

A woman with short brown hair is swimming in a pool. She is wearing blue-tinted sunglasses and a black swim cap. Water is splashing around her, and she is looking towards the camera. The background is the blue water of the pool.

# International Aquatic Fitness & Therapy Conference

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**May 11-16, 2026**

The Get Your Hair Wet  
Event of the Year!



# Highlights

## Welcome to the 2026 International Aquatic Fitness & Therapy Conference!

It's been two years since our last conference, and we are excited to offer you six full days of education and training guaranteed to get your hair wet, energize your mind with new ideas, and fill your heart with rekindled friendships, new alliances, and expanded networks with attendees from all around the world!

AEA has been a leader in Aquatic Exercise for 42 years, and 42 is a milestone in itself! Being 42 is not just another year; it represents a special opportunity to reflect on how past opportunities have helped us develop one of the largest schedules in fitness history. By using the wisdom gained from previous years, events, and all those sessions leading up to this moment, you have an exceptional schedule of events to customize according to your learning preferences.

Seventy of the top fitness and therapy presenters worldwide offer a dynamic schedule of over 180 sessions showcasing aquatic exercise, therapy, alternative practices, rehab, and conditioning, active aging, deep-water programs, all intensities, mixed martial arts, mind and body, and creative cardio to meet the needs of beginners to the most advanced aquatic professionals.

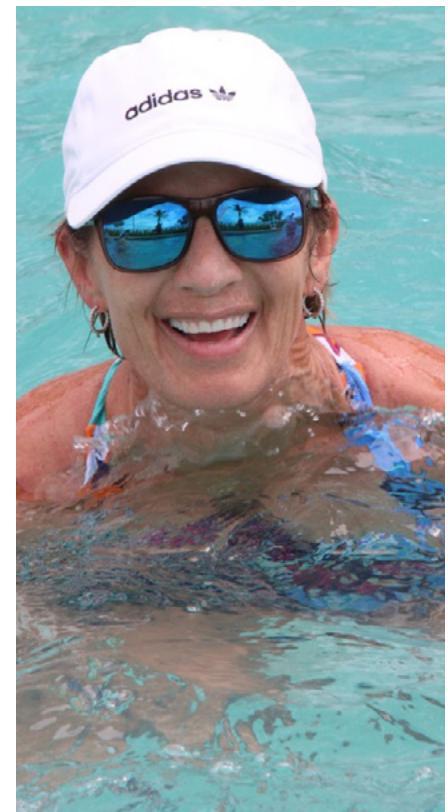
The pre- and post-conference lineup features in-depth training sessions and specialty courses provided by AEA, ATRI, Ai Chi International, Swim Angelfish, SAF, Acquapole, SWET®, HYDRORIDER®, and Zumba®.

It's going to be an amazing week, and many of us have been waiting two long years for this. Block your calendars, make sure your clients are covered, find substitutes for your classes, request time off now, and plan to attend this very special can't-miss conference event!



A pillar at the conference for the past 35 years, this will be our first year without our Awesome Auction Leader Pat Fossella. Miss Pat loved helping others attend her favorite event of the year by raising funds through the auction, and she will be with us in spirit, watching over us at her favorite conference venue at Innisbrook!

Please continue Miss Pat's legacy and help AEA raise scholarship funds for those who need assistance on their journey into the aquatic fitness/therapy profession!



# Highlights

## Pre/Post Conference & Track Courses

## In-Depth Workshops, Lectures & Labs

## Certification Prep

## Priceless Networking

### Monday

Let the week begin! Monday kicks off with Pre-Cons, Specialty Courses, and AEA Certification Prep. Whether you're starting your career in aquatic exercise or therapy, or you're a seasoned pro, Monday offers something for everyone with a diverse lineup of specialty courses and AEA certification prep.

Wrap up your Monday with an IAFTC first-time sound bath, both poolside and in the water at the Cypress Pool/1. Relax after a busy day or immerse yourself to find your balance for the week ahead.Tuesday

### Tuesday

Specialty courses continue, and it's also time for some short educational sessions! We believe less is more on Tuesday, as it's a power-packed day filled with aquatic master classes, land master classes, land2water sessions, as well as wake-up and wind-down sessions. The choice is yours on how you begin and end your Tuesday, as the day bursts with new ideas, great presenters, and a fast-paced schedule before the IAFTC Marketplace opens!

During the Marketplace opening, we revamped our Round Table Meet & Greet with fun twists to keep us engaged and motivated for the week ahead. Join this fun and effective networking event designed to help you mingle and meet other professionals sharing your passion for aquatics.

### Wednesday

Wednesday features over 40 sessions covering topics like fitness, therapy, wellness, and more. Throughout the day, there will be several opportunities to spark your love for learning. Discover new ideas, meet new presenters, explore expanded topics, and more as you immerse yourself in the wealth of opportunities offered on this IAFTC Humpday! Lunch is provided, making it a perfect time to network with like-minded professionals you've met throughout the week. IAFTC friendships last a lifetime, and the connections are priceless. After lunch, return to the Marketplace during your break to learn more from our Sponsors and Affiliates.

### Thursday

Another exciting day with 40 sessions! If you don't need a few hours break on the tennis or pickleball courts or one of the beautiful golf courses, jump right in and keep building your educational toolbox with great ideas to add to your therapy practice or water classes, whether it's one-on-one, small group, or traditional group exercise classes. Enjoy a group lunch again and stroll through the expo with fellow attendees you've met over the past few days, exploring new ideas, great savings, and tools to bring back home.

### Friday

Friday is a fun-filled, less stressful educational day, so be ready for another day of inspiring and energizing sessions that give you even more to bring back to your practice, clients, pools, and programs! Start with a group breakfast and a Heart-to-Heart Talk with Ruth Sova: Intuition - Trust It - a presentation based on Ruth's own experiences and wealth of knowledge to steady your state!

**FRIDAY EVENING, Celebrate 42 years of excellence in aquatics with a fun-themed night.**

***Join us for the Something Borrowed & Something Blue Evening!***

- Start finding your perfect blue wearable item!
- Wear your favorite BLUE scarf, shirt, shoes, pants, hair, brooches, bracelets, necklaces, ties, hats, glasses, feathers, or anything else that tickles your fancy!
- BRING something for someone to BORROW – it doesn't have to be blue, just something from you! We love sharing and caring! At the entrance of the dinner, a display will be set up for you to drop off your “wearable item to be borrowed” and pick up a wearable item to complete your look for the evening!
- We're paying it forward; at the end of the night, please return your borrowed item to the table. AEA, with your help, will PAY IT FORWARD by donating all the items to a local AEA charity.

### Saturday

It isn't over until it's over! In-depth ATRI therapy sessions and Specialty Courses offered by AEA Affiliates, S'WET, and Aqua Zumba® are available to help you finish your week on a very positive note. If you still need a few last-minute IAFTC session fixes, join some water and land masterclasses or Land2Water sessions to end your week with a positive splash before heading home.



Explore Innisbrook

Register Now - More Info

# Your Main Hosts



The Aquatic Exercise Association (AEA) is THE organization dedicated to aquatic fitness education and certification worldwide. Our primary focus is offering access to the latest industry resources, research, products, training, and education to promote global health, wellness, and longevity through aquatic exercise.

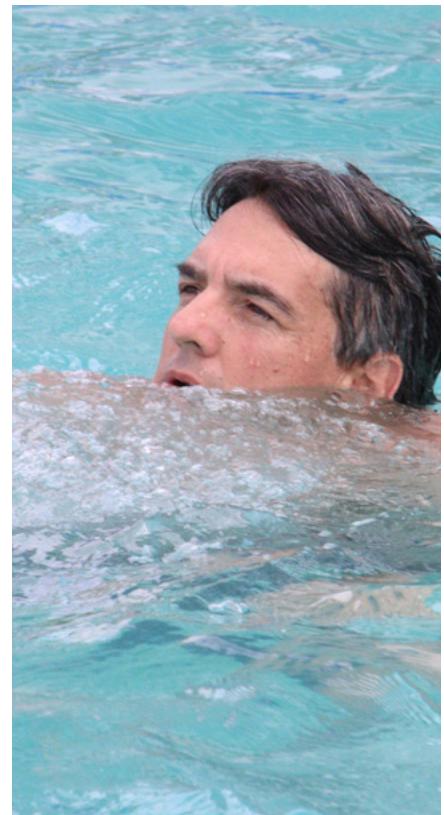
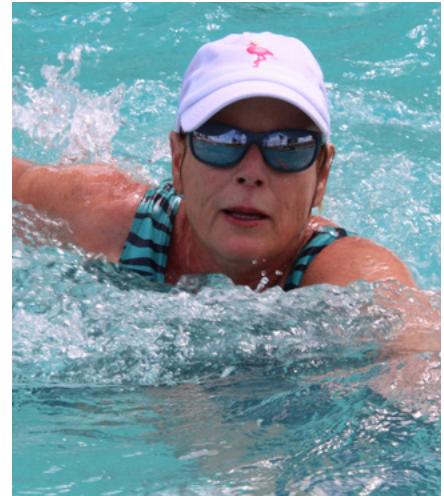


The Aquatic Therapy & Rehab Institute Division of AEA aims to enhance the education of healthcare professionals and practitioners working in the aquatic environment to promote better health and longevity for the clients and population we serve. ATRI is your leading source of multidisciplinary aquatic therapy education, training, and resources.

## AEA/ATRI Proud Sponsors



## AEA/ATRI Proud Affiliates



# IAFTC Offers Amazing Options in a Breathtaking Venue



Palm Harbor, Florida | May 11-16



## IAFTC Offers.....

- Focused courses that combine lectures and discussions with interactive practical applications.
- Courses include hands-on education in the pool, lectures, land workshops, and master classes.
- Practical ideas to help your clients immediately!
- Education that equips you with advanced knowledge.
- Specialty Courses and Certifications for specialized training, delivered through blended online education, will be available throughout the week at a small extra fee or FREE for in-person attendance exclusive to IAFTC 2026 Attendees!
- CEC/CEU-approved Continuing Education Workshops, Labs & Lectures all receive CEC/CEU credit through AEA, ATRI, ACE & NASM/AFAA.

## Innisbrook Resort

We are returning to one of the most peaceful places on Florida's Gulf Coast!

There are only a few locations capable of hosting IAFTC, and this one is right at the top, consistently a favorite among attendees. Secluded and nestled near Tampa International Airport, Clearwater, and St. Petersburg, Innisbrook Resort and Conference Center offers an excellent venue for the conference with easily accessible meeting rooms and four swimming pools. Additionally, there are two more pools available for you to relax and unwind when you need a break from the conference.

When you drive through Innisbrook Resort's gates, you'll be welcomed by the rolling hills, part of the Arcadia Ridge and tranquil lakes across the expansive property made up of 600 acres. Perfect for family and friends, colleagues, clients, and students, there is something for everyone. Relax at the Loch Ness Monster Pool, pamper yourself at the Salamander Spa, enjoy a round of golf, play your favorite racket sport, hit some balls on the range or mini putt, or simply grab a quick bite or a relaxing meal at one of the many on-site eateries.





## Help AEA Make a Difference with Your Registration!

Be one of the lucky ones to register for the Commemorative Package and get your Commemorative IAFTC 2026 T-Shirt and Towel!



Help AEA Pay it Forward as a portion of the profits from this registration type will go to the Miss Pat's Scholarship Pool to help those who are less fortunate than us!

Let's keep building our professions and expand our leadership pool in aquatic fitness and therapy!



# Registration Fees

### Let's Make Things Easy.....

We want you to feel like the important person you are, so we are significantly discounting or including the in-person specialty courses, training, and certification prep courses as part of your registration fee!

There are a few excellent pre- and post-conference events you might not want to miss, and while they require separate registration fees, they still offer better prices than other events!

Remember....You have access to a lot for one special price if you are an AEA/ATRI Member!

Full Conference Commemorative Package	Member	Non-Member
<b>Commemorative Package Available until March 1 or until supplies run out!</b>		
Early Bird AEA/ATRI Member Rate before <b>MARCH 1</b> <b>Includes a Commemorative IAFTC 2026 T-Shirt and Quick Dry Extra Large Body Towel to use through the week to help this event be a little more sustainable. Valued at \$32.00!</b>	\$615.00	NA
Lunch provided Wednesday & Thursday, Breakfast and Dinner Reception/Party Friday		

Full Conference Regular Attendee after March 1	Member	Non-Member
Full Conference Registration <b>NO T-Shirt &amp; Towel</b>	\$695.00	\$795.00
Lunch provided Wednesday & Thursday, Breakfast and Dinner Reception/Party Friday		



Let your worries melt away at Salamander Spa, where healing treatments refresh body and soul. Experts use holistic techniques tailored to your needs, including golf-specific treatments like Golfer's Muscle Melter and the 19th hole facial. Enjoy spa services, a full beauty salon, fitness classes, and special events that leave you feeling pampered and rejuvenated. Make sure to mention you are an IAFTC attendee to get a 10% discount.



## Bring Clients, Students, Family & Friends to IAFTC Companion/Student Packages are available! \$425.00\*

### Package Includes:

- Master Classes & Land2Water Sessions Tuesday
- Lectures, Labs, Wake Up and Wind Down Sessions Wednesday through Friday
  - Marketplace Access
- Meet & Greet Tuesday, Wednesday & Thursday Lunch, Friday Breakfast, Dinner & Dance Party

**\*Companions are not eligible to earn CEC/CEUs for sessions attended.**

- One of America's top Florida golf resorts with world-famous courses where guests can play on the same fairways loved by the world's best professionals!
- Relax or refresh at the Loch Ness Monster pool - a favorite for kids who love water slides, plunge pools, and waterfalls
- Minutes from some of the country's best beaches on Florida's Gulf Coast. Caladesi Island State Park, in Dunedin, Fla. has been named in the Top 10 Beaches List of 2024 by Dr. Beach!
- Bring your life into balance at the Salamander Spa, featuring an extensive treatment menu and a variety of spa packages.
- Adjacent to the spa, the 4,800 square foot fitness facility features cardio and strength equipment.
- Enjoy the natural beauty of this 600-acre resort as you walk, jog or bike along the winding roads and walkways.
- Fishing enthusiasts will find largemouth bass, catfish and bluegills in Lake Innisbrook.
- Innisbrook's Tennis Center offers 11 Har-Tru® courts, seven lighted for night play, a pro shop and 3 racquetball courts.

Share everything Innisbrook has to offer.....



# Innisbrook Resort & Spa

## Hotel Accommodations

### Rooms will sell out!

- Junior Suites, One-Bedroom Suites and Hotel Rooms (no fridges)
- Rates starting at \$189.00++ (includes a \$40.00 per night resort fee) for Single, Double, or Triple occupancy. Quad add: \$20.00 per night.
- Junior Suites and One Bedroom Suites will sell out quickly. Both feature kitchen appliances!**
- Two-Bedroom Suites are limited and may be available at a nightly rate of \$330.00++ (includes \$40.00 per night resort fee).
- All buildings have clothing washers and dryers; you need to bring your own detergent and laundry sheets if applicable.
- IAFTC Registration will also have a limited supply of laundry pods.
- Food delivery and grocery services available to make your week less stressful.
- All food outlets also have to-go options if you prefer a Grab & Go meal!
- There is free On-Site Shuttle Service.
- Limited bike rentals may be available.

#### Airport Information

Tampa International Airport (TPA) is your best bet for domestic travel with many flights and lots of airlines to choose from. Several European international destinations also offer nonstop flights in to TPA.

#### Other Frequently Used Airports:

St. Petersburg/Clearwater (PIE) 16 Miles  
Sarasota (SRQ) 63 Miles  
Orlando (MCO) 109 Miles  
Miami (MIA) 285 Miles



#### Airport Transportation Shuttle Information

AEA will post your shuttle options at the IAFTC page of the website. Once you have completed your IAFTC Registration and secured your Accommodations, you will be prompted to the options available.



**\$189.00**  
Starting at

36750 U.S. Highway 19 North  
Palm Harbor, FL 34684  
888.794.8627

**INNISBROOK**  
SALAMANDER COLLECTION



Explore Innisbrook

Register Now - More Info

Offering Continuing Education & Training in Aquatic Therapy and Fitness, Crossover (ideal for all professionals), Land Workshops, Labs (learn on land, bring to the water), and Lectures



#### **Physical Therapy & Crossover Courses (THER/THER+ Designations)**

Who Should Attend Our Events? No matter your profession, aquatics is the common thread. From speakers to attendees, you'll meet a diverse group of healthcare professionals whose disciplines can enhance your learning experience, including PTs, PTAs, OTs, OTAs, TRs, ATs, KTs, MDs, DOs, PhDs, ExPhys, RNs, LMTs, Physical Educators, Assistants, Aids, and Aquatic Fitness Professionals. Discover how your practice fits into the multidisciplinary network of services.

#### **New to Aquatic Therapy?**

We recommend Intro to Aquatic Therapy and Rehab which will be offered on Monday, May 11.

#### **Physical Therapy Continuing Education Information**

Numerous therapy and aquatics-related organizations accept IAFTC Courses

and award credit as appropriate. Specific information will be available after IAFTC and or downloadable. All attendees will receive a Continuing Education Credit/Unit Form and Certificate of Completion as proof of attendance. These documents can be used in addition to the Course/Workshop descriptions and biographies from the event documents, as well as the course outline/handout. AEA/ATRI is here to assist you with obtaining your CEUs!

The following organizations routinely approve ATRI educational events for continuing education hours:

- American Kinesiotherapy Association (AKTA)
- American Therapeutic Recreation Association (ATRA)
- Florida Board of Occupational Therapy
- Florida Physical Therapy Association (for Workshops/Courses in Florida)
- Physical Therapy Board of California
- Illinois Department of Financial and Professional Regulation

Many state Physical Therapy and Occupational Therapy organizations require pre-approval for conference Workshops. If you need PT or OT continuing education approval, check with your state's PT or OT organization to find out their requirements. Since each state is different, ATRI does not automatically secure PT or OT continuing education pre-approval for all states due to cost concerns. Each therapist must adhere to the guidelines provided by their state's PT or OT organization for approval. Please contact AEA directly at [info@aeawave.org](mailto:info@aeawave.org) subject matter: CEU documentation.

Approved Continuing Education Workshops, Labs & Lectures all receive CEC/CEUs through AEA, ATRI, ACE & NASM/AFAA.



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Register Now - More Info

# Session Types



Select a variety of sessions, labs, workshops, and land classes for an engaging and revitalizing IAFTC experience!

**Offering Continuing Education & Training in Aquatic Therapy and Fitness, Crossover (ideal for all professionals), Land Workshops, Labs (learn on land, bring to the water), and Lectures.**

**Designations for Therapy or Crossover Therapy/Fitness**  
THER - Sessions designed specifically for those in therapy, rehab, and other medically-based fields.

THER+ - Sessions with applications that crossover between therapy and fitness; excellent for bridging the gap in the aquatic industry.

## **Aquatic Workshop (AWS) Pool & Lecture**

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

## **Aquatic Master Classes (AMC) or Land Master Classes (LMC)**

Sometimes, you just want the moves! These 30-minute sessions are available for water (AMC) and land (LMC). They focus solely on practical applications.

## **L2W (Land2Water)**

Mini Lab: 30-minute session with NO POOL required. Improve your skills as an aquatic professional or leader WITHOUT getting your hair wet in these essential mini pool tool sessions!

## **Lab (LAB) In-Class Learning**

90 minutes. No pool needed. Improve your skills as an aquatic professional or leader WITHOUT getting your hair wet! Designed to deliver educational content specific to therapy, fitness, leadership, and health & wellness applications. labs include 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? IAFTC includes land fitness workshops that include practical applications and discussion, technique, format or methodology.

## **Lectures (LEC) No Pool Activity**

Dry off, relax your body, and engage your mind with a 90-minute session led by some of the industry's top professionals.

## **Wake-Up (WAKE)**

Start your morning with these quick 30-minute wake-up sessions. Take a walk around the property, energize with swim clinics, wake up with Ai Chi, or enjoy your morning stretch with options both on land and in water.

## **Wind-Down (RELAX)**

End your tiring day with relaxing and meditative activities like yoga, stretching, or perhaps immersing yourself in a sound bath or drumming circle. Try one or more of these options to unwind after the event or refresh before an evening walk around The Sponge Docks in Tarpon Springs. It's a wonderful way to reflect on all the day's IAFTC experiences!

# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

[Explore Innisbrook](#)



**MONDAY, MAY 11** 

**7:30 – 11:30 AM**  
**100 – Intro to Aquatic Therapy SPEC**

**Ruth Sova, MS**

CEC/CEUs: AEA 4.0, ATRI 4.0, ACE 0.4, NASM/AFAA 0.4

**\$39.00 AEA Member/IAFTC Attendee**  
**\$69.00 All Others/Non-Members**

Intro to Aquatic Therapy and Rehab ("Intro") is an informative half-day workshop for health professionals who wish to expand their skills in aquatic therapy and rehabilitation, review for the ATRI Certification, or explore recent developments in the field. Aquatic therapy and rehab are growing markets and provide excellent services to clients. "Intro" provides the most current essential information to build confidence in the concepts, compare the efficacy and outcomes with land-based therapy, try several popular aquatic therapy protocols during the in-pool lab, and access resources for more in-depth knowledge. One of the recommended Prep courses for the ATRI-Aquatic Therapy & Rehab Therapeutic Exercise Certification.

**MONDAY, MAY 11** 

**7:30 AM – 4:30 PM**  
**101 – AEA Aquatic Fitness Applications & Skills (PRAC) SPEC**

**AEA**

CEC/CEUs: AEA 8.0\*, ACE 0.6, ATRI 8.0, NASM/AFAA 0.7

**AEA Members/IAFTC Full Conference Attendees that purchase the Bundle receive this course FREE for this event only.**  
**\$129.00 All Others/Non-Members**

\*AEA CEC/CEUs are issued to individuals who are currently AEA Certified and those who obtain AEA Certification within 180 days of the course completion date.

Specialized training for those seeking the AEA Aquatic Fitness Professional Certification. The day-long course focuses on practical instructor skills and covers many, but not all, of the AEA Aquatic Fitness Professional Learning Objectives. Additional advanced study is highly recommended for the examination, including the AEA AFP 8th Edition Online Prep Course (included in the AEA AFP Cert Prep Bundle registration option).

This course helps you pursue the AEA Aquatic Fitness Professional Certification. Earning AEA Certification can elevate your aquatic fitness career! Become part of the elite group of certified professionals by using the training resources provided by AEA, including this engaging hands-on workshop, to support your path to Certification. This course enhances the

**IAFTC Only Special \$209.00**

\*If you have already purchased the AEA AFP Cert Prep Bundle prior/ separately from this event registration, the IAFTC Scheduled PRAC will be INCLUDED!

teaching skills needed for aquatic group fitness instructors or personal trainers working with clients in the water.

With both classroom and pool learning, you can better prepare for the certification exam by applying information from the manual and online prep course into action! Lectures, video examples, worksheets, movement-skill practice, and practical demonstrations will reinforce knowledge of safe and effective aquatic fitness programming and instruction. Your industry expert will cover applied anatomy, muscle actions and equipment, altering exercise intensity, program design, deck teaching, and more.

**PLEASE NOTE:** The AEA Aquatic Fitness Professional (AFP) Manual is the primary resource for obtaining AEA Certification. The AFP Manual (8th Edition, Hard Copy or eBook/Digital version) will be referenced throughout the course. Have your manual available to get the most out of this recommended preparation course.

# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

[Explore Innisbrook](#)

**MONDAY, MAY 11**

**8:00 AM – 4:00 PM**

**102 – Jump Start Gold**

**SPEC**

**Kelly Bullard, MS**



Teach Two Audiences Right Away! Learn the foundation and formula of the Zumba® program and how to adapt it for an active older audience. Receive Zumba® License and Zumba® Gold License if joining ZIN. Jump Start Gold is a program designed to bring together the foundation of Zumba Fitness as taught in our B1 Instructor Training and our Zumba Gold Training. Designed for instructors who wish to teach the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. This will also prepare you to teach attendees just starting their journey to a fit and healthy lifestyle. Attendees receive a one-year Basic Zumba License and a Zumba Gold License as long as they are a ZIN Member in good standing.

[Register/More Info](#)

**MONDAY, MAY 11**

**9:00 AM – 4:00 PM**

**103 – S'WET Deep**

**SPEC**

**Katy Coffey and**

**Jenni Lynn Patterson-LaCour**

CEC/CEUs: AEA 8.0, ACE 0.8, ATRI 8.0,

NASM/AFAA 0.8

**\$150.00 AEA Member/IAFTC Attendee**

**\$195.00 All Others/Non-Members**

**NOTE: AEA MEMBERS – If Taking Both S'WET Courses during IAFTC you can SAVE \$100.00!**

The S'WET™ DEEP Instructor Training is a full day of intensive education and practical learning specifically designed to revamp and reinvigorate your deep water aquatic fitness teaching skills! The 8-hour day includes interactive lectures, demonstrations, group exercises and in-pool workouts to help you teach deep water classes using appropriate equipment and exercises for suspended work. With S'WET™ DEEP, you'll learn how to train smarter, not harder, by harnessing the buoyancy and resistance of the water to optimize your workouts. The certification provides a comprehensive understanding of how to effectively structure your deep water training sessions to achieve maximum results for all fitness levels.

**For More Information [CLICK HERE](#)**

**MONDAY, MAY 11**

**7:30 - 11:30 AM**

**104 – SAF AQUA® Drums**

**Vibes Certification (In-Person Component)**

**ADVANCED Online Course**

**Mandatory**

**SPEC**

**Joanna Apolinarska, MS**

CEC/CEUs: AEA 4.0, ATRI 4.0

**\$75.00 AEA Member/IAFTC Attendee**

**\$95.00 All Others/Non-Members**

The SAF AQUA Drums Vibes® concept is a unique aquatic fitness program that combines drum rhythms, great fun, and excellent training. Creating this program changed our approach to aquatic resistance training - the equipment lengthens the upper body levers to progress intensity. A unique equipment-based program built around specially designed grips, positions, and variations. Practice the basic holds, movements, and combinations found in SAF AQUA® Drums Vibes classes and understand the basic principles of this training format. Explore the use of music and choreography methods to develop engaging classes and enhance motivation as you learn the structure of a SAF AQUA® Drums Vibes lesson. Today, the SAF AQUA Drums Vibes program is available worldwide. Now you can join this amazing team.

# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

[Explore Innisbrook](#)

### MONDAY, MAY 11

**12:00 - 4:00 PM**  
**105 - Acquapole® Jump Start Specialty Certification (In-Person Component)**  
**ADVANCED Online Course**  
**Mandatory**  
**SPEC**

**Stefania Manfredi, MS**  
CEC/CEUs: AEA 4.0, ATRI 4.0  
**\$75.00 AEA Member/IAFTC Attendee**  
**\$95.00 All Others/Non-Members**

Acquapole® Jump Start is a foundational training designed to introduce you to various postures and safe grips using the Acquapole station. Learn how the pole can be incorporated into small group training, personal training, and specialty programs. Understand the program and equipment concepts, and practice basic grips, positions, and exercises. Discover how to use lesson plans and class variations to meet your participants' needs with safe and effective programming. Experience engaging master class demos and interactive skills.

### MONDAY, MAY 11

**12:00 – 4:00 PM**  
**106 - AEA-MH Aquatic Yoga Specialty Certificate**  
**SPEC**

**Cristina (Tinoca) Senra, MS**  
CECs: AEA 4.0, ATRI 4.0, (ACE, NASM/AFAA Pending)

**\$29.00 AEA Member/IAFTC Attendee**  
**\$49.00 All Others/Non-Members**

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. Understand how to effectively use the environment to create a unique yoga experience in the water and adapt basic aquatic fitness movements to assist in this practice.

**5:45 – 6:30 PM**  
**107 - Wind Down Sound Bath (Outdoors)**  
**RELAX**

**Donna Lewen**

Start your IAFTC week with this immersive experience, choosing to be either in the pool or on the pool deck. Led by Donna, this therapeutic session will help you relax, relieve stress, and reach a meditative state using sound-producing instruments. Immerse yourself in gentle sound waves and find total peace and calm before a busy week ahead.

### TUESDAY, MAY 12

**7:30 – 11:30 AM**  
**108 - Ai Chi Basic Training SPEC**

**Ruth Sova, MS**  
CEC/CEUs: AEA 4.0, ATRI 4.0, (ACE 0.4, NASM/AFAA 0.4)

**\$29.00 AEA Member/IAFTC Attendee**  
**\$49.00 All Others/Non-Members**



Move yourself up to another level with new opportunities for better health through Ai Chi. This Ai Chi Basic Training course focuses on the practical aspects of leading Ai Chi and is one component for Ai Chi International Instructor Certification. Start your journey or refresh your understanding of the basic concepts and benefits of Ai Chi, including insight into applications for diverse populations. Prepare yourself to offer the best Ai Chi techniques by exploring teaching tips, practicing the postures, and developing leadership skills. Consider modifications and variations applicable to different pool environments and aquatic programming to find your niche for leading Ai Chi in group fitness, personal training, or therapy and rehab. You will leave with a stronger sense of your goals and focus to move forward with Ai Chi. This course is required prior to sitting for the Ai Chi International Instructor Certification Exam. To achieve Ai Chi International Instructor Certification, successful completion of the required courses and exam and proof of CPR/AED are required.

# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

[Explore Innisbrook](#)

**TUESDAY, MAY 12** 

**7:30 – 11:45 AM**

**109 – Personal Pool Module Two – Practicalities**

**SPEC**

**Monique Acton**

CEC/CEUs: AEA 4.0, ATRI 4.0, (ACE 0.4, NASM/AFAA 0.4)

**\$29.00 AEA Member/IAFTC Attendee**

**\$49.00 All Others/Non-Members**

Personal Pool Module Two: Practicalities will reinforce key concepts from The Online Education Courses (Modules One and Two) and provide insights into practical applications and skills ideal for working with one-on-one clients and small groups. Learn essential skills that will enable you to deliver outstanding training to your clients, helping them maximize their personal pool sessions. Explore techniques, equipment use, and effective strategies that can be implemented for clients of all abilities and needs. This course is perfect for anyone in fitness or therapy looking for fresh ideas to better serve their clients.

- Learn Innovative Interviewing Tools
- Learn Adaptation Strategies for Clients & Training Protocols
- Explore Key Elements to Goal Setting & Success
- Create Sample Sessions for Common Populations in Aquatics
- Review & Explore Equipment Options & Recommendations

**TUESDAY, MAY 12** 

**11:00 AM – 2:30 PM**

**110 – Aquatic Therapy and Exercise for Autism: Understanding Sensory Needs**

**SPEC-THER**

**Cindy Freedman, OTR, and Ailene Tisser, MA PT**

CEC/CEUs: AEA 3.0, ATRI 3.0

**\$39.00 AEA Member/IAFTC Attendee**

**\$79.00 All Others/Non-Members**

In aquatic therapy and water exercise classes for swimmers with autism, recognizing and responding to individual sensory processing needs is essential for fostering regulation and progress. Two primary sensory profiles often emerge: Sensory Seekers and Sensory Avoiders. Each group requires a tailored therapeutic sequence to achieve regulation, engage in therapy, and meet swim goals. Identify the sensory characteristics of swimmers with autism, distinguishing between sensory seekers and sensory avoiders. Understand the sequence of sensory input needed to achieve regulation and recognize signs of dysregulation to apply appropriate strategies. Develop individualized aquatic plans that align with each swimmer's sensory profile.

**TUESDAY, MAY 12**

**12:00 – 4:00 PM**

**111 – AEA MAA Martial Arts Aquatics Specialty Training**

**SPEC**

**Silvia Senati**

CECs: AEA 4.0, ATRI 4.0, (ACE, NASM/AFAA Pending)

**\$29.00 AEA Member/IAFTC Attendee**

**\$49.00 All Others/Non-Members**

Martial Arts Aquatics offers an innovative format that combines various martial arts styles into an aquatic fitness program. Silvia Senati - known for her ThaiFit™ training and continuing education - developed this easy-to-follow system over 10 years ago to help aquatic professionals broaden their programming options. Explore the physical and mental benefits; practice basic skills, techniques, and movement combinations; and learn methods to tailor MAA for different participant levels and program formats. This in-depth course is designed to help you confidently and successfully lead this style of aquatic training.

# IAFTC

A magical event that bridges the gap between fitness and therapy and health and wellness, IAFTC offers something for every professional in all things Aquatic Exercise.



# Session Descriptions

[Register Now - More Info](#)

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**Tuesday, May 12**

**6:30 – 7:00 AM**

**Wake Up Sessions - Sleep IN or Select One Session from 201 – 204**

**201 – Ai Chi Awakenings**

**WAKE**

**Katrien Lemahieu, BS**

Enjoy the sunrise over Innisbrook as you wake up with Ai Chi to start your day. Strengthen your mind, body, and soul with breath, balance, and awareness, leaving energized and prepared for a powerful conference.

**202 – Rise & Shine Pool Pilates**

**WAKE**

**Melissa Plumeau, MS**

Rise and shine with an easy-to-follow, feel-good Pilates routine to start your day feeling stretched and centered! Wake up with this simple sequence to set your body (and soul) up for success as you begin the IAFTC day ahead!

**203 – Kickboard Clinic**

**WAKE**

**Mary Wykle, PhD**

Kick-start your day and learn kick variations with an energetic wake-up challenge that includes kicking drills such as the intense flutter kick, dolphin kick, and breaststroke kick. Cool-down will involve participants learning innovative lower-body rhythmic stretching.

**204 – Morning Wake Up Walk**

**WAKE**

**Julie See**

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

**Tuesday, May 12**

**7:30 – 8:45 AM**

**Select One Session from 205 – 211**

**205 – Aqua Charge – High Voltage Circuit Training**

**AMC**

**Donna Boucher**

Power up with scalable, high-intensity formats that spark results for all fitness levels. Explore how an energized tone of voice, clear cues, and dynamic body language can charge up your participants, power the flow of each circuit, and deliver high voltage energy for an electrifying experience

**206 – Slow Tempo Aqua – Align, Enhance, and Enjoy in the Water**

**AMC**

**Manami Takanuma**

This slow-tempo aqua program for all levels or participants reduces stress on the joints while improving range of motion, circulation, cardiovascular endurance, balance, and daily functional movement. Elements of Ai Chi balance stillness with flow to benefit both mind and body.

**207 – Aqua Taba Ball**

**AMC**

**Mushi Debora Harush, MA**

An exciting Tabata workout based on individual strengths and experience levels. Use the resistance of the water to engage various muscle groups while being gentle on the joints. Add the challenge of incorporating the ball to improve balance, stability, and core strength.

**208 – Aqua Logical Drag Training**

**AMC**

**Megumi Hara**

Aqualogix equipment maximizes the water resistance to train upper body, lower body, and core. Rhythmic, full-body movements between each section keep the workout dynamic and engaging, while enhancing overall results. Sculpt the body and improve balance.

**209 – Super Nova Strength**

**AMCX**

**Katy Coffey**

Featuring the innovative Liquid Stars, learn to harness buoyancy for resistance, stability, and core activation in fresh, challenging ways. A comprehensive toolkit of creative, functional moves. Leave with the knowledge, techniques, and confidence to guide your participants to new heights.

**210 – Aqua Booty Boot Camp**

**AMC**

**Melissa Plumeau, MS**

Fast-paced class combines body weight buoyancy and resistance bands to sculpt, strengthen, and challenge your lower body and core. Mix in HIIT bursts to keep things moving and muscles engaged. Jump in, push yourself, and leave feeling strong, sculpted, and unstoppable!

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## **211 – Postural Training for Back Pain Prevention**

**LMC-THER+  
Cristina Zaghi, BS**

Correct posture is key for quality of daily life. Examine various postural methods to implement a protocol for the prevention and treatment of low back pain and trigger points, as well as a protocol for correct posture. Ideal for those who remain seated for many hours each day.

**Tuesday, May 12**

**9:00 – 10:15 AM**

**Select One Session from 212 – 217**

## **212 – CORE-dination**

**AMC  
Antonio Russo, BS**

A freestyle training masterclass with simple combinations, designed to improve coordination and strengthen the core through targeted exercises. Increase body awareness through functional movements. Suitable for everyone, with special attention to the elderly.

## **213 – Aqua Zumba®**

**AMC  
Jenna Bostic, BS, and Richard Gormley, BSc K**

Make a splash and experience the refreshing, invigorating Zumba® pool party, featuring a variety of Latin and International dance rhythms. A well-balanced workout that encourages students at all fitness levels to join the Zumba experience.

## **214 – Music Does Count! But How?**

**L2W**

**Katrien Lemahieu, BS**

Listen, structure, and choreograph to music for aquatic dance classes or focus on neuroplasticity and cadence training for rehab purposes. Learn to hear the chorus, bridges, downbeats, and more to get the most out of your music. Explore tempos and transitions - and move it!

## **215 – Aqua Combat Challenge**

**AMC  
Ian Levia**

An aquatic fitness experience inspired by martial arts that combines striking drills, kicks, and dynamic combat moves with water's resistance and cushioning. It safely breaks down combat techniques, designs progressive training formats, and uses motivational coaching.

## **216 – The Freshener**

**AMC  
Mark Grevelding**

An epic collection of 5-minute class segments that target choreography, HIIT, kickboxing, core, hand bars, noodles, arthritis, and flexibility. Give your classes a fresh look by ordering up some Class Segments-to-Go. Avoid burnout one short segment at a time.

**Tuesday, May 12**

**10:30 – 11:45 AM**

**Select One Session from 218 – 223**

## **218 – Hydrorider High Intensity Circuit**

**AMC  
Giorgia Collu & Manuela Ragnoli, MS**

Get ready to energize your workouts by exploring different intensities, power cycles, and active recovery with Riderbands. Discover new training ideas for both upper and lower body using the Hydrorider Line!

## **219 – Elevate**

**AMC  
Nachiko Onuki, BS**

A total-body workout integrating three key elements—cardio, strength, and functional movement—built progressively through three levels. A step-by-step approach targeting the skills to design purposeful, results-driven classes—an essential step in elevating your expertise.

## **220 – Ai Chi Deck Props – Safely Teach on Deck**

**L2W  
Jennifer Perrin**

Experience teaching Ai Chi from the deck using a variety of props (such as a stool, planter, walking sticks, or chair) to enhance visibility and accessibility. Discover simple ways to protect your body and ensure participants can follow your clear and visible movement patterns.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## **221 – Hydrorider Aqua Circuit** **AMC**

**Ana Rodriguez, MS**

A dynamic blend of aqua cycling and functional training to maximize strength, endurance, and cardiovascular conditioning. Intervals target resistance, balance, and core exercises performed with the Hydrorider Aquabike, AquaJump and RiderBand.

## **222 – Trigger, Train & Tone** **AMC**

**Katrien Lemahieu, BS**

Deep-water running and stationary deep-water exercises are effective for strengthening the weaker muscles in the posterior part of the body. Review the back muscles and then Trigger, Train, and Tone them. Use specific exercises and class structure you can take home right away.

## **223 – Dare to Chair by SCW** **Fitness** **L2W**

**Ann Gilbert**

Take a seat and spark something new. Blend energizing cardio and functional moves in a seated format that's perfect for older adults and those needing modifications. With Purpose, Performance, and Population as your guide, you'll leave ready to launch a SEAT program.

**Tuesday, May 12**

**12:00 – 1:15 PM**

## **Select One Session** **from 224 – 231**

## **224 – Diamond Jump** **AMC**

**Manuela Ragnoli, MS**

New ideas for safely and effectively working with the Hydrorider® AquaJump to achieve muscle conditioning, balance, and cardio improvements. Short combos and repetitions provide fun and effective training built on the physical laws and principles of the water.

## **225 – Afro-Latin Expression** **AMC**

**Cristina (Tinoca) Senra, MS**

The soul of an Afro-Latin class is finding the correct ways to adapt the movements to the water, and demonstrating them with lots of expression, rhythm, and passion ... and we ALL can do it! Explore cueing tips, music use, choreography, and your body's expression.

## **226 – Deep Core Ball Workout** **AMC**

**Hayley Pittam**

A dynamic deep-water workout that blends strength, cardio, and core training using a small ball. Challenge balance, stability, and endurance with playful yet powerful movements to target major muscle groups, ignite your metabolism, and build total-body strength.

## **227 – 3000 Steps in 30 Minutes**

**LMC**

**Kelly Bullard, MS**

Grab your shoes and take your participants through an indoor walking experience with very little space needed. Experience how simple and fun it can be to conquer 3000 steps in just 30 minutes with various walking tempos, directions, patterns, and mental stimulation.

## **228 – Fluid Pilates and Tone** **AMC**

**Giorgia Collu**

Combine mindful movement and core stability of Pilates with targeted muscle-strengthening exercises, all adapted to the aquatic environment. Short, flowing sequences build control, balance, and flexibility while incorporating resistance for upper and lower body toning.

## **229 – One Hand Bar 3.0** **AMC**

**João Santos, BSc**

Create dynamic, efficient, and challenging movement sequences using only one aquatic hand bar per student. Create fluid and progressive sequences through asymmetrical movement exploration, lever variations, alternating body segments, and constant core activation.

## **230 – Ball-istic** **AMC**

**Bruno Miguel Silva de Moura, BS**

Explore and enhance the functional use of key muscle groups through powerful arm and leg combinations. Precision and form meet resistance in a challenging, low-impact environment - perfect for learning new ways of sculpting and strengthen.

# Session Descriptions

[Register Now - More Info](#)

Explore Innisbrook

## 231 – Meditate in a Minute

**LMC**

**Donna Lewen**

As fitness and therapy professionals, we often overlook the value of meditation, even though it can benefit both our clients and us. Discover how to integrate a simple one-minute meditation into all your classes! Recognize the importance of mind-body benefits and find out how to incorporate it effortlessly – just one minute is enough.

**Tuesday, May 12**

**1:30 – 3:30 PM**

**Select One Session  
from 232 – 240**

## 232 – Acquapole® Fundamentals

**AMCX**

**Stefania Manfredi, MS**

Core principles of training with the Acquapole®. Experience a balanced and accessible session that targets overall muscle activation, focusing on upper body, core engagement, and postural alignment. Ideal for beginners or implementing Acquapole® for the first time in group settings.

## 233 – Beyond the Swing: Creative Training with the Hydrorevolution Racket

**AMCX**

**Sarah Reedy, BS**

The Hydrorevolution Racket Trainer was designed with sport-specific aquatic training in mind—but its potential goes far beyond racket sports. Explores innovative ways to use for total-body conditioning, core stability, balance training, and functional movement patterns.

## 234 – Sound of Silence

**AMC**

**Stefania Manfredi, MS**

Join this session with no equipment and get grounded! Experience a deep sensory and emotional training that explores movement, rhythm, perception, and awareness without external music – a way to rediscover your inner rhythm and collective connection.

## 235 – Strategic Arm Design – Plan Every Movement

**AMC**

**Nachiko Onuki, BS**

Explore how arm movements in the water can significantly influence overall body performance. Move the arms with awareness and intention using variations in joint actions and smooth transitions. Apply to any type of class and add valuable skills to your teaching toolbox.

## 236 – Zumba Fitness® Party: Feel The Music

**LMC**

**Kelly Bullard, MS**

The moves, the music, and the nonstop energy: Zumba® is a worldwide fitness revolution with over 12 million Zumba fans around the globe. Experience exciting choreography techniques and enjoy a nonstop, get-down-and-dance, calorie-burning, high-energy workout!

## 237 – Hydro Load

**AMCX**

**Katy Coffey**

Use drag-resistance tools like AquaStrength barbells, bells, and fins to isolate muscle group with slow, controlled, and purposeful movements. Train within optimal time-under-tension to stimulate muscle fiber adaptation, improve muscular endurance, and enhance strength.

## 238 – K-Aqua Wholesome Stretch 15

**AMC**

**MeeHee Park**

Safely conclude your sessions while promoting muscle recovery and core stability. Incorporate breathing techniques, cardiovascular recovery, and dynamic and static stretches in all movement planes, and integrate anatomical principles with myofascial continuity.

## 239 – Triple Power: Aquatic Cardio-Strength Intervals

**AMC**

**Javier Bergas, BS, and Mushi Debora Harush, MA**

High-intensity intervals, functional moves, and playful partner challenges keep participants motivated and engaged from start to finish. Adaptable to both shallow and deep water, explore innovative drills and combinations that maximize results while keeping the fun factor high.

## 240 – Bollywood Drum Vibes

**AMC**

**Vikki Jonied and Andrea Velazquez**

Bollywood-inspired workout with the SAF AQUA® Drums Vibes that combines exhilarating choreography and high-intensity resistance movements with upbeat music from around the world. Improve strength, stability, coordination, and more as you groove to the drumbeats.



Patricia Breen

*"I've been to hundreds of conferences in my career as an aquatics and pilates instructor. IAFTC Is the most comprehensive, inclusive and enriching event of them all. Disneyland for my brain, body and soul."*

Megan Kvitkin

*"IAFTC united by the passion to change the perception of fitness and therapy through water."*

Debi Roth

*"Be a part of IAFC for life changing experiences, memories, and life long skills from worldwide Leaders in Aquatic fitness and therapy education."*



# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

**Wednesday, May 13**

**6:30 – 7:00 AM**

**Wake Up Sessions - Sleep IN or Select One Session from 301 – 304**

**301 – Ai Chi Wake Up**

**WAKE**

**Mary Wykle, PhD**

Wake up with Ai Chi to start a new day at IAFTC and strengthen your mind, body, and spirit through breath, balance, and awareness. Leave energized and prepared for a power-packed conference.

**302 – Aqua Yoga Wake Up**

**WAKE**

**Cristina (Tinoca) Senra, MS**

Bom Dia! Start your day with a fresh, simple, and silent awakening with Tinoca. Just you, the water, the ocean, and roaring waves will help you open your eyes and wake up your body for the fun filled IAFTC activities today!

**303 – Triathlon Tidbit**

**WAKE**

**Lori Sherlock, EdD**

Wake up like a triathlete and learn some tips on how to improve your swim skills and performance by including water training drills. Experience stroke mechanics, proper form, and single-arm drills to boost your performance while discovering the triathlete in you!

**304 – Morning Wake Up Walk**

**WAKE**

**Julie See**

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

**Wednesday, May 13**

**7:30 – 9:30 AM**

**Select One Session from 305 – 312**

**305 – Strength Training in the Water**

**AWS**

**Nino Aboarrage, PhD**

Essential variables must be controlled when training muscular strength in aquatic environments. Develop specific movement patterns to safely achieve the desired results through the application of frontal resistance, levers, acceleration, ROM, and equipment choices.

**306 – Pure Pattern Passion**

**AWS**

**Richard Gormley, Bsc K, and Ashley Bishop**

Preparing an aquatic class is more than stringing movement patterns together.. It's choreographing moments to move through emotion. You'll dance (and sing) along to a dynamic playlist in which each song is perfectly synced to the music, with or without typical buoyant equipment.

**307 – Pediatric Sensory**

**Integration**

**AWS-THER**

**Meredith Morig, MS, OTR/L**

Children with sensory integration challenges often experience difficulties in body awareness, motor planning, coordination, auditory and visual processing, fine motor skills, behavior, and social participation. Practical, evidence-informed strategies for improved functional performance.

**308 – Mind & Body Arthritis**

**Integrations**

**AWS**

**Lindsey Larkins, BS**

Elevate your classes by adding an exciting twist to your Arthritis Foundation Aquatic or Exercise Programming that benefits both the mind and body. Learn to use exercises from the AEA Arthritis Foundation Program Leader Resource Manual that challenge both physical and cognitive functions in ways you've never imagined!

**309 – Aquatic Gut N Glute Camp 2, Deep Water**

**AWS**

**Monique Acton**

Are you ready to take your gut and glute workout to the deep end? Designed to utilize both drag and buoyant equipment to effectively target the muscles of your core and glutes. The best part is that you can begin implementing this into your class right away.

**310 – SAF AQUA® Drums Vibes**

**Postural**

**AWS**

**Joanna Apolinarska, MS**

Posture and deep muscles take center stage. A mindful and intensive session dedicated to the technical mastery of movement, our singular focus is on the conscious activation of deep muscle systems and the principles of correct postural alignment in the water.

**311 – Autism Aquatics Under the Microscope**

**LEC**

**Evelyn Keyes BSc, and Gregory Keyes, PhD, MSc**

This presentation shares the many building blocks to take your knowledge of aquatics and adapt it to those on the autism spectrum. Explore advanced teaching methodologies designed to assist both those on the autism spectrum and their parents or caregivers.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## **312 – Spinal Mobilization Magic** **LAB-THER+**

**Sandi Tindal, C-IAYT**

Cultivate a balanced relationship through the curves of the spine by harnessing the power of breath. Partner inhalation and exhalation with specific directions of movement to magically mobilize (and simultaneously stabilize) your spine. Plenty of experiential practice.

**Wednesday, May 14**

**10:00 AM – 12:00 PM**

**Select One Session  
from 313 – 320**

## **313 – Tidal Surge: Forging Athleticism**

**AWS**

**Craig Yaniglos**

The answer to your favorite land-based HIIT studio, engineered for powerful results without the pounding. Intense blocks of metabolic conditioning, strength development using drag equipment, and a core-crushing finale all driven by heart-pumping playlists and expert coaching.

## **314 – Aquatic Exercise Is Medicine: Fall Prevention Exercises**

**AWS – THER+**

**Eduardo Netto, MS, and Lori  
Sherlock, EdD**

Aquatic exercise can bridge the gap from sedentary to active for novice or physically challenged exercisers. Practice and demonstrate effective aquatic exercise programming for fall prevention, applying best practices for improving functional mobility and confidence.

## **315 – Lumbo Pelvic Release in Aquatics**

**AWS-THER**

**Julia Meno, BS, CTRS**

Learn lumbo pelvic hip (LPH) trigger points associated with "lower crossed syndrome" pain. Examine/palpate TPs and the pain referral patterns typically presented with LPH pain. Discuss muscle imbalances, progression to self-maintenance, and aquatic release techniques.

## **316 – The Big 9 – 9 Part Plan for Total Body Results**

**AWS**

**Andrea Gilardoni**

A 4-month total body workout with 9 targeted segments. Use the aquatic environment to identify a training logic and develop a precise mesocycle plan, complete with structure, timing, and exercises. Ready-to-use lessons to easily, yet technically, manage proposed training process.

## **317 – Burdenko: DEEP Spine Stabilization**

**AWS-THER**

**Beth Scalone, PT, DPT**

The Burdenko Method integrates the six essential qualities of human movement for everyday life, fitness, and sport. This active therapeutic approach uses interplay between gravity and buoyancy to facilitate healing and minimize dysfunction for clients of all ages, levels, and diagnoses.

## **318 – Stimulating BrainPOWER for Balance**

**AWS**

**Donna Boucher**

Tap into the power of diagonal movement patterns to enhance brain function, sharpen balance, and improve coordination. Discover how cross-body movements engage both sides of the brain boosting cognitive performance while building strength and control.

## **319 – Pregnancy & Exercise: Understanding the Considerations**

**LEC**

**Cristina (Tinoca) Senra, MS, and  
Renata Tarevnic, PhD**

Based on the latest scientific worldwide guidelines and practical experience. Learn important exercise considerations – land and water formats – for athletes, diabetic, and hypertensive pregnant women. Discuss physical, emotional, and social aspects of pregnancy.

## **320 – Applications of Ai Chi for Spinal Movement**

**LAB**

**Mary Wykle, PhD**

Look at the most common areas of the spine that require surgery with fusion plus other areas seldom addressed in movement adjustment. Advances in surgery techniques expedite return to the pool and it is essential to understand the modification and progression for each movement.

**Wednesday, May 14**

**12:15 PM – 12:45 PM**

**Eat, Shop and/or Select One  
Demo from 321 – 324**

## **321 – Aquabike & Music**

**AMC**

**Manuela Ragnoli, MS**

Music can be a key motivator in fitness classes, especially in aquatic bike training. Let music help you create innovative and exciting cycling workouts that are effective for your students. Experience cueing and music-driven programming that will appeal to various ability levels.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## 322 – Therapy Tools Tips & Tricks Featuring Danmar Products

**AMCX**

**Beth Scalone, PT, DPT and Ruth Sova, MS**

Join Beth and Ruth to explore some of the useful tools from Danmar Products designed to enhance your client's experience, progress in aquatic therapeutic exercise, and more.

## 323 – Wave Run by Hydro-Fit

**AMCX**

**Craig Stuart**

Learn the core elements of teaching proper running form and technique in the zero-impact environment of deep water. Harness liquid resistance and take it to new levels with complementary 'vertical swim strokes' to challenge all the musculature and systems in the body.

## 324 – BOQ Cardio Toning Workout Challenge

**AMCX**

**Katy Coffey**

Join Katy to explore the future of aquatic fitness equipment with BOQs, offering omnidirectional resistance that engages you from all sides—turning every movement into a comprehensive, full-body workout.

**Wednesday, May 14**

**2:15 PM – 6:15 PM**

**Select One Session from  
325 – 332 or take the AEA  
Arthritis Next Level!**

## 325 – Pediatric Positioning and Handling in the Water

**AWS-THER**

**Meredith Morig, MS, OTR/L**

Effective positioning and handling are foundational skills in pediatric aquatic therapy, supporting safety, engagement, and therapeutic outcomes. An in-depth exploration of how childhood development, primitive reflexes, and sensory processing influence decision-making.

## 326 – Aqua Yoga Psoas Workshop

**AWS**

**Christa Fairbrother, MA**

Your psoas is the only muscle in your body that connects upper and lower extremities. Diagnoses as diverse as arthritis, asthma, chronic back pain, IBD, and PTSD can have a psoas component. Strategies to stretch, strengthen, and relax the psoas for optimum function and health.

## 327 – Pool Play: Pump & Pulse

**AWS**

**Kelly Bullard, MS**

Mix cardio with muscular strength for a full body and mind engaging workout. Research suggests workouts that offer both cardio and strength training provide a well-balanced, effective workout that also taps into functional performance and improved body composition.

## 328 – Acquapole® Coordination

**AWS**

**Stefania Manfredi, MS**

Explore the principles of neuromotor coordination in water using the Acquapole®. A structured progression of movement patterns that challenge balance, rhythm, spatial awareness, and bilateral motor control. Combining functional aquatic fitness with cognitive-motor integration.

## 329 – Deep Water Stability Training for Core, Balance & Coordination

**AWS**

**Silvia Senati**

Challenge the body moving from vertical to horizontal supine, prone, and lateral positions. Play with different speeds, frontal resistance, travel, and hand positioning to maximize results. Engage core muscles to control posture and target precise movement through the kinetic chain.

## 330 – Wave Core 360

**AWS**

**Ian Levia**

Challenge the core from every angle. Build core endurance, balance, and posture through Pilates inspired movements, dynamic balance drills, and functional exercises. Learn effective coaching strategies for alignment and safe progressions and regressions for various levels.

## 332 – Aqua-I-Cue

**LAB**

**Evelyn Keyes BSc, and Gregory Keyes, PhD, MSc**

Four distinct domains of learning: aquatic exercise/therapy, interpersonal communication, business & leadership, and human physiology/biomechanics. For all instructors, therapists, and facility management to enhance their personal knowledge and then share with colleagues.

# Session Descriptions

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## Session Descriptions

**WEDNESDAY, MAY 14**

**2:30 - 6:45 PM**  Arthritis Foundation Program

### **333 – AEA Arthritis Next Level**

#### **SPEC**

**Kimberly Huff, MS, and Julie See**

CEC/CEUs: AEA/ATRI 4.0, ACE 0.3, AFAA 0.4, NASM 0.4

**FREE AEA Member/IAFTC Attendee**

**\$69.00 All Others/Non-Members**

Take you arthritis programming to the next level in the pool! There are various conditions, degrees of severity, and limitations experienced by individuals living with arthritis and related conditions. Some will benefit from a higher intensity exercise program than the AEA Arthritis Foundation Aquatic Program (AFAP). Gain insight of when and how to progress (and regress) exercise options to ensure an appropriate challenge and success for everyone.

**IMPORTANT RELATED INFORMATION:**  
This workshop is a standalone course and there are no prerequisites. However, it is also Part II of the AEA Arthritis & Aquatic Exercise: The Next Level Specialty Certificate. If you are interested in gaining the most from this workshop and furthering your education into arthritis-based programming, you can complete Part I (Aquatic Training Principles, which provides an additional

15 CEC/CEUs for AEA/ATRI/AFAP. Part I is an Online Ed course that can be completed on your own schedule before or after the Part II workshop. The two parts complement one another.

As the name implies (Next Level), the online ed course (Part I) and the in-person workshop (Part II) represent the next level of knowledge and understanding. Both are based on the exercises and concepts covered in the AEA Arthritis Foundation Program Leader Manual and the AEA Arthritis Foundation Aquatic Program (AFAP) Program Leader Online Training Course. Although not required, being familiar with this base level of knowledge, in particular the recommended exercises, will optimize your learning experience. You can purchase the Manual separately or it is included as part of the AFAP Program Leader Online Training Course.

To achieve recognition with the AEA Arthritis & Aquatic Exercise: The Next Level Specialty Certificate, both components to the Next Level Program (Part I and Part II) must be completed in addition to having current certification/training as an AEA Aquatic Fitness Professional and AEA AFAP Program Leader.

**Wednesday, May 14**

**4:30 PM – 6:15 PM**

**Select One Session from  
334 – 340 or Call it a Day!**

**334 – Where the Money Is: Home**

**Pool Clients**

**AWS-THER+**

**Lynda Huey, MS**

What you need to know to confidently arrive at any home pool and provide a personalized program for virtually any person and their condition. Listen - don't go past a single word you don't understand. Learn - see each pool's unique details and use them to your advantage.

**335 – WATERinMOTION Strength**  
**AWS**

**Ann Gilbert**

WATERinMOTION® Strength creates waves with water resistance, using dumbbells for a high-energy aqua workout. It builds strength, endurance, and athleticism while being joint-friendly. Creative choreography keeps each set challenging and explosive, offering a bold pool training experience.



Irene Pluim Mentz  
*"It is so great to meet all these like minded professionals at IAFTC, don't miss out!"*



Kelli Cuppett  
*"IAFTC offers invaluable opportunities to network with peers, expand aquatic knowledge to polish and design creative class formats, and discover the latest industry trends, all of which significantly boost professional and personal development."*

Jennifer Perrin  
*"Being surrounded by my aquatic and therapy family brings me so much joy- their support and shared passion inspire me every step of my learning journey. IAFTC is the best investment for your mind, body, and soul!"*



Carla Bigelow  
*"IAFTC is where mentors become friends as we share our love and knowledge of aquatic fitness."*

# Session Descriptions

[Register Now - More Info](#)

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## **336 – Watsu® Round Experience AWS-THER+**

**Vanina Delfino**

An aquatic therapy that involves three participants, one floats while the other two provide support and movement, fostering mutual assistance, exploration, and trust. Promotes deep relaxation, muscle tension release, and body awareness for both the recipient and the supporters.

## **337 – S'WET™ Boot Camp 2 AWS**

**Jenni Lynn Patterson-LaCour**

A dual-depth aquatic workout that combines structured interval training with functional strength, cardio conditioning, and core stability. Explore effective block formats, targeted cueing, and progressive movement patterns designed to challenge all fitness levels.

## **338 – Unlimited Intervals AWS**

**Jackie Lebeau, MS**

Never run out of ideas. Learn how to create your own templates for interval-based workouts by varying the work interval, rest interval, movement pattern, or equipment selection. Leave this session with at least 10 ready-to-use interval templates and more confidence to write your own.

## **339 - GLP-1: An Evidence-Based Approach for the Fitness Industry LEC**

**Eduard Netto, MS**

A comprehensive, science-based exploration of GLP-1 medications and the impact on weight management, body composition, and performance. Examine the physiological mechanisms, potential benefits, and risks, including muscle mass loss and nutritional challenges.

## **340 - Pain & the Brain: Myofascial Release and Progressive Muscle Relaxation**

**LWS-THER**

**Maria Pritz, EdD**

Our sensory-motor systems continually respond to daily stresses and traumas with specific muscular and myofascial contractions, which we cannot voluntarily relax. Use gentle, sustained pressure on problem areas to release adhesions, smooth the fascia, decrease pain, and improve posture.

**Wednesday, May 14**

**6:30 PM – 7:15 PM**

## **Relax Sessions - Select One Session from 341 – 342 or Call it a Day!**

## **341 – Breathwork Meditation and Sound**

**RELAX**

**Donna Lewen**

Breathwork Meditation and Sound: Self-healing and relaxation through Breathwork to clear your energy, meditation to cultivate joy in your life, and sound healing to harmonize the body, mind, spirit, and soul. Feel refreshed, relaxed, and balanced.

## **342 – Yoga for Good Night's Rest**

**RELAX**

**Sandi Tindal, C-IAYT**

In this wind-down yoga session with Sandi, discover how specific breath and movement techniques can help you relax your nerves, calm your mind, and ease bodily tension to prepare you for a restful night's sleep!

**Thursday, May 14**

**6:30 – 7:00 AM**

## **Wake Up Sessions - Sleep IN or Select One Session from 401 – 404**

### **401 – Ai Chi Rise & Shine**

**WAKE**

**Katrien Lemahieu**

Only for early risers - enjoy the sunrise as you wake up with Ai Chi to begin your daily journey. Experience balance, breath and awareness to strengthen your mind, body and soul. Leave refreshed and ready to begin your IAFTC Thursday!!

### **402 – Yoga Wake Up Rise & Shine**

**WAKE**

**Cristina (Tinoca) Senra**

Kick off your day with an energizing yoga session combining heat-building flows, dynamic stretching, and breath work. Rise and shine with Tinoca!

### **404 – Morning Chair Yoga Stretch & Go**

**WAKE**

**Julie See**

Sit tall and start your day with an energizing yoga and stretch routine led by Julie- all you need is your chair! Warm up and wake up with fluid, dynamic stretching to begin your day!

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

**Thursday, May 14**

**7:30 – 9:30 AM**

**Select One Session from 405 – 412**

**405 – Water Walk, Flex, & Stretch**

**AWS**

**Monique Acton**

Immerse into this mind body forma dynamic walking movements infused with Ai Chi arm techniques. Prepare to shift into different body positions to flex your muscles, using the drag force of the water. Wrap up your session with a series of stretches to leave you rejuvenated and refreshed.

**406 – Stack It!**

**AWS**

**Stephanie Thielen, BS**

Stacked is a progressive strength and cardio workout that involves performing multiple exercises consecutively, where exercises are added or removed for reps or duration. A time-efficient total body workout, Stack It is packed with variety, easy to follow, and simple to execute.

**407 – Twist and Shout: Rotational Trunk Control for Function**

**AWS-THER**

**Beth Scalone, PT, DPT**

The spine's coupling effect, where side bending and rotation occur together, means that trunk rotation exercises enhance mobility in the frontal plane and help reduce low back pain.

Apply current research with practical progressions to improve everyday function and sports performance.

**408 – Bad Ragaz Ring Method**

**Basic**

**AWS-THER**

**Julia Meno, BS, CTRS**

Theory and practice of the featured patterns, including categories and classifications. Examine indications, contraindications, and clinical considerations for the various patterns along with the required equipment, precautions, and physiologic effects of the Bad Ragaz patterns.

**409 – Improve Your Training – Make Your Class More Effective**

**AWS**

**Joanna Apolinarska**

Manipulate key variables like water depth, speed, and equipment to systematically implement progressive overload. Master strategies for methods such as AHII, aquatic resistance training, and plyometrics. Achieve clear training goals with conscious training and active engagement.

**410 – Yoga in the Deep AWS**

**Jackie Lebeau, MS**

How can you ground a yoga pose when there is no ground? Build strength from within and experience a suspended yoga flow using buoyant equipment, including a calming final relaxation segment. Leave with ready-to-use choreography to teach when you return home.

**411 – Breaking Up with Burnout: Falling Back in Love with Teaching**

**LAB**

**Sarah Reedy, BS**

Burnout happens—even in a job we love. Between the early mornings, repetitive routines, and constant energy output, it's easy for even passionate instructors to lose their spark. Reconnect with the joy that first brought you to the pool and build habits that protect your energy.

**412 – Adaptive Athletics: Pre/Post Stretching**

**LAB**

**Donna Lewen**

Learn how to integrate an adaptive athlete into your aquatic classes or personal training. Water skills - vertical, horizontal and breath control - will be brought to light to show them what they CAN do, not what they cannot do. Myofascial stretching will also be reviewed.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

**Thursday, May 14**

**10:00 AM – 12:00 PM**

**Select One Session from 413 – 420**

**413 – Aqua-Ohm Specialty Training**

**AWS**

**Irene Pluim Mentz, PT**

Learn how and why the Aqua-Ohm was developed and all the benefits, so you can safely and effectively use the equipment for multiple goals (strength, balance, partner work, shallow, and deep). Provide facility in-service training for your team to maximize the return on investment.

**414 – Water Pump®**

**AWS**

**Antonio Russo, BS**

Muscle conditioning represents the majority of the fitness offerings in many wellness centers. Creatively combine muscle conditioning formats with the benefits of aquatic fitness for an explosive mix that can target metabolic, endurance, power, and strength goals for your clients.

**415 – Back and Hips**

**Improvements with Vibration**

**AWS-THER+**

**Ruth Sova, MS**

Unplanned or disorganized movement may be an issue for those with hip and back pain, but it may also be a benefit for some clients. Work from the inside out and move with intentional sequences while adding various vibrational components (music, shaking, singing, humming, etc.).

**416 – Lumbo-Sacral Stability – Through the Breath!**

**AWS-THER**

**Sandi Tindal, C-IAYT**

The most effective treatment for SI joint pain or sacroiliac dysfunction involves full torso stabilization and spinal movement coordination along with breath. Reduce joint loading, boost circulation, and can train SI stabilization with less pain by bringing the treatment approach to the water.

**417 – Splashy Themed Workouts**

**AWS**

**Mark Grevelding**

Surprise class members with themed workouts during special events or holidays. Learn a simplified approach to designing themed templates that can be reused for any event or holiday. High intensity, dual-depth workouts that channel the music, moves, and mood of the theme.

**418 – Deep Core & More by**

**Hydro-Fit**

**AWS**

**Craig Stuart**

Gear up, get wet, and go beneath the surface to train your students for dynamic stability and improved posture. Learn how to integrate core stabilization techniques and multi-plane movement patterns to target and challenge the deepest muscle layers in the body.

**419 – The Magic of Self Promotion**

**LEC**

**Richard Gormley, BSc K**

The surge in social engagement is the prime opportunity to optimize your virtual visibility and bring more people to the pool. But where to start? This session will provide framework to curate content to boost your online presence with minimal time and financial investment.

**420 – Love Your Lymph**

**LAB**

**Katina Brock, MSEd**

An engaging overview of our lymphatic system: what it is, how it works, what interferes with it, what benefits it, and how little changes can make a big difference. Discover simple ways - for you and your clients - to improve lymphatic drainage, reduce inflammation, and feel better.

**Thursday, May 14**

**2:15 – 4:15 PM**

**Select One Session from 421 – 428**

**421 – AquaTriathlon**

**AWS**

**Vanina Delfino and Adriana Melotto**

Push limits and test endurance in this aquatic triathlon challenge. Stations combine pedaling techniques, running, and specific exercises to strengthen arms and core that simulate swimming movements. Optimize use of pool space while fostering an active and energetic environment.

**422 – Hydrorider EMOM Mix**

**AWS**

**Roxana Brasil, PhD**

Every Minute on the Minute is a training format where you perform a specified number of repetitions of an exercise at the start of each minute and rest for the remainder of that minute. Explore exciting variations of the classic format (ascending, descending, mixed) to achieve specific goals.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## **423 – Aqua Fusion: Dynamic & Restorative**

**AWS – THER +  
Hayley Pittam**

Experience the synergy of fitness and therapeutic movement in this dynamic aquatic workout. Explore exercises that cater to a range of abilities, emphasizing mindful movement and controlled resistance, perfect for individuals seeking both physical conditioning and gentle rehabilitation.

## **424 – Treatment Techniques: In Water Lab for Pediatric Therapy**

**AWS - THER  
Cindy Freedman, OTR, and Ailene  
Tisser, MA PT**

This course aims to help therapists enhance their handling skills, pacing, therapy progressions, and understanding of how water properties can support achieving therapy goals. It includes interactive exercises for handling techniques, equipment uses, and hands-on practice. Demonstrations will illustrate how integrating water's properties with handling and treatment principles can significantly improve treatment outcomes.

## **425 – Aqua Pilates: WaterReformed AWS**

**Melissa Plumeau, MS**

Merge classical and contemporary Pilates with the aquatic environment. Learn to adapt spring-loaded and mat-based movements for the water while maintaining core principles of control, breath, and flow. Leave with a take-home workout, a clear teaching framework, and fresh strategies.

## **426 – Train Like an Olympian in the Pool**

**AWS-THER+  
Lynda Huey, MS**

Using these techniques, coaches and trainers all over the world have managed to bring their athletes to the starting line, to the field, to the court, or to the ice on time. Learn how to speed the healing of athletic injuries while not losing fitness or sport-specific skills.

## **427 – Aquatic Applications for Balance Upgrades (Part 1)**

**Part 2 is 510 on Friday**

**LEC-THER  
Marty Biondi, PT, DPT**

Focus on the unique advantages of water as a therapeutic and activity medium to maximize automatic balance reactions. Drastically expands treatment options through physiological components related to balance and how to assess and improve balance using aquatic interventions.

## **428 – Move Smarter – Not Harder (Whole Body Approach)**

**LAB-THER+  
Maria Pritz, EdD**

The Whole-Body Approach uses physical exercise as a tool to achieve fitness of the body, mind, and spirit. A moderate amount of exercise in daily life empowers and supports the client to live under stressful demands and remain in optimal health. Build a structured, creative, supportive format.

**Thursday, May 14**

**4:30 – 6:15 PM**

**Select One Session from  
429 – 436 or End Your Day!**

## **429 – Aquatic Myofascial Release AWS-THER+ Arlette Ramos, BS**

Take myofascial release to the aquatic environment for increased proprioceptive sensitivity and greater comfort. Reduce muscle tension, improve mobility, and relieve pain by stimulating the fascia – the connective tissue that surrounds muscles and body structures. We will use therapeutic balls and work in pairs with activities to promote gentle compression and controlled sliding over tension points.

## **430 – Aqua Yoga for Balance AWS**

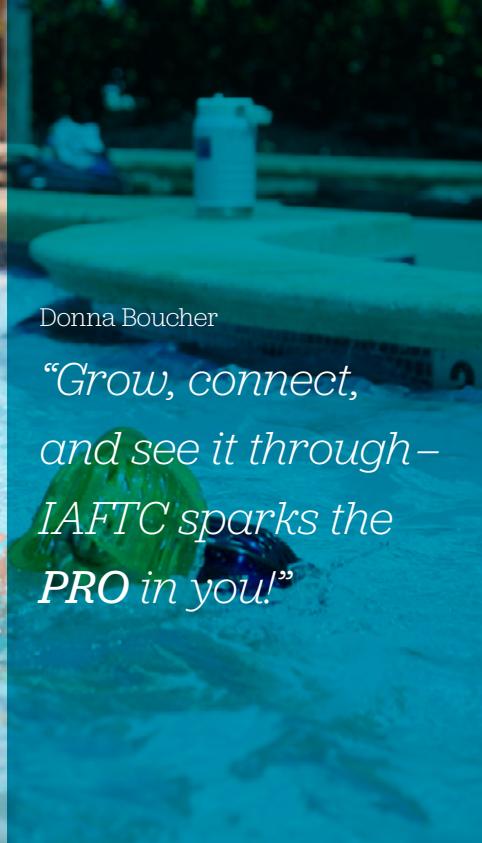
**Christa Fairbrother, MA**

Yoga has been shown to improve the balance of people living with a diverse range of conditions. Review yoga's impact on the vestibular system and yoga-based techniques for improving balance that can be used in shallow water for both therapeutic and fitness clients.

## **431 – Steady State Decompress AWS**

**Katy Coffey**

Hormone-conscious training to support fat metabolism, recovery, and energy balance. Concentric-focused strength work and steady-state cardio in the ideal heart rate zone reduces stress load while preserving lean muscle. Reset, rebuild, and return stronger.



Donna Boucher

*“Grow, connect,  
and see it through—  
IAFTC sparks the  
PRO in you!”*

Jeannie Brown Johnson

*In the words of the 1979 song by Sister Sledge:*

WE ARE  FAMILY 

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## **432 – Platinum Pool for Primetime AWS**

**Ann Gilbert**

WATERinMOTION® Platinum energizes the pool for active adults 65+. This safe, music-inspired aqua program uses buoyancy, resistance, and simple choreography to boost strength, balance, and mobility without stressing joints. Created by award-winning innovators, Platinum keeps participants moving, smiling, and loving every beat.

## **433 – Dance HIIT Fusion II AWS**

**Ashley Bishop and Lori Sherlock, EdD**

Help combat overweight and obesity by effectively pairing dance-based choreography with high intensity interval training to optimize fat loss. Fuse dance-based continuous training with HIIT schemes and review relevant research pertaining to how this influences physiology.

## **434 – APA: Adapted Physical Activity – Aging & Motor Activities AWS-THER+**

**Deborah Benetti, MS**

An adapted physical activity program with training methodologies and protocols to help counteract natural aging and the decrease of functional reserves of organs and systems. Utilize a variety of aquatic equipment to develop safe and engaging workout protocols.

## **435 – Gamify the Fitness Class Experience LAB**

**Stephanie Thielen, BS**

Increase participant engagement, motivation, and enjoyment by integrating games or gamelike elements to the fitness class experience. Points, leaderboards, choices, and challenges can make workouts more enjoyable, leading to an increased adherence to fitness routines.

## **436 – AABB – Aquatic Autism Building Blocks LAB**

**Evelyn Keyes BSc, and Gregory Keyes, PhD, MSc**

Discover building blocks to create and integrate classes for individuals on all levels of the autism spectrum, as well as their caregivers. Social interaction and communication are two challenges that often occur; learn teaching and communication techniques for greater success.

**Thursday, May 14**

**6:30 – 7:00 PM**

**Select One Session from 437 – 439 or End Your Day!**

## **437 - Ashley's Ai Chi Wind Down RELAX**

**Ashley Bishop**

End your day on a positive and reflective note with this wind-down session led by Ashley. Experience a calming flow of Ai Chi Movements combined with dynamic stretching that will bring you peace and calm after your busy IAFTC day!

## **438 – Yoga Wrap Up & Wind Down RELAX**

**Richard Gormley, BSc K**

Mindful movement is the best way to finish off your busy day at IAFTC. We will move through gentle yoga asanas combined with breath-work and a short meditation to nourish your body, mind and spirit. Cultivate calm with meditation and mindfulness.

## **439 – Drumming Circle Wind Down RELAX**

**Donna Lewen**

Join the IAFTC Drumming Circle Wind Down session to release emotions, reduce both mental and physical stress, and relax into the evening. Work off the mental fatigue from all the great sessions you've attended and let your mind and body connect rhythmically to get through hump day and recharge for the days ahead!

**Friday, May 15**

**6:30 – 7:00 AM**

**Wake Up Sessions - Sleep IN or Select One Session from 501 – 503**

## **501 – Ai Chi Breath at Dawn WAKE**

**Javier Bergas, BS**

Wake up to a graceful Ai Chi and breathwork session at IAFTC. Join Javier and experience serenity through gentle movements during this peaceful morning practice to start your day positively!

# Session Descriptions

[Register Now - More Info](#)

Explore Innisbrook

## 502 – Rise & Shine Yoga WAKE

**Jackie Lebeau, MS**

Kick-start your day with an energizing yoga practice that fuses heat-building flows, dynamic stretching, and breathwork. Rise and shine to your true potential!

## 503 – Morning Wake Up Walk WAKE

**Julie See**

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

**Friday, May 15**

**10:15 AM – 12:15 PM**

**Select One Session  
from 504 – 511**

## 504 – Aquatic Personal Training

**101**

**AWS**

**Lindsey Larkins, BS**

Beginners, movement or cognitive challenges, setbacks, and fears are a few examples for requesting one-on-one training in the pool. Learn how to evaluate clients, create effective individualized programs, and increase your confidence as you step into this new role.

## 505 – BPM to RPM: Combining Music & Pedaling for Maximum Impact

**AWS**

**Giorgia Collu**

Explore the science of aligning beats per minute (BPM) with revolutions per minute (RPM) for aquatic cycling classes that are safe, effective, and highly motivating. Select and structure music, match cadence and resistance to goals, and optimize positioning for safety and performance.

## 506 – Reactive Neuromuscular Training: Aquatic Applications

**AWS-THER**

**Beth Scalone, PT, DPT**

Reactive Neuromuscular Training (RNT) is a specialized rehabilitation approach aimed at restoring dynamic stability and refining motor control at injured joints. Unlike traditional therapies that heavily rely on verbal and visual cues from therapists, RNT emphasizes the body's innate ability to respond to external stimuli, fostering joint integrity and stability during movement.

## 507- Chore-Yo-Graphed: Mind & Body Movement

**AWS**

**Cristina (Tinoca) Senra, MS**

Broaden your practice with aquatic yoga sequences to develop warm-ups, cool-downs, cardio, and strength routines. Explore variations of movement blocks (yoga asanas plus traditional aquatic exercises) to craft your own "chore-yo-graphed" mind-body formats for different levels and goals. Understand the importance of breath (pranayama) and how to incorporate it throughout your movements.

## 508 – (HE) A.R.T. : Cardio Aqua Resistance Training

**AWS**

**Cristina Zaghi, BS**

Explore how to turn our aquatic fitness classes into true training sessions aimed at improving muscular endurance, using only water. By learning to manage the water effectively, we can optimally stimulate all muscle groups and the cardiorespiratory system.

## 509 – Total Body Drills & Skills for Deep Water

**AWS**

**Lindsay Mondick**

Create refreshing movement patterns and a variety of combinations and drills to keep classes moving, engaged, and focused. Focus on the muscles, develop agility and balance to increase stamina and metabolism, and challenge both the aerobic and anaerobic energy systems.

## 510 – Aquatic Lumbar Stabilization Techniques – Minimizing Risks, Optimizing

**Part 1 is available at session #427 on  
Thursday.**

**LEC-THER**

**Marty Biondi, PT, DPT**

Discuss principles of lumbar stabilization, water's unique contributions to strength and balance discrepancies associated with LBP, and functional benefits associated with aquatic lumbar stabilization. Have a progression of aquatic exercises for the management of low back pain.

# Session Descriptions

[Register Now - More Info](#)

Explore Innisbrook

## 511 – Deck Training

**LWS**

**Katrien Lemahieu, BS**

Safe teaching on deck requires many skills, more than you might expect. Think about how you need to prepare, what to be aware of, how to teach safely, and ways to take care of yourself. Practice moving on land as if you were in the water, with tips to protect yourself on deck.

**Friday, May 15**

**12:45 PM – 2:45 PM**

**Select One Session from 512 – 519**

## 512 – Hoops, I've Done it Again

**AWS**

**Evelyn Keyes, BSc**

The days of the hula hoops are not forgotten! Use the hoops in multiple swim techniques, especially for children. Learn water safety, challenges to submerge, fun ways of moving through the hoops - a workout for parents/caregivers as the children learn to swim in a totally different way.

**513 – Build Confidence with Clock Drills**

**AWS**

**Kimberly Huff, MS**

Develop agility, power, and balance through clock drills, while water enhances confidence with functional movement and sports performance. Variations of clock drills challenge balance, quick directional changes, plyometric jumps, core stabilization, reaction time, and cognitive function.

## 514 – Aqua Premium

**AWS**

**Roxana Brasil, PhD**

Personalized training in water offers a safe and effective way to enhance or maintain physical condition. A variety of training methods - such as EMOM, AMRAP, and functional movement - allows trainers to design engaging and varied workouts that promote long-term benefits.

## 515 – Aqua Zen

**AWS**

**Vanina Delfino**

Discover how to bring tranquility and relaxation through movement. Explore how to release tension, manage stress, improve body awareness, and expand the connection between our body and mind. We will use water as our facilitator for learning to nourish the mind and relieve the body. Floating, while supported by the warm water, we can relax and find our aquatic Zen.

## 516 – Joint Mobility

**AWS**

**Deborah Benetti, MS**

Joint mobility is a relatively independent aspect of sports performance; it lies between organic-muscular and perceptual-kinetic abilities. Define and explore different types and training methods as you learn to adapt various protocols for different situations.

## 517 – Pilates in the Pool

**AWS**

**Beth Scalone, PT, DPT**

Basic principles of the Pilates method and insights on how to effectively incorporate it into aquatic exercise programs. Review current research on Pilates-based routines and core strengthening for functional outcomes, along with practical applications focusing on cues (verbal and imagery) and progressions.

## 518 – Less is Best

**LEC**

**Mark Grevelding**

Less is best when it comes to aquatic routine creation. Design classes that dazzle with just 10-20 exercises and explore the benefits of repetition. Take a break from the pool and enjoy classroom motivation that will help reinvent your approach to class design and recharge your passion.

## 519 – Chi Movement

**LAB-THER+**

**Julia Meno, BS, CTRS**

A combination of techniques tailored to circulate the body's energy (Qi/Chi). Learn and practice the flow of Chi along meridian pathways to assist with balance, strength, and vitality. You will feel looser and energized with a new appreciation of how energy is meant to flow along each meridian.

**Friday, May 15**

**3:00 PM – 4:45 PM**

**Select One Session from 520 – 527**

## 520 – Wet Barre™ Tipsy

**AWS**

**Katina Brock, MSEd**

Explore various ways to challenge and train balance and proprioception. Some exercises are core strengthening to support better balance, while others are actual balancing moves using a noodle, unilateral support, or disturbance. Discover moves with a variety of difficulty levels.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## 521 – Fill in the Bounce

**AWS**

**Richard Gormley, BSc K**

Stacking and layering movements to create choreography is a timeless skill, yet one of the hardest for an instructor to master. It all comes down to the musical phrasing and transitional movements (bounce & jog) to create seamless progressions for simple, yet ingenious combinations.

## 522 – Circuit Classes KISS Method

**AWS**

**João Santos, BSc**

Focus on efficiency, intensity, and structural simplicity in your circuit classes. Learn to organize exercise sequences that challenge students and promote improvements while using basic equipment and the natural resistance of water. Keep It Simple and Smart.

## 523 – Making an Impact with Low Impact Choreography

**AWS**

**Jackie Lebeau, MS**

Low impact does not have to mean low intensity. A fun and effective shallow water workout highlighting grounded, level II, and level III moves along with a strong focus on upper body and core. Challenge your cardiorespiratory system and save your joints - no rebounding in this class.

## 524 – Aqua Strategies for Diabetes Management

**AWS-THER+**

**Lori Sherlock, EdD, and Renata Tarevnic, PhD**

Evidence-based aquatic training for participants with Type 1 and Type 2 diabetes. Explore current methods (including AMRAPs, EMOMs, timed sets, circuit training, and dual-task exercises) to optimize glycemic control, enhance functional capacity, and improve the overall well-being.

## 525 – Step Into Joy: Line Dancing Goes Aquatic!

**AWS**

**Sarah Reedy, BS**

Music, rhythm, and accessible choreography. Learning new dance steps is a cognitive workout that challenges the brain by remembering a sequence of steps in the correct order. The pool provides a safe environment to engage multiple muscle groups and improve balance and stability.

## 526 – The WHY Factor: Creating Purpose-Driven Aquatic Training

**LAB**

**Javier Bergas, BS**

Water can become the ultimate ally for restoring functional, controlled, and pain-free movement. Buoyancy, hydrostatic pressure, and water's sensory feedback can enhance proprioception, stability, and confidence, helping participants reclaim movements they thought were lost.

## 527 – Functional Longevity: Power, Mobility, Freedom

**LWS**

**Nino Aboarrague, PhD, and**

**Eduardo Netto, MS**

Strategies to enhance strength, stability, and movement quality in older adults aimed at preserving independence and improving quality of life. Learn to assess functional capacity, address age-related physical changes, and implement progressive exercises that boost power, mobility, and balance.

**Friday, May 15**

**5:00 PM – 5:30 PM**

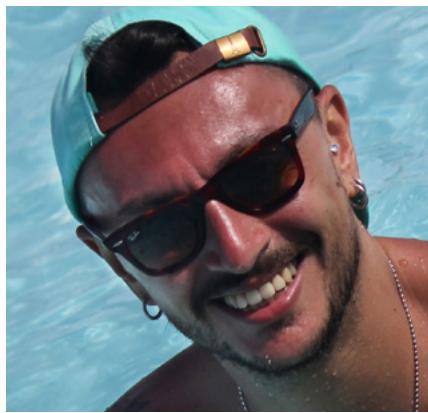
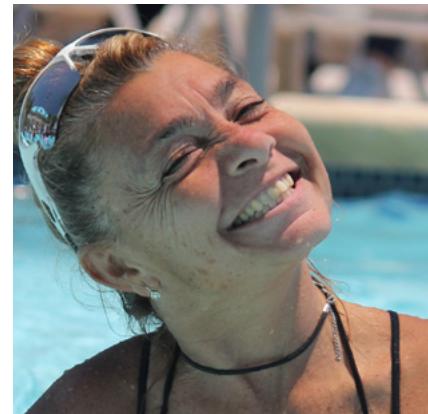
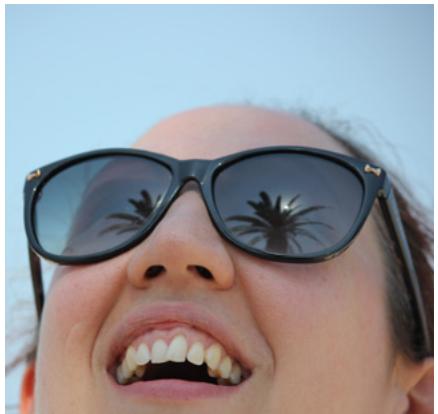
**Select Session – or Call it a Day & Get Ready for the Dinner/Dance Party!**

## 528 – Let's Get Loud!

**AMC**

**Ashley, Tinoca, Katrien, Ian, Silvia & More....**

Jump into the pool and let the rhythm move you with this pre-dinner dance class after a long week of training and education. Join some of your IAFTC friends as they lead you through fun choreographed moves from the deck to get you all fired up for the Friday Dinner & Dance Party.



Silvia Senati

*"IAFTC is the event where it is possible to receive high-level education in an international family atmosphere!"*



# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

Explore Innisbrook

**SATURDAY, MAY 16**

**8:00 AM – 5:00 PM**  
**600 – Aqua Zumba® Training SPEC**  
**Jenna Bostic, BS, and Richard Gormley, BSc K**



**ZUMBA®**

Learn how to teach effective and challenging water-based workouts that integrate the Zumba® formula into traditional aqua fitness disciplines. Included with Session:

- The Ultimate Music & Choreo Collection To Launch Your Aqua Zumba® Career on ZIN NOW
- Electronic Instructor Training Manual
- Certificate of Completion
- Fitness Certification Credits for Instructor Trainings - varies by country.

[Register/More Info](#)

**SATURDAY, MAY 16**

**9:00 AM – 4:00 PM**  
**601 – S'WET Silver Instructor Training SPEC**

**Katy Coffey and Jenni Lynn Patterson-LaCour**

CEC/CEUs: AEA: 8.0, ACE 0.7, NASM/AFAA 0.7

**\$150.00 AEA Member/IAFTC Attendee**

**\$195.00 All Others/Non-Members**

**NOTE: AEA MEMBERS – If Taking Both S'WET Courses during IAFTC you can SAVE \$100.00!**

Includes ACE Professional Conduct and Ethics: 0.10

The S'WET™ Silver Instructor Training is a comprehensive certification designed to prepare aquatic fitness professionals to lead safe, effective, and engaging low-impact interval training (LIIT) classes for aging adults and diverse populations. This training emphasizes functional fitness, joint mobility, balance, and strength, with dual-depth programming strategies to accommodate all fitness levels. Participants will learn how to adapt movements, utilize equipment effectively, and create inclusive, results-driven aquatic workouts that support lifelong health and independence. This course blends theory and practical application to elevate instruction and enhance professional confidence in the pool.

**More Details [CLICK HERE](#)**

**SATURDAY, MAY 16**

**9:00 AM – 4:00 PM**  
**602 – HYDRORIDER® Fusion Certificate Training SPEC**



**HYDRORIDER Team**

CEC/CEUs: AEA 5.0, ATRI 5.0

**\$129.00 AEA Member/IAFTC Attendee**

**\$199.00 All Others/Non-Members**

Hydrorider updated their training program in 2024 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 monitoring intensity. Learn improved teaching methods for aqua cycling classes and techniques for introducing balance exercises with aqua cycling. Explore additional ideas for incorporating circuit training and interval formatting (including HIIT) for aqua cycling. Learn tips for aqua cycling programs for special populations.

# Session Descriptions

## In-Depth Specialty Courses

Additional Fees apply for these in-person Courses!

[Register Now - More Info](#)

[Explore Innisbrook](#)

### SATURDAY, MAY 16

**8:30 - 11:45 AM**

**603 – Clinical AquaStretch™ for PT/PTA Settings**

**SPEC-THER**

**Beth Scalpone, PT, DPT**

CEC/CEUs AEA 3.0 ATRI 3.0, ACE, (NASM/AFAA Pending)

**\$29.00 AEA Member/IAFTC Attendee**

**\$69.00 All Others/Non-Members**

AquaStretch™ is a one on one, myofascial release technique performed in shallow water. The primary application of AquaStretch for rehabilitation of orthopedic diagnoses is to improve mobility and reduced pain allowing for more rapid progression of strengthening and return to function. This course integrates the general AquaStretch wellness program techniques with most used releases with clients in the clinical rehab setting. During the pool lab participants will perform and perfect the manual skills required for these AquaStretch applications. Lecture will include evidence-based material related to fascial connections and the AquaStretch theoretical principles. Class discussion includes clinical decision-making framework with indications and precautions of the techniques related to a variety of orthopedic diagnoses along with Integration of the AquaStretch technique into a comprehensive rehabilitation program.

### SATURDAY, MAY 16

**8:30 – 11:45 AM**

**604 – Advanced Ai Chi for Pain**

**SPEC-THER+**

**Ruth Sova, MS**

CEC/CEUs AEA 3.0 ATRI 3.0, ACE, (NASM/AFAA Pending)

**\$29.00 AEA Member/IAFTC Attendee**

**\$69.00 All Others/Non-Members**

Pain? Focus your Ai Chi practice (or just some Ai Chi postures) on alleviating pain. We will apply stance, focus, breath, acupressure points, alignment, oscillation, extension, joint capsule relaxation, spiraling and range of motion in a safe environment to decrease pain symptoms. Ai Chi Upper Extremity, Trunk Stability and Lower Extremity postures are included. This mix of concepts and research will give you options to use either singly or in an Ai Chi progression. While the course is intended for the pool, these pain-ameliorating options can be used on land. Explore ancient and clinical options that can be applied during an Ai Chi session. Discuss the use of concepts and focus during daily functional skills and choose a focus to match client issues. Experiment with varied acupoints that can be triggered during different Ai Chi postures.

### Saturday, May 16

**8:00 – 11:30 AM**

**Select Two Sessions from 605 – 618 IF NOT in a Specialty Course or are Departing!**

**605 – MISS for Active Seniors: 30 Minutes to Revitalize Your Body**

**AMC**

**Megumi Hara**

Moderate-Intensity Steady-State (MISS) exercise designed around the power of music and the power of water. Focusing on the properties of the aquatic environment, every rhythmic motion is both meaningful and effective for training. A great session to feel energized for the day.

**606 – Aqua Flow**

**AMC**

**Manuela Ragnoli, MS**

In a world that is rushed and full of stress, we need more relaxation and slowness. This session is all about flowing movements, engaging the powerhouse, connecting breath to each exercise, and discovering different ways to move with intention.

**607 – Tabata HIIT Training & Impact Options**

**AMC**

**Nino Aboarrage, PhD**

Emphasize three impact levels (anchoring, rebounding, and suspension) and technical skills for motor coordination. Vary intensity levels from gentle warm-ups to vigorous exercises and final stretches plus target movements to improve mobility, muscular strength, and power.

# Session Descriptions

[Register Now - More Info](#)

[Explore Innisbrook](#)

## 608 – Ai Chi EN to ME-N

**AMC**

**Mari Fujita**

Ai Chi is primarily composed of circular motions in the horizontal plane. Explore how to adapt and transform these circular patterns into movements in the sagittal and frontal planes and gently expand joint range of motion while maintaining natural breathing and smooth movement.

## 609 – Let's HIIT the Pool

**AMC**

**João Santos, BSc**

Intense cardiovascular and muscular stimulation explore different combinations of effort and recovery. Alternate with suspended sequences for body control and core strength that also offer an active recovery phase, promoting mobility, breathing, and muscular balancing.

## 610 – Postural Health: Training & Reprogramming

**LMC**

**Deborah Benetti, MS**

Posture is the visible part of a series of internal adaptations. The ultimate goal of posture is the maintenance of balance in static and, especially, dynamic conditions. The proper functioning of postural receptors influences the fascial, muscular, and skeletal systems.

## 611 – Half-WOWer

**AMC**

**Hayley Pittam**

Dive into this dynamic Water Optimized Workout that delivers both a mental and physical boost. Think explosive movements, fast-paced sequences, and bursts of high intensity tailored to your fitness level. Maximize your time in the pool with this half-hour high-energy session.

## 612 - Fartlek in Motion: A Cinematic Aquatic Journey

**AMC**

**Javier Bergas, BS**

The magic of movement, music, and water in this unique aquatic Fartlek session inspired by the world of cinema. Powerful and emotive film soundtracks create a journey through varying speeds, intensities, and rhythms—just as a great story moves through tension, action, and release.

## 613 – Playing with Newton & Archimedes

**AMC**

**Andrea Gilardoni**

Simple, yet structured guidelines that analyze the individual laws of dynamics and Archimedes' principle, allowing the content of a lesson to be adapted to the training objectives. Use uniform motion, acceleration, action and reaction, and buoyant force ... separately or in combination.

## 614 – Hydro Dance Revolution

**AMC**

**Ian Levia**

Fuse hip-hop, Latin, and Afrobeat dance styles with water's resistance. Music, choreography, and aquatic principles create an exhilarating, high energy class that appeals to all fitness levels. Build simple yet exciting dance sequences, apply musical phrasing, and keep participants motivated.

## 615 – Fury to Flow

**AMC**

**Vikki Jonied and Andrea Velazquez**

The explosive energy of AquaCombat pairs with the smooth, restorative movements of AquaFlow. Alternate between high intensity strikes, kicks, and power moves to fire up your heart rate, and fluid, mobility driven sequences to actively recover without losing momentum.

## 616 – One Move Evolutions – Fluid Choreography for All

**AMC**

**Silvia Senati**

Begin with a single movement or component and develop it into a choreographed pattern. Transition from simple to complex seamlessly, one movement at a time. Effective teaching strategies help create smooth patterns that guide the flow of the workout.

## 617 – ABC: Ashley's Ball & Chair Wind Down

**LMC**

**Ashley Bishop**

Spend 30 minutes to reset your body and mind with this gentle session using simple myofascial release techniques with a ball. You'll release tension and improve mobility before moving on to accessible chair-based stretches. Perfect as a calming way to end your busy week at IAFTC!

**Saturday, May 16  
11:45 AM – 12:30 PM**

## 618 – AEA Spirit

**AMC**

**Cristina (Tinoca) Senra, MS, and Friends**

A path from individual consciousness to sharing the collective energy. Connected, mindful, cognizant. Join together to share feelings, ideas, and movement. As a community, we can expand the energy of our international aquatic family. Be part of the AEA Spirit.

# Presenter Biographies



**Nino Aboarrage** has a PhD in exercise physiology, and his areas of expertise include older adult physical and mental health and sports training. He is the creator of the online community AQUAFLIX and the HIDROTREINAMENTO Method. Nino received the AEA Aquatic Fitness Professional Global Award in 2007 and is known for transforming evidence-based knowledge into highly motivating training solutions for diverse audiences.



**Monique Acton** is an experienced presenter, consultant, and online exercise coach, who specializes in creating medical exercise programs. Monique is an author for Akwa magazine, an AEA Aquatic Training Specialist, and assists in developing workshops and online programs with AEA. She is a Medical Exercise Specialist Trainer and a Post-Rehab Conditioning Specialist with the American Academy of Health, Fitness, and Rehab Professionals.



**Joanna Apolinarska** is an SAF AQUA® MT, SAF AQUA Drums Vibes® Inventor and Head MT, SAF AQUA® Baby MT, Acquapole® MT, and AEA Training Specialist with post-graduate studies in management and organization of physical culture. She is a sports manager, swimming and aerobics instructor, and Aqua Gymstick Instructor as well as a lecturer at the College of Education and Therapy and at the Academy of Physical Education in Poznan.



**Deborah Benetti** studied gymnastics, modern dance, ballet, and karate and is known for presenting innovative and energetic classes around the world. She earned a master's degree in exercise science of preventive and adapted activities and techniques from UniSanRaffaele, Rome, and is now pursuing a master of 1st level in functional reeducation, posturology, ergonomics, and biomechanics at Padova University.



**Javier Bergas**, BS, is a primary school teacher (physical education specialist), AEA Aquatic Training Specialist, and an aquatic fitness and swimming instructor. Specialty areas include clients with physical limitations, programming for pregnant women, therapeutic swimming, as well as infant and baby swimming. Javier coauthored several books and is a frequent author for AEA. He is passionate to transform research into daily life workouts.



**Ashley Bishop**, RAD RTS, started as a professional dancer and choreographer in Canada, Mexico, and with Carnival Cruise Lines. Now in Las Vegas, she is an Aquatic Training Specialist and Education Manager for AEA, a Registered Ballet Teacher with Royal Academy of Dance, and certified with ACE, AFAA, AEA, ATRIC and Ai Chi. In 2023, Ashley received AEA's Aquatic Fitness Professional of the Year award.



**Marty Biondi**, PT, DPT, CSCS, FAFS, is a Staff PT working in aquatic therapy at Shirley Ryan Abilitylab, Chicago, and has been involved with various capacities aquatics for over 45 years. While her interest is in all aspects of aquatic usages, from exercise and training to managing complex medical conditions, she credits her passion for research and spinal care with keeping her striving for improvement in honing her skills.



**Jenna Bostic** has been presenting for Zumba® as a Zumba® Education Specialist since 2008. With a degree in exercise & sport science and ACE, AFAA, and AEA certifications, she trains, motivates, and inspires fitness professionals. She teaches Zumba Basic 1, Zumba Rhythms 2, Zumba Rhythms 3, Zumba Pro Skills, Zumba Toning, Aqua Zumba & Zumba Step instructor trainings, as well as Aqua Zumba & Zumba Toning ZIN Jam Sessions.



**Donna Boucher**, owner of Epic Revolution LLC, is a dynamic and motivational fitness professional dedicated to helping others thrive. With a deep passion for people, she empowers individuals of all ages and abilities through innovative land and aquatic fitness programs. Donna's engaging approach inspires movement, builds confidence, and fosters long-term lifestyle change—creating a ripple effect of health, strength, and positivity.



**Roxana Brasil** is an AEA International Aquatic Training Specialist and a Hydrorider Trainer. She graduated in physical education with post-graduate studies in sport training, has a master's degree in human motricity, and a PhD in physical activity and sport. Roxana, recognized as AEA's 2010 Aquatic Fitness Professional of the Year, is the CEO of the AquaBrasil Method, is a personal trainer, and has over 30 years of experience in aquatic fitness.



**Katina Brock** is the creator of Wet Barre™ which features unique aquatic exercises with challenging fitness and corrective applications. An international aquatic fitness presenter with over 30 years of experience, she is a CEC provider for AEA, AFAA & NASM and has been a featured fitness expert for shape. com, the LA Times, VH-1, fitness start-ups, and the Biggest Loser Resort in Malibu.



**Kelly Bullard** is an international fitness educator with an Exercise and Sports Science Master's Degree. She is a former adjunct professor and high school teacher, and currently is a Zumba Education Specialist since 2008, Strong Nation Master Trainer, and fitness consultant presenting trainings, masterclasses, and tradeshow events across the globe. She specializes in both water and land fitness of all levels and generations.



**Christa Fairbrother**, MA, ERYT-500, ATRIC, AFP, AFAP, is an internationally recognized aqua yoga coach and trainer who is based in Florida and is a CE Provider for AEA. Christa helps regular people learn to practice aqua yoga, and professionals teach in their communities. She's also the author of the award-winning book, *Water Yoga* published by Singing Dragon in 2022.



**Katy Coffey** is an AEA Aquatic Training Specialist, Hormone & Metabolics Coach, and certified AFAA Group Exercise Instructor and NASM Personal Trainer. As LEAD Master Trainer for S'WET and Master Trainer with Hydro Revolution and Indigo Aquatics, she delivers expertise in structured program design. Katy has co-authored three nationally accredited trainings and serves as a Continuing Education Provider for AFAA, NASM, and ACE.



**Cindy Freedman**, MS OTR, is a recreational and occupational therapist. Her career as an OT includes specialty training in sensory integration, reflex repatterning, and aquatics. She is currently certified as an Autism Specialist by IBCCES. Cindy and Ailene Tisser are the Co-Founders of Swim Angelfish; her love of the water combined with her education and work experience helped make Swim Angelfish a reality.



**Giorgia Collu** holds a degree in physical education and was the 2012 AEA Aquatic Fitness Professional. As an AEA International Trainer Specialist, Hydrorider Master Trainer, and FIN Master Trainer, she has inspired audiences at top aquatic fitness conferences worldwide. Giorgia has created innovative, results-driven programs such as Aqua Fluid Pilates and Water Polo Gym and brings transformative training experiences to every class.



**Mari Fujita** with expertise in aqua therapy, aqua fitness, yoga, and Pilates, she is recognized for programs for pre- and postnatal women, babies, menopausal, and elderly women. A respected educator, delivering lectures and instructor training at leading institutions, including the Japan Midwives Association, Seibo University, and Sophia University. Her passion lies in empowering all ages to move with confidence, health, and joy.



**Vanina Mariana Delfino** has extensive experience in swimming, aquatic fitness and therapy, and program coordination. As the CEO of Acquamar and WaterCYCling and an AEA Training Specialist, she leads innovative fitness programs. A recognized presenter across the Americas and Europe, Vanina has received accolades for her contributions to aquatic fitness, including AEA's 2017 Global Award for Aquatic Fitness Professional.



**Andrea Gilardoni** has been a swimming instructor since 1982 and in aquatic fitness since 2000. Now, he teaches at a public secondary school. Andrea collaborates with private and public pools and fitness brands like Tonic, Virgin Active, Fitness First, and Get Fit. He is a master trainer for EAA and Virgin Active, director of Euroeducation Aqua Italy, and CEO of Aquatique.



**Ann Gilbert** owns FIT-HER Health & Fitness for Women, leading 50+ trainers. As an expert in exercise and aging, she coordinates programs for adults 48-78. An ACE/IHRSA Personal Trainer of the Year and sought-after speaker, Ann is an industry leader and education expert. She develops and teaches SCW Certifications including Active Aging, Aquatic Exercise, Group Fitness, WATERinMOTION®, and S.E.A.T.



**Richard Gormley** is a Canadian Kinesiologist (BScK) currently based in the South of France. He has specialized in aquatics and group exercise since 2005 (AEA, ACE, AFAA, RYT-200). Since 2011 has travelled & presented Aqua Zumba in 56 countries. In 2020, he founded inwaterfitness, a virtual platform for aquatic content. Today he continues to lead group classes and instructor trainings with light, passion, and enthusiasm.



**Mark Grevelding** is the founder of Fitmotivation.com, a streaming video resource for aquatic fitness professionals. He is also the founder of Poolfit, a water exercise app that allows people to follow along with water workouts in any pool they have access to. Through both Fitmotivation & AEA, he has been educating and certifying instructors for nearly 25 years and was recognized as AEA's 2011 Aquatic Fitness Professional.



**Megumi Hara** worked as a swimming coach and aerobics instructor and then became an aquatic fitness instructor teaching multiple programming formats to a wide range of participants. Currently, she is a Technical Director at Aqua Dynamics Institute and an AEA JAPAN trainer. Megumi was recognized in 2023 with AEA's Global Impact Award for her international contributions within the aquatic fitness industry.



**Mushi Debora Harush** holds an MA in education and athletic management. She is the founder of the Israeli Aquatic Exercise Center and an AEA International Training Specialist. A 2005 AEA Global Award recipient with decades of expertise, she specializes in older adult programming, bone density, hydrotherapy, and sports recovery-blending wellness and recreation with innovation, professionalism, and deep care.



**Lynda Huey**, MS, earned her bachelor's in physical education and her master's in kinesiology. She started Huey's Athletic Network to offer home pool rehab sessions and became UCLA's water rehab coach. She has published five books on water fitness and rehab, the foundation of aquatic therapy, and created an online course studied by students in 27 countries. Lynda has taught her techniques for the past 35 years.



**Kimberly Huff**, MS, CSCS, is the Director of Fitness and Special Programs for Acts Retirement Life Communities. She is certified through ACSM, NSCA, AEA, ACE and is a Certified Health Education Specialist. Kim is an AEA Training Specialist and an ACE Continuing Education Provider. She was an editor and contributing author to the AEA Arthritis Foundation Manual and the AEA Aquatic Fitness Professional Manual.



**Vikki Jonied** is President of the Aquatic Fitness Exercise & Therapy Association, Singapore. ACSM Group Exercise Trainer, AEA Training Specialist, AREA Aqua Natal, Master Trainer Acquapole® and SAF® Aqua Drums Vibes. She champions to transform the mindset of aquatic fitness Singapore. Vikki has presented internationally and is passionate about educating, building community, and promoting water-based exercise.



**Jackie Lebeau** is the Senior Director for Fitness at the University of Virginia. She holds a BS in exercise and health promotion and a MS in sports administration. Jackie - who loves all things aquatic - is a continuing education provider, a frequent author for AEA's Akwa magazine, and an Aquatic Training Specialist for AEA. She is the recipient of the Aquatic Fitness Professional of the Year award in 2020.



**Evelyn Keyes** has been teaching swimming since the age of 13; she had her first autistic pupil 50 years ago. She specializes in multiple streams including autism and baby swimming. Evelyn and Greg Keyes developed the very successful Autism Spectrum Aquatics online ed course for AEA and have written numerous books as well as articles for Akwa. Evelyn and Greg were awarded the AEA Lifetime Achievement Award in 2021.



**Katrien Lemahieu**, ATRIC, has over 30 years of experience in aquatics and has been a presenter and lecturer worldwide since 2005. She studied physical education and holds a degree in special movement education with an emphasis on motoric remedial teaching and a focus on pediatrics and the elderly in general. Katrien has degrees in hydrotherapy and child psychology. She is the founder of "Psychaviour," an AEA IATS, and CEO of Kataqua.



**Greg Keyes** has an array of life experiences. In 1995, he began presenting new programs in exercise sciences. Greg has authored two major works: 'Aqua-I-Cue - The Quintessential Aquatic Exercise Science Reference Manual' and 'The Kingdom of A.S.E - Autism Spectrum Enlightenment'. He received an AEA Global Award in 2002 and then in 2021, with his wife Evelyn, was recognized with the AEA Lifetime Achievement Award.



**Ian Levia** is an international fitness educator, aquatic therapist, and AEA International Aquatic Training specialist. As Director of Education for the Trinidad and Tobago Fitness Academy and Head of Training for NASM in the Caribbean, he has trained and certified professionals worldwide. Known for his innovative, high energy teaching style, Ian inspires shapes the future of fitness and aquatic education.



**Lindsey Larkins**, BS, CPT, ATS is a graduate from Central Michigan University in Exercise Science and holds certifications from ACSM, AEA, AFAA, and SilverSneakers. A fitness professional for nearly 15 years, she focuses on exercise for all levels of retirement care. She specializes in land and aquatic programming to maintain both physical and cognitive abilities for older adults in personal training and group fitness settings.



**Donna Lewen** has 30+ years teaching in aquatics with seniors, pediatrics, teens, and clients with health challenges. Recipient of the AEA Lifetime Achievement Award and ATRI Aquatic Therapy Professional of the Year, she is a co-author of the Aquatic Solutions for Chronic Conditions Manual and a consultant at Ability360. Donna is a Trauma Informed Yoga Therapist, Advanced Yoga Nidra Facilitator, and AquaStretch™ Facilitator/Trainer.



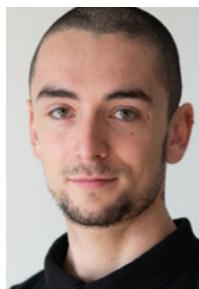
**Stefania Manfredi** is an aquatic fitness educator, international presenter, and Master Trainer for Acquapole®, with more than 20 years of experience in the water. She co-developed the Acquapole® method and has led workshops and trainings in the USA, Japan, Australia, and across Europe. Stefania has a degree in sport sciences and management. Her mission is to inspire and innovate through functional, effective, and inclusive aquatic training.



**Meredith Morig**, MS, OTR/L, is an occupational therapist, educator, and PhD candidate with over 15 years of clinical, academic, and leadership experience, specializing in pediatrics, sensory integration, aquatic therapy, and neurodiversity-inclusive practice. Meredith currently serves as faculty in the Master of Occupational Therapy program at AdventHealth University and is preparing to defend her dissertation.



**Adriana Melotto**, a swimming champion who is passionate about aquatic fitness, enjoys sharing the benefits of water and specializes in babies, prenatal, and special needs. She has numerous certifications and trainings including AEA, FOW, Zumba® B1 & B2, AquaZumba®, Hydrorider, and Speedo. Adriana is the CEO for WaterCYCling and a recognized presenter in Argentina, Uruguay, and the US.



**Bruno Moura**, BS and post-graduate in therapeutic exercise, is an aquatic fitness trainer and educator based in Portugal. Driven to create inclusive, effective fitness experiences, Bruno works as an aquatic fitness trainer and professor in the Fitness Academy's educational program while also leading group and therapeutic sessions for special populations and rehabilitation clients at Estoril Wellness Center.



**Julia Meno**, CTRS, ATRIC, founder/owner of Therapeutic Aquatics, LLC, instructs wellness classes and provides individual aquatic therapy sessions. She is the author of several instructional aquatic therapy technique manuals, recipient of the ATRI Aquatic Therapy Professional Award, and was inducted into the International Swimming Pool Hall of Fame with the John K. Williams Jr. International Adapted Aquatics Award.



**Eduardo Netto** is the Fitness Director of the Body Tech Health Club, in Rio de Janeiro. He holds a bachelor's degree in physical education, post graduate in fitness conditioning, and a master's degree in human motricity. He is a professor at University Estacio de Sa, UFRJ, UCB, an international presenter, and a well-respected fitness professional and consultant. He has written four books on fitness programs.



**Lindsay Mondick** works for the YMCA of the USA, as the National Director of Strategy and Quality Practices. She is a presenter and continuing education provider for the YMCA, ACE, and AEA and is an AEA Aquatic Training Specialist. With over 25 years in the fitness industry, she is a contributing author to AEA's Akwa magazine and was the 2019 recipient of AEA's Global Award for Contribution to the Industry.



**Nachiko Onuki** is a post graduate from Nippon Sport Science University with a teaching license in physical education (junior high school and high school). She was a water polo player who now serves as a freelance swimming instructor, fitness instructor, and personal trainer. Certified with AEA, ATRI, and in Ai Chi, she holds specialized training in various aquatic equipment formats and is a Gymstick H2O Master Trainer.



**MeeHee Park** founded the Korean Aquatic Exercise Association (KAEA) in 1998. As a pioneer in the field, she developed standardized instructor training programs and manuals that helped elevate aquatic exercise nationwide. Her signature K-aqua Wholesome Program includes warm-up, cardio and muscle conditioning, cool-down, and stretching modules. She has advanced the professionalism and recognition of aquatic fitness in Korea.



**Jenni Lynn Patterson-LaCour** is a leading aquatic fitness professional with nearly 20 years of experience teaching and training in New York City. Certified as a NSCA-Certified Personal Trainer, she is an AEA Training Specialist and a CE Provider. Bringing a strong foundation in both education and movement science, Jenni is the creator of S'WET™, a dynamic aquatic training program to help instructors level up their classes.



**Jennifer Perrin** has expanded her fitness knowledge to encompass all ages, from 5-105, and lead multiple physical abilities, from marathon training to living a healthy lifestyle with arthritis. Her empathy to each individual has also given her the ability to teach to multiple levels simultaneously. In addition to being an instructor and personal trainer, she is a mentor supporting new instructors.



**Hayley Pittam** is the co-owner of Aquatic Rehabilitation and Exercise Academy. Having worked in the health and fitness industry for over 25 years Hayley is highly experienced and skilled. She is an international aquatic presenter and lecturer, a specialist in aquatic pre- and post-natal and pelvic care. Hayley has been tutoring aquatic fitness for over 15 years and has written and delivered workshops around the world.



**Irene Pluim Mentz**, PT, ATRIC, became a licensed physical therapist in the Netherlands before immigrating to the US. She is the co-owner of One Step Beyond, Inc. Physical Therapy. Certified with AEA and ATRI, she integrates her knowledge of hydro-dynamics with physical therapy into all her sessions. Irene is the inventor and developer of the Aqua-Ω adjustable drag resistance water exercise equipment.



**Melissa Plumeau** holds a master's in kinesiology and a bachelor's in K-12 physical education. She is an AEA Aquatic Training Specialist certified with AEA (AFP and AF Program Leader), ATRI, and ACE (multiple areas). Based in Boise, Idaho, she owns Embody Pilates Yoga & Fitness and the Aquafit Revolution. Melissa is dedicated to creating fitness experiences that inspire and educate students of all ages.



**Maria Pritz**, EdD, is an exercise physiologist with 36 years of experience developing and implementing health, fitness, and wellness programs in corporations, health clubs, and schools. She has researched, developed, and optimized aquatic programs targeting pain management for various populations. Maria was recognized with AEA's 2020 Lifetime Achievement Award and ATRI's 2021 Tsunami Spirit Award.



**Manuela Ragnoli** is an athlete whose passion brought her to achieve a degree in sports science. She has since become a well-recognized instructor in Italy and an international presenter and teacher. Manuela is a fitness instructor for Virgin Active, a global specialist for water format and continuous training for Virgin Active Academy, a professor at the University of Sport of Rome, and Master Trainer for Hydrorider® USA.



**Arlette Ramos** holds bachelor's degrees in both physical education and physical therapy, with solid experience in promoting health and quality of life through movement. She works in the areas of aquatic fitness, physical rehabilitation, and injury prevention, integrating her diverse knowledge to offer complete and personalized care. Her motto is "Hands that treat, eyes that welcome, and a heart that motivates."



**João Santos** is an aquatic fitness and fitness teacher at FCDEF - University of Coimbra, where he graduated in sports science and physical education. He is an international presenter and Master Trainer for AquaAcademy by Mundo Hidro and also an instructor, coach, and trainer at Phive Health Club & Fitness Centers. Joao was awarded the AEA 2016 Aquatic Fitness Professional Global Award.



**Sarah Reedy** is an aquatic fitness specialist, certified personal trainer, and the founder of Pool Together Now. She teaches inclusive, engaging classes, trains instructors, writes for AEA's Akwa magazine, and speaks nationwide to promote fun, effective water workouts for all ages and abilities. Sarah likes to find ways to get people in the pool, loving the pool, and pooling people together.



**Beth Scalone**, a Doctor of Physical Therapy and clinic owner, Beth specializes in orthopedic and aquatic therapy. She is a board certified orthopedic clinical specialist and a Certified STOTT Pilates™ instructor. Beth is an ATRI Certified therapist and has received awards from ATRI and the APTA for efforts in promoting aquatic therapy. She is a master instructor for the Burdenko Method and AquaStretch™ trainer.



**Ana Rodriguez** has worked in the fitness industry since 2008 for worldwide franchises. She has been featured in fitness conventions, including IHRSA and IDEA World, and on multiple networks such as CNN, CW, CBS, Telemundo, and Univision. A personal trainer and group instructor with multiple certification and a Hydrorider Master Trainer, her current focus areas include aquatics, strength training, and cycling.



**Julie See** serves as AEA's Director of Education and editor for Akwa magazine, the aquatic exercise industry's leading publication. She enjoys creating engaging, yet effective, exercise programming that meets the needs of a wide range of ability levels to help others live healthier lifestyles. Following AEA's global mission, Julie's current goal is to mentor and encourage the next generation.



**Antonio Russo** brings 15 years of experience as a swim and fitness instructor, including neonatal aquatic training. He has collaborated with the University of Pavia and taught at prestigious aquatic fitness schools. As the CEO of Euroeducation Aqua Italy and Fitness Manager of Aquatique Club, Antonio presents at major events across Europe, Australia, the Americas, and the Middle East.



**Silvia Senati**, an Italian Swimming Federation instructor and lifeguard, is an AEA International Aquatic Training Specialist and received the 2009 AEA Global Award for Aquatic Fitness Professional. Silvia is the developer of various aquatic programs including ACP and ThaiFit Water Kombat, SAF AQUA® Drums Vibes Master Trainer, Euro Aqua Education master trainer, and consultant for various fitness clubs. Silvia holds numerous certifications.



**Cristina (Tinoca) Senra** is a passionate, dedicated, and charismatic educator and fitness professional. She has a master's in sport and exercise psychology and has a specialization in manipulation and osteopathy techniques. She is an AEA Aquatic Training Specialist, creator of Mundo Hidro, and Education Program Director for Fitness Academy-Portugal. She received AEA's 2005 Aquatic Fitness Professional Award.



**Lori A. Sherlock**, EdD, is a professor in West Virginia University's School of Medicine and coordinates and teaches the nation's sole aquatic therapy curriculum within the Exercise Physiology division. She integrates research into applications and travels globally, educating professionals on aquatic therapy and exercise. She is an AquaStretch facilitator/instructor, Arthritis Foundation Instructor Trainer, and ATRI certified.



**Ruth Sova**, MS, ATRIC, is dedicated to the growth and betterment of the aquatic therapy industry. She holds numerous awards and honors, and is recognized for her global contributions in Ai Chi, recently authoring her third book on the topic, *Ai Chi - The Water Way to Health & Healing*. Ruth founded the Aquatic Exercise Association and the Aquatic Therapy & Rehab Institute.



**Craig Stuart**, the founder and president of HYDRO-FIT, is a leader in the water exercise industry and has presented workshops and seminars at the local, national, and international levels. His many awards and accolades include the 1992 recipient of AEA's Contribution to the Aquatic Fitness Industry Award and the 2002 recipient of the Aquatic Therapy & Rehab Institutes' Tsunami Spirit Award.



**Manami Takanuma** is the Technical Manager at Aqua Dynamics Co., Ltd., where she plans and manages AEA Aqua Instructor Certification Courses and various aqua fitness workshops. She has been deeply involved in supporting instructor development and certification renewals for many years and serves as an AEA JAPAN Trainer. She leads aquatic fitness classes throughout Tokyo and Kanagawa.



**Renata Tarevnic**, PhD, is an adjunct professor in the Aquatic Department at Federal University of Rio de Janeiro. She is a trainer for Aquacademy by Mundo Hidro (Portugal) and a reviewer for international journals. Renata has developed programming for aquatic and land-based activities for pregnancy and postpartum as well as baby swimming. She is author of the book, *Aquatic Fitness Manual for Pregnant Women*.



**Stephanie Thielen**, BS, is the recipient of the 2020 AEA Global Award who has made significant contributions to the fitness and aquatic industry through her work as a master trainer, continuing education provider, presenter, and writer. Training and educating for over two decades, Stephanie specializes in developing instructor skills and creating class formats that deliver results.



**Sandi Tindal**, BS, C-IAYT, E-RYT500, has a strong background in engineering and applies the discipline and creativity she developed there to her work as a yoga therapist. She completed her yoga therapy training with the American Vinyoga Institute and leads efforts to incorporate Vinyoga into aquatics. She is committed to ongoing learning and speaks at international yoga therapy and aquatic industry conferences.



**Ailene Tisser, PT**, is the co-founder of Swim Angelfish with Cindy Freedman. She is a pediatric physical therapist with more than 30 years of experience treating a variety of diagnoses, both in and out of the water. She is NDT (neuro-developmental treatment) trained in pediatrics, trained in DIR/Floortime, currently certified as an Autism Specialist by IBCCES, and a Certified Primitive Reflex Specialist.



**Craig Yaniglos** is the CFO for Brecksville-Broadview Heights Schools and former Aquatic Director of over 13 years. Craig holds group fitness certification with ACE and is an AEA Aquatic Training Specialist, AEA CE Provider, and author for Akwa magazine. Craig is passionate about attracting all types of populations to the pool and educating aquatic fitness professionals around the globe.



**Andrea Velazquez** has been immersed in the aquatic industry for over 25 years. She is a Recreation Supervisor for the City of Yonkers NY, creator of AVaquatics, and Master Trainer with Indigo Aquatics. She represents various aquatic specialties, including SAF Aqua Drums, Acquapole, and HydroRevolution. She is a Starguard Instructor and Starfish Aquatic Institute faculty member.



**Cristina Zaghi** is a passionate and enthusiastic Italian fitness professional who has taught at the most prestigious fitness clubs in Milan. Her career started 18 years ago, and she is currently an online coach and a fitness trainer/personal trainer for DDS Milan and for Excellent Fit in Milan. She has a degree in physical education, is an AEA certified instructor, and has several land and aqua fitness certifications.



**Mary Wykle, PhD**, is president of MW Associates specializing in aquatic program development. She is certified with ATRI and AEA, an Ai Chi Master Trainer, and Hydrorevolution Trainer. She has received awards from ATRI, the AEA Lifetime Achievement Award, and the ISHOF John Williams Adapted Aquatics award, among others. She writes for AEA, mentors, and advises injured individuals through medical organizations.



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[aeawave.org](http://aeawave.org)

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