS, is an AEA Training Specialist passionate to transform research into workouts for exercise enthusiasts. He is the EGO Wellness Resort Fitness Director and Product Manager (Lucca, Italy), and an aquatic fitness and swim instructor, specializing in programming for those with physical limitations, pregnant women, babies and infants.



**ASHLEY BISHOP** is an AEA Training Specialist, a Zumba Jammer™ for Zumba Fitness and the fitness director for uforia studios. She can be found most weekends sharing her passion for education and fitness with instructors across the continent. Ashley absolutely adores teaching, learning and sharing knowledge with others.



**LUIZ FABIANO BISPO**, MS, graduated in physical education and has worked in fitness for over 20 years. Based in São Paulo, he has presented in Brazilian congresses such as ENAF, JOPEF and Fitness Brazil. Currently he is working as an aquatic fitness/deep-water running instructor for College Assunção in São Paulo and is a personal trainer.



**JENNA BOSTIC** is an international Zumba Education Specialist for Zumba Fitness. She has been presenting for Zumba since 2008 teaching various instructor trainings in 24 countries across the globe. Jenna has a degree in exercise & sport science and holds certifications with ACE, AFAA and AEA.



**ROXANA BRASIL**, MS, is an international AEA Training Specialist and Hydrolider Trainer. She graduated in PE with post-graduate in sport training, a master's degree in human motricity, and is undertaking her doctorate. A coordinator at Velox Fitness and owner of Universidade Fitness at Rio, she was the 2010 AEA Aquatic Fitness Professional of the Year.



**KATINA BROCK** is the creator of Wet Barre™, which features dozens of original exercises with challenging and corrective applications. With over 28 years of experience, she is an international aquatic fitness presenter and has been a fitness expert on Shape.com, LA Times, VH-1 Couples Therapy; and was a trainer at the Biggest Loser Resort in Malibu.



**JUNE CHEWNING**, BS, MA, has served the fitness industry as a fitness instructor, personal trainer, PE teacher, college instructor, presenter, master trainer, author, and fitness facility owner. Two-time recipient of AEA's Contribution to the Aquatic Fitness Industry, she owns Fitness Learning Systems, a company providing quality eLearning continuing education.



**GIYOUNGMIN (MARIO) CHO**, MS, achieved the AEA Aquatic Fitness Instructor certification in 1999 and has been teaching classes for 20 years. She is currently working as a KAEA staff where she assists with events and programming and leads educational workshops.



**GIORGIA COLLU**, BS, an international AEA Training Specialist, Hydroider International Director, and FIN Master Trainer, was awarded the 2012 AEA Aquatic Fitness Professional Global Award. She has presented around the world and is well known for creating programs such as Aqua Fluid Pilates and Water Polo Gym.



**MEGAN COOPERMAN**, MEd, is a seasoned fitness pro with 20 years of experience in the fitness and health industry from instructor to group fitness manager. A Maryland Distinguished Scholar in the Arts (for dance), she has taught various dance and dance fitness formats, but her all-time favorite is LaBlast. She is certified by AFAA, ACE and AEA.



**IVAN DE LUCA**, BS, has been teaching fitness programming for 16 years. In 2006 he became a teacher and presenter for FIN (Swim Italian Federation) and in 2011 became a master trainer for Hydroider and Virgin Active. He currently works for some of the most important sport facilities in Rome and is an international presenter.



**DANIELA DE TOIA**, PhD, is a sports scientist. Her areas of expertise include baby swimming, pre- and postnatal, and functional training on land and in water. Currently, she manages a new pool and fitness center and educates all the trainers. She is a professional educator on land and in water including all ages, rehabilitation, prevention and functional training.



**ELSON DOS SANTOS**, master trainer for Kataqua, is a multi-talented aquatic fitness professional, teaching at many international conventions, including IAFC 2018 and 2019. He designs the Kataqua ClubAquaRobics programs and enjoys offering a combination of fun and challenging workouts. He was chosen as the Best Presenter EAFC 2017.



**CHRISTA FAIRBROTHER**, MA, specializes in aqua yoga and has practiced yoga for 25+ years. Using her education and experience, she provides her students an immersive experience that stimulates mind and body. Living with arthritis, she credits her relative lack of pain to her yoga practice, and that journey drives her to share aqua yoga with others.



**ANDREA GILARDONI** has presented in many countries including Russia, Belgium, Denmark, Switzerland, France, Portugal and Germany. From 2017-2019 he was the product manager of a fitness club in Milan and the technical director of Virgin Academy Fitness School. He is currently the fitness trainer of the first Acquastudio in Italy, Waterbeatsociety.



**DOMINIC GILI** is an award-winning aquatic fitness specialist with a reputation for offering innovative, engaging and challenging workouts. He is the owner of AquaFitnessOnline.com that offers online training videos and resources. He also delivers workshops, presents at conferences worldwide, and is a regular contributor to fitness industry publications.



**VERA GONÇALVES**, MS, graduated in physical education with a specialty in exercise physiology, and has focused her professional life in this area. She is responsible for water aerobics and deep-water running at CEPEUSP and teaches at the Pinheiros Club, Hebraica Club and Reebok Academy. She offers trainings and clinics throughout Brazil.



**MARK GREVELING**, an AEA Training Specialist and the founder of Fitmotivation.com and Poolfit.tv, has been educating instructors for the past 18 years. He now works full-time producing water exercise videos for both fitness professionals and consumers. He is passionate about creating fitness experiences that keeps students coming to class.



**MUSHI HARUSH**, MA, in education and physical education, is the founder of the Israeli Aquatic Exercise Center, and an international AEA Training Specialist who regularly presents internationally at health and fitness conventions. She is the proud recipient of the 2005 AEA Global Award, Contribution to the Aquatic Fitness Industry.





# PRESENTER BIOGRAPHIES



**KIMBERLY HUFF**, MS, is the director of fitness and wellness for ACTS Retirement Life Communities. Certified through ACSM, NSCA, AEA, and ACE, she specializes in senior fitness programming, is an AEA Training Specialist, presents certification review courses for ACSM and is a continuing education provider for AEA and ACE.



**JIHYUN JEONG**, BS, holds a degree in social physical education from Mokwon University and has extensive training in Taekwondo (4th Dan Korea Taekwondo Association certified). For the past 10 years, she has worked as KAEA staff and an aquatic fitness instructor, and continues to expand her knowledge in the field of aquatics.



**EVELYN KEYES**, BS, a dual citizen of Australia and the Netherlands, specializes in all levels of swim teaching/coaching and special populations with a focus on autism and cognitive stimulation style aquatics. An international aquatic presenter, she has also written three books on swimming and aquatics for children and is currently writing her fourth.



**GREG KEYES**, JP, PhD, is a major advocate of aquatics and specializes in interpersonal communication dynamics, on which he completed his PhD dissertation. Greg and his wife, Evelyn, own GAINGLOW (Global Aquatic Instructors Network - Global Lifestyle Organization Web) and are well-known for their stimulating cognitive approach to teaching.



**EKATERINA KHAPKOVA**, MS, owner of the MindAqua company, is the organizer of Water World International Convention, Aqua Days Russia, and Multinational Aqua Fitness Festival. She is the director of water programs for Aqua First, a personal trainer at Nebo Wellness Club and City Retreat Club and holds a Master of Sports in synchronized swimming.



**JUN KONNO**, president of Aqua Dynamics Institute in Yokohama, Japan, is the co-creator and frequently requested presenter of the internationally recognized Ai-Chi program, an alternative training program for water that focuses on fluid movements and focused breathing. He is a former swim coach and has trained master swimmers and celebrities from many countries.



**LEN KRAVITZ**, PhD, is a full professor, coordinator of exercise science and a researcher at the University of New Mexico where he won the "Outstanding Teacher of the Year" award. This international presenter has received numerous honors and awards, including the 2010 AEA Contribution to the Aquatic Industry Global Award.



**JACKIE LEBEAU**, MS, is the senior director for fitness & instruction at The University of Virginia as well as a training specialist for AEA. Jackie, owner of JLA Fitness, travels internationally to provide continuing education for ACE, AEA & AFAA certified instructors and personal trainers. She is well known for her high energy presentation style.



**IAN LEVIA** is the managing director of the Trinidad and Tobago Fitness Academy and dedicated to bringing international education to the Caribbean. He is an international AEA Training Specialist and a specialist in combative and quality movement training. He represents several international fitness organizations, including the Olympic Committee.



**DONNA LEWEN**, BA, ATRIC, has 25+ years teaching therapeutic aquatics. Donna works with geriatrics, pediatrics and clients with health challenges. She is the recipient of the ATRI Tsunami Spirit Award and Aquatic Therapy Professional of the Year. She is a co-author of the Aquatic Solutions for Chronic Conditions Manual and is a consultant at Ability360.



**STEFANIA MANFREDI**, MS, holds specialized academic degrees in physical education and sports psychology. She is the co-inventor of the AcquaPole Fitness program; content developer and grand master trainer for ISAF online courses in AcquaPole, Liquid Gym and specialty programs; and owner of the Pilates and Personal Training Gym.



**MARIETTA MEHANNI** is a multi-award-winning Australian presenter with 30 years of teaching experience in both land- and water-based group exercise. She is the education coordinator for Gymstick International, co-creator of mSwing, and co-founder of My Group Move. She is passionate about educating and empowering fitness instructors all over the world.



# PRESENTER BIOGRAPHIES



**LINDSAY MONDICK**, BS, works for the YMCA of the USA, as the national senior manager of aquatics. She is a presenter and continuing education provider for the YMCA, ACE, and AEA. As an AEA Training Specialist, she is a regular contributing author to AEA's Akwa magazine, and the 2019 recipient of AEA's Global Award for Contribution to the Industry.



**NACHIKO ONUKI**, BS, has a post-graduate degree from Nippon Sport Science University and has a teaching license for physical education in junior high school and high school. She was a water polo player and now works as a freelance aquatic fitness instructor and trainer.



**JENNI LYNN PATTERSON-LACOUR**, BA, is an AEA ATS, NSCA-CPT and CE provider for AEA, AFAA & NASM. Combining an education in health psychology with her swimming experience, Jenni enjoys creating a total body workout that challenges every type of participant both physically and mentally. She truly believes water is the great equalizer for all levels of fitness.



**MAYCON PEREIRA DA CUNHA**, MS, involved with sports from a young age, found his passion for aquatic activities during his college internship at a gym. He graduated in physical education with postgraduate work in exercise physiology from the Universidade Paulista - SP, he is now teaching in various clubs and gyms while continuing his studies.



**VALERIA PERELOMOVA**, MS, graduated from State University of Management with a degree in sports and health management and holds an MBA in fitness. She has been active in the fitness industry since 2003 as a master trainer and developer of AquAdvance Russia and a passionate international aquatic fitness presenter.



**HAYLLEY PITTAM** is a personal trainer, aquatic fitness instructor, swimming coach and GP referral consultant. Her main areas of focus include pre and postnatal, pelvic care, stroke therapy and diabetes. She also teaches swimming and aqua aerobics to elite and recreational athletes and has developed workshops accredited by CIMSPA.



**MANUELA RAGNOLI**, BS, was a competitive swimmer who also practiced ballet and gymnastics. After graduating in art history, she started teaching swim lessons to kids, then transitioned to fitness instruction on land and in water. Her passion for fitness led this international presenter to earn a second degree, this one in sports.



**LAURA RIBBINS**, BA, is renowned for her exceptional teaching ability in swimming and adult fitness, and her dedicated involvement with community programs. She has over thirty years of experience in the fitness industry, presenting internationally and starring in fitness videos. In 2000, she was awarded AEA's Fitness Professional of the Year Global Award.



**ANDREA RONCHI**, MS, is a professor of physical education at the Highlands Institute in Rome. He is the creator and teacher of the Wave Walk, Wafro and Energy System programs. He is a presenter and master trainer for EAA (European Aquatic Association) and IUSM (University of Physical Education) events and organizes various fitness events.



**EVA RÝZKOVÁ**, PhD, is an assistant professor and researcher at the Comenius University in Bratislava in the Faculty of Physical Education and Sports. She also works as an aquatic fitness and aerobics instructor at the Specialized Hospital for Orthopaedic Prosthetics in Bratislava and is an international presenter.



**JOÃO SANTOS**, MS, is a PhD student in sport training at FCDEF-University of Coimbra where he also works as an aquatic fitness and fitness teacher. He was awarded the AEA Aquatic Fitness Professional Global Award in 2016 and is currently a Mundo Hidro Aquafitness Specialist, international presenter, instructor and coach.



**PEDRO SANTOS**, BS, is a master trainer for Mundo Hidro and international presenter. Certified in many health and fitness related fields (including relaxation & therapy massage, aerial yoga, and Ai Chi), he is a coordinator at PHIVE Health and Fitness Center and recipient of the 2019 AEA Aquatic Fitness Professional Global Award.



# PRESENTER BIOGRAPHIES



**JULIE SEE** serves as AEA's Director of Education and editor for Akwa magazine. Her passion is to create engaging, yet effective, exercise programming that meets the needs of a wide range of ability levels to help others live healthier lifestyles. Her current goal is to mentor and encourage the next generation - both the exercise professional and participant.



**SILVIA SENATI**, in the fitness industry for more than 25 years, holds multiple fitness certifications and is a martial arts master trainer and competitive athlete. She is a swim instructor, creator of water fitness programs, international presenter, and AEA Training Specialist. She received the 2009 AEA Global Award for Aquatic Fitness Professional.



**CRISTINA SENRA (TINOCA)**, MS, is an AEA Training Specialist, Ai Chi Trainer and Star 2 International Trainer for Anti-Gravity. Owner and CEO of Mundo Hidro, she has received Portugal's Instructor of the Year (2002), AEA's Aquatic Fitness Professional (2005), Career Achievement Award (2012) and Top 10 IAFC instructor (2019).



**LORI SHERLOCK**, EdD, is an associate professor in the School of Medicine at West Virginia University teaching the aquatic therapy curriculum. She is an AEA Training Specialist, contributes frequently to Akwa magazine, chairs AEA's Research Committee, and was the 2015 recipient of the AEA Aquatic Fitness Professional Global Award.



**MARIANO SOLIER** is recognized as one of the most innovative experts in sports physical performance. Mariano has created his own system using comprehensive training methods for athletes, teams and sports organizations worldwide.



**RUTH SOVA**, MS, founder and president of the Aquatic Therapy and Rehab Institute, is the founder and past-president of AEA. An international speaker and author on aquatic rehab, exercise and business, she is Gold Certified from ACE. She received awards from AHA, IDEA, and AEA and received the first Presidential Sports Award in Water Exercise.



**SANDY STOUB**, BA, MA, is a director of wellness services for Symbria, where she is responsible for the complete wellness service offering. With over 30 years of industry experience, a masters in gerontology and a bachelors in exercise science, she is a recognized author, international speaker and adjunct professor.



**EIICHI TANUMA**, a former competitive swimmer, has been a swim instructor for over 30 years and an aquatic fitness instructor for 27 years. Previously serving as the aquatic director of Sports Club OSSO and the manager of Fitness Club ViLAX, he is currently working as a freelance instructor and presenter.



**RENATA TAREVNIC**, PhD, is a teacher at the Federal University Rio de Janeiro. She holds a master's in physical education and a PhD in experimental and human biology. She is a trainer for Mundo Hidro; author of fitness DVDs and books (including the Aquatic Fitness Manual for Pregnant Women); and exercise instructor for pregnancy and post-partum.



**LORI TEMPLEMAN**, BA, lives in Lincoln City on the Oregon coast. She is an AEA Training Specialist and travels the country leading aquatic fitness programs. She is also a group fitness and Red Cross Instructor and a successful freelance writer featured in various fitness publications. Her certifications include AEA, ACE, AFSA, and Arthritis Foundation.



**STEPHANIE THIELEN**, BS, travels nationally presenting educational workshops that teach logical methods for class construction, providing "tools of the trade" to help instructors develop professional teaching skills. She is an AEA Training Specialist, NETA Trainer, RYT 200-hour yoga instructor, and has a reoccurring Akwa column called "Pool Tools".



**STEPH TOOGOOD**, founder of Hydro-Actif, has presented for AEA, ATRI, IDEA and Hydro-Fit and created many fitness videos. Recognized as one of the Top 10 Fitness Instructors in the UK, A Fab After 50 Achiever, and finalist for Fitness Professionals Fitness Leader of the Year Award. She received the AEA Global Award for Aquatic Fitness Professional (2004).



# PRESENTER BIOGRAPHIES



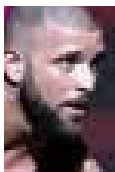
**TRIPLE DELIGHT AQUATICS** is a multi-talented team of three dedicated instructors with 35 years of experience. International presenters and continuing education providers, the team incorporates fun and safe combinations into challenging, dynamic workouts. They collaborate with Fun & Fitness Travel Club teaching on Royal Caribbean Cruise Lines.



**DANITA WATKINS**, owner and creator of Watkins Aquatic Fitness, has a reputation for the innovative and creative energy that she puts into her workshops. She is a certified aquatic fitness professional, presenter, and author of numerous Akwa magazines articles. She is a CE provider for AFPA, ACE, AEA and presents her workshops all over the USA.



**CRAIG YANIGLOS**, the aquatic fitness director at the Hubbard Community Pool in northeast Ohio, holds group fitness certifications with AFPA and ACE and is an AEA Aquatic Training Specialist and AEA CE Provider. He is passionate about attracting all types of populations to the pool and educating aquatic fitness professionals around the globe.



**GABRIELE TUFANO** is a multifaceted athlete with a background in Thai boxing, powerlifting, and swimming as well as an aquatic fitness instructor. With a diploma in massage therapy from the Institute of Complementary Medicine and three years of study in osteopathy, he has opened an osteopathy and personal training studio.



**JILL WHITE**, BS, is an international safety, risk management, and training specialist in the field of aquatics. She is the co-founder of the Starfish Aquatics Institute (SAI), a publisher of educational programs in the field of aquatics and certification agency for swimming instructors and pool operators. She has received many awards for her contributions to the industry.



**CRISTINA ZAGHI**, BS, is an Italian fitness professional who has taught at the most prestigious fitness clubs in Milan. Her career started 15 years ago and currently is a product manager and trainer at Virgin Active and trainer at DDS. She has a degree in physical education, is AEA certified, and has several other fitness certifications.