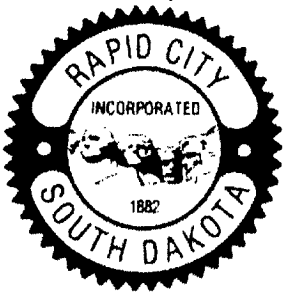


CITY OF RAPID CITY

300 SIXTH STREET
RAPID CITY, SOUTH DAKOTA 57701



PARKS AND
RECREATION
DEPARTMENT

Jerry W. Cole,
Director
(605) 394-5225

Jeri Lynn
Administrative
Assistant
(605) 394-5225

Lon VanDeusen,
Parks & Cemetery
Manager
(605) 394-5307

Doug Lowe,
Recreation Manager
(605-394-6161

James (JJ) Walraven
Golf Superintendent
(605) 394-4199

Duncan Olney
Aquatic Manager
(605) 394-5223

Parks and Recreation Memo

Date: March 6, 2007

To: Legal and Finance Committee

From: Duncan R. Olney, Aquatic Division Manager *all*

Subject: Approve a travel request for Erin Goeden to attend
International Aquatic Fitness Conference the 15-19 May, 2007.

Purpose: Allowing Erin to attend this conference will allow her to attend International Aquatic Fitness Conference (IAFC) and receive a national recognize certification. The following conference and trade show will allow her to build her knowledge base and network with others on issue that effect us here in Rapid City.

Benefits: IAFC provides a comprehensive course of study, focusing on current issues and future trends unique to the management of aquatic exercise and programs. The school is geared to supervisors, directors and managers who have primary or secondary responsibility in aquatics management. IAFC offers the aquatic professional a unique opportunity to interact with colleagues of similar backgrounds. International Aquatic Fitness Conference is three days of educational seminars that focus on four different tracks (Programming, Teaching, Staff training/safety and Advertising/Marketing). Attendees are allowed to attend any of the above areas during the conference. This will allow Erin to get the maximum information on topics that we face here in Rapid City in our aquatic centers.

Recommendation: Approve the travel request.

CITY OF RAPID CITY
TRAVEL REQUEST

Person requesting travel Erin Goeden Department Aquatics

I hereby request permission to travel for the following purpose: (Give specific nature of business and interest of the City to justify cost involved.)

AEA International Aquatics Fitness Conference

List all other City employees, if any, making the trip for the same purpose: None

Place of meeting or destination: _____

Date of meeting May 15-19, 2007

Date trip to begin May 14, 2007 Date trip will end May 20, 2007

Method of transportation requested _____

Estimated transportation cost \$ 690

Meals 216

Lodging 6 days 834

Other costs - description reg fees 530

misc 100

Total estimated cost of trip \$ 2370

Signed Erin M. Goeden Date J w Col Date 3-5-07
(person requesting travel) (Department Head)

When the cost of the trip will exceed \$500, per employee, this section must be signed.

In accordance with the provisions of Rapid City ordinances and travel regulations, consent is hereby given for travel as requested in the foregoing application. Maximum cost of trip authorized is \$ _____

Approved: _____ Date _____
Mayor

When the cost of the trip will exceed \$1,500, per event, Council approval is required.

Approved by Common Council on _____ (Date)

White copy - Mayor

Yellow copy - Finance

Gold copy - Department copy



AEA'S IAFC 2007

Aquatic Exercise Association's
International Aquatic
Fitness Conference
May 15-19

Host Site: The Wyndham Orlando Resort

2007 IAFC Registration Form

Name: Erin Goeden AEA Member Number: 206896

Address: 125 Waterloo St

City/State/Postal Code: Rapid City, SD 57701

Country: USA Day Phone: (605) 394-5223 E-Mail: erin.goeden@rcgov.org

In Case of Emergency, Notify: Name: Sean Smith Phone: (605) 430-2686

Family Companion Package (Complete Only if Bringing Family Member)

Register my family members as follows (please check):

\$150 Adult Family Member Name: _____ \$ _____
 \$75 Child 6-12 Family Member Name: _____ \$ _____
 \$30 Child 5 and under Family Member Name: _____ \$ _____
Sub Total Companion Due: \$ _____

Membership (You must have a valid membership through May 20, 2007 to use AEA member pricing.)

I am interested in joining/renewing AEA Membership to receive conference discounts.

Membership Fees: \$65 Professional \$75 Pro International - 1 year membership
 \$110 Elite \$135 Elite International - 2 year membership
Sub Total Membership Due: \$ _____

Pre-Conference Registration

For Pre-Conference Course Name(s) [List all you plan on attending.]

202 \$145.00 Cert. Exam Course Numbers 202 \$ 145.00
 _____ \$ _____
Sub Total Pre-Con Due: \$ _____

I AM NOT ATTENDING THE FOLLOWING MEAL FUNCTIONS:

Early Bird (Postmarked or Received By April 2, 2007)

Full Conference (3 Days, Includes 4 Meals / Select Classes Tues-Wed) AEA Member \$385 Non-Member \$495 \$ 385.00

Fees Postmarked or Received After April 2, 2007

<input type="checkbox"/> Full Conference (3 Days, Includes 4 Meals / Select Classes Tues-Wed)	\$475	\$550	\$ _____
<input type="checkbox"/> Thursday Only Attendance (Lunch Included)	\$195	\$225	\$ _____
<input type="checkbox"/> Friday Only Attendance (Lunch & Dinner Included)	\$220	\$245	\$ _____
<input type="checkbox"/> Saturday Only Attendance (Lunch Included)	\$195	\$225	\$ _____

IAFC Registration Fee Due: \$ _____

Payment Plan: Payment in Full or Installment Plan (Installment Plan must be received by April 2)

I understand I will be charged in two installments: 1st with receipt of registration and 2nd payment charged on May 3

Number: _____ VISA _____ MasterCard _____ Discover _____ American Express _____

Card Name: _____

Expiration Date: _____ CVC Code: _____

Signature: _____

Attach Signed P.O. / Check #: _____

Grand Total Due: \$ _____

IAFC CANCELLATION: Cancellations for IAFC must be received in writing 14 days prior to May 15. Cancellations received within 14 days of IAFC are subject to a 50% cancellation fee based on total registration monies paid to AEA regardless of type of registration. Cancellations received BEFORE May 1 that were payable to AEA are subjected to fees as follows: Full Conference IAFC registrations, \$125.00, One Day IAFC registrations, \$75.00. Cancellation of any pre-conference event BEFORE May 1 are subject to an additional \$50 Cancellation Fee. AEA Membership Fees paid are completely non-refundable.

I fully understand that the pre-conference programs/classes/sessions I have registered for require vigorous physical activity & participation and I understand that I must wear athletic shoes and athletic apparel at all times while participating in all physical sessions at IAFC. Furthermore, I agree to release AEA, Wyndham Orlando Resort, presenters and all associated organizations, companies, sponsors, host facilities & the event leaders from any & all liability that may arise out of my participation in the pre-conference programs/classes/sessions at IAFC 2007.

Signature (REQUIRED): _____ Registration Date: _____

Please Print Clearly

Complete & Attach the Three (3) Pages of Session Selections For Full Conference

Return Form To:
AEA-IAFC
PO Box 1609
Nokomis, FL
34274-1609

Toll-Free Phone:
888.232.9283, ext. 216

Phone:
941.486.8600, ext. 216

Fax:
941.486.8820

Toll-Free Fax:
877.232.9008

Did You Remember To?

- Purchase an AEA membership
- Put your name on all session selection pages
- Indicate three (3) choices in each selection time frame
- Complete name, address, phone and email
- If using purchase order, please attach
- Read and sign the registration form

Session Selections

Name: Erin Goeden



Important!

Indicate three (3) choices in each selection time frame

If you are skipping a session block, indicate NA in the block.

Early Bird Deadline is April 2! Register by this date and save!

Shoes are required in all IAFC activities!

Tuesday, May 15, 2007

Select One (1) class from 101-104

<u>2</u>	101	Core Creations I	See	2:00p-2:50p
	102	Hidro Caliente	Goncalves	2:00p-2:50p
<u>3</u>	103	Aqua Joyful Circuit Dance	Tsukasaki	3:00p-3:50p
<u>1</u>	104	Special Anchored Class	Gelio	3:00p-3:50p

Select Two (2) classes from 105-110

<u>2</u>	105	Wet Latino	Maia	4:00p-4:50p
<u>1</u>	106	Splash Kids	Bastidas	4:00p-4:50p
	107	Kick Yo Chi	Maximova	5:00p-5:50p
<u>3</u>	108	3 "S" Aqua Core	Fuji	5:00p-5:50p
<u>1</u>	109	Hydro Bike & More	Collu	6:00p-6:50p
<u>2</u>	110	Drag Force	Acton/Denomme	6:00p-6:50p

Product Specific Workouts-You can only select up to 3 all week!

Select One (1) product specific if you wish to attend (Limited Space)

<u>1</u>	801	HydroRider® Aquabike Easy Line	Collu	7:00p-7:50p
<u>2</u>	802	Hi Energy Training with Aqua-Cell Products	Acton	7:00p-7:50p

Wednesday, May 16, 2007

Select One (1) class from 112-117

	112	Swim Gym Alternate Workout	Senati	7:45a-8:35a
<u>2</u>	113	YOQUA	Marotto	7:45a-8:35a
<u>1</u>	114	Mommy's Aqua Class	Amaral	8:45a-9:35a
	115	Dynamic Aqua Dance	Teramoto	8:45a-9:35a
<u>3</u>	116	Speed Up	Gouveia	9:45a-10:35a
	117	Hidro Body Building	Barcaia	9:45a-10:35a

Select One (1) class from 118-123

<u>1</u>	118	Dynamic Aqua Taekwondo	Cho	3:30p-4:20p
<u>2</u>	119	Hydro-Towel	Assad	3:30p-4:20p
<u>3</u>	120	Olympic Challenge	Triple Delight	4:30p-5:20p
	121	On and Off Your Wall	Hardester	4:30p-5:20p
	122	Fight H2O	Azevedo	5:30p-6:20p
	123	Level Fusion	Lipstuhl	5:30p-6:20p

Product Specific Workouts-You can only select up to 3 all week!

Select One (1) product specific if you wish to attend (Limited Space)

<u>1</u>	803	AquaJogger - Power and Speed	Triche	6:30p-7:20p
	804	Core Training with Aquatube	Senati	6:30p-7:20p
	805	SPRI Total Body Tuneup (Land)	Boutin	6:30p-7:20p
<u>3</u>	806	HYDRO-FIT® Resistance Training Workouts	Stuart/Caldwell Cooper	7:30p-8:20p
	807	Speedo - Drag Dynamics	Zylstra	7:30p-8:20p
<u>2</u>	808	Free Weight Training with Resist-A-Ball® (Land)	Eirk	7:30p-8:20p

Thursday, May 17, 2007

If you select the Track, do not select any sessions from #301-322

<u>1</u>	300	Personal Training; One on One Land to Sea	Huff/Pokorny/Powers	7:30a-12:30p
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Select One (1) session from 301-307

	301	Ab Attack; Land & Sea	Boutin	7:45a-9:30a
	302	STOMP	Snider Copley	7:45a-9:30a
	303	Senior Moments	Mitchell	7:45a-9:30a
	304	Prime Boomers Cardio & Sculpt Variations	Harush	7:45a-9:30a
	305	Chronic Pain and Related Issues	Sova	7:45a-9:15a
	306	Vertical or Horizontal; Why Not Both	Nelson, M.	7:45a-9:15a
	307	Muscle & Mat	Zylstra	7:45a-9:15a

Select One (1) session from 308-314

	308	A Different Kind of Stroke Training: Putting the Fun Back into Swimming	Frank	9:45a-11:30a
	309	Deep Core Challenge	Grevelding	9:45a-11:30a
	310	Combo Fusion	Adami	9:45a-11:30a
	311	Adaptations in Exercise Prescriptions for Pre-Natal Classes	Finkelstein	9:45a-11:30a
	312	50 Best Practices in Fee Based Programming	Mayer	9:45a-11:15a
	313	Fibromyalgia: Improving Pain & Fatigue	Prang Plews	9:45a-11:15a
	314	Fitness Intelligence-Land Exercises for Conditioning	Burdenko	9:45a-11:15a

Select One (1) Session from 315-322

	315	Aqua Fitness Jungle	Aboarrage	11:45a-12:35p
	316	Super Fun Aqua Dance	Yoshida	11:45a-12:35p
	317	Functional Training with Balls	Shechtman	11:45a-12:35p
	318	Weight Loss & Aquatics	Lindle	11:45a-12:35p
	319	Rhythm is Gonna Get You	Senra	12:45p-1:35p
	320	Aqua Around the World	Goncalves	12:45p-1:35p
	321	Integrated Yoga	Pagano	12:45p-1:35p
	322	Factors that Effect Exercise Intensity	Frank	12:45p-1:35p

Session Selections

Name: Erin Goeden

Product Specific Workouts-You can only select up to 3 all week!

Select One (1) product specific if you wish to attend (Limited Space)

- 809 AQx "Intelligent Training" for Deep and Shallow Water Workouts
- 810 SPRI Splash Circuit
- 811 Promise Enterprises Products and Tools (Land)

Select One (1) Session from 323-329

- 3 323 HydroRider Boot Camp
- 324 Fitness Intelligence: Water Exercises for Conditioning
- 325 Ai Chi/Ai Chi Ne; Applications for Pain
- 326 Bilateral and Bilinear Buoy
- 327 ADL Based Aging
- 1 328 M.I.N.D.ful Living
- 2 329 Core Authority

Select One (1) Session from 330-336

- 3 330 Aqua High Energy
- 331 Teaching with Intention
- 332 Intuitive Vision
- 333 Total Fitness
- 334 Holistic Arthritis Treatment & Nutrition
- 1 335 Physiology of Obesity
- 2 336 Calm, Stretched & Centered

Friday, May 18, 2007

If you select the Track, do not select any sessions from #401-422

- 400 Healthy H2O Solutions

Select One (1) Session from 401-407

- 3 401 Waist Management
- 402 In Deep with Pilates
- 403 Mood, Movement & More
- 1 404 Aqua Walk
- 405 Making A Difference
- 2 406 Everything You Want to Know About Fat & More
- 407 Hollistic Essentials-The Basics

Select One (1) Session from 408-414

- 408 Ultimate Performance Challenge
- 409 Extra Deep
- 410 Shallow Andature
- 411 Triple T Choreography
- 3 412 Physiological Responses to Immersion and the Aquatic Heart Rate Debate
- 2 413 Shameless Self Promotion
- 1 414 Pre & Post Natal Fitness Programming

Select One (1) Session from 415-422

- 1 415 Water Polo Gym
- 2 416 Playing & Training Seniors
- 417 Kick & Flex
- 418 Muscular Contractions in Aquatics
- 3 419 Aqua Core Training
- 420 Aqua World of Dance
- 421 Pilates Core and More
- 422 Water Temperature and Aquatics

Product Specific Workouts-You can only select up to 3 all week!

Select One (1) product specific if you wish to attend (Limited Space)

- 1 812 Burdenko Water Walkers - Revolutionizing Aquatic Exercise
- 3 813 SPRI Challenge 2007
- 2 814 Abs and Back with Resist-A-Ball® (Land)

Select One (1) Session from 423-429

- 423 HydroRider Plus
- 424 Back Splash: Aquatic Post-Rehabilitation for the Spine
- 425 What Really Needs to be Stretched
- 3 426 Children's Aquatic Fitness Programming
- 1 427 Breast Cancer Waterwork
- 2 428 Top 10 Exercises on Land and in the Water for Pregnant Women
- 429 Safe Pilates for Aquatic Instructors

- Ivens 1:45p-2:35p
- Boutin 1:45p-2:35p
- Thomas 1:45p-2:35p

- Swanger 2:45p-4:30p
- Burdenko 2:45p-4:30p
- Sova/Konno 2:45p-4:30p
- Toogood 2:45p-4:30p
- Stoub 2:45p-4:15p
- Snider Copley 2:45p-4:15p
- Netto 2:45p-4:15p

- Stuart 4:45p-6:30p
- Marotto 4:45p-6:30p
- Senra 4:45p-6:30p
- Poli 4:45p-6:30p
- Prang Plews 4:45p-6:15p
- Kravitz 4:45p-6:15p
- Eirk 4:45p-6:15p

- Harush/Nelson/Sova 7:30a-12:30p

- Acton 7:45a-9:30a
- Caldwell Cooper 7:45a-9:30a
- Toogood 7:45a-9:30a
- Crotty 7:45a-9:30a
- Grevelding 7:45a-9:15a
- Kravitz 7:45a-9:15a
- Adler 7:45a-9:15a

- Wykle 9:45a-11:30a
- Stuart 9:45a-11:30a
- Adami 9:45a-11:30a
- Levi 9:45a-11:30a
- Sherlock 9:45a-11:15a
- Batson 9:45a-11:15a
- Yrizarry 9:45a-11:15a

- Collu 11:45a-12:35p
- Aboarrage/Gelio 11:45a-12:35p
- Thomas/See 11:45a-12:35p
- Poli 11:45a-12:35p
- Senati 12:45p-1:35p
- Wakabayashi 12:45p-1:35p
- Yrizarry 12:45p-1:35p
- Lindle 12:45p-1:35p

- Burdenko 1:45p-2:35p
- Ribbins 1:45p-2:35p
- Eirk 1:45p-2:35p

- Brasil 2:45p-4:30p
- Jasinskas 2:45p-4:30p
- Haggerty 2:45p-4:30p
- Krist 2:45p-4:30p
- Essert 2:45p-4:15p
- Netto 2:45p-4:15p
- Powers 2:45p-4:15p



Did You Remember To?

- ✓ Purchase an AEA membership
- ✓ Put your name on all session selection pages
- ✓ Indicate three (3) choices in each selection time frame
- ✓ Complete name, address, phone and email
- ✓ If using purchase order, please attach
- ✓ Read and sign the registration form

IAFC Schedule

Tuesday, May 15

- Master Classes
- Product Specific Workouts

Wednesday, May 16

- Pre-Conference In-Depth Programs
- Master Classes
- Exhibit Hall Opens
- Product Specific Workouts

Thursday, May 17

- IAFC Sessions Begin
- Personal Training Specialty Track
- Buffet Lunch
- Exhibit Hall

Friday, May 18

- IAFC Sessions
- Special Populations Track
- Buffet Lunch
- Exhibit Hall
- Global Awards Reception/Dinner
- Anniversary Party

Saturday, May 19

- IAFC Sessions
- Buffet Lunch

Become an AEA Member and Register Before The Early Bird Date of April 2 to Save \$!



Diversify at IAFC!

IAFC is celebrating 20 years of diversification in aquatic fitness education. Join us in Orlando and experience a true global connection in aquatics!

It's hard to believe the International Aquatic Fitness Conference has been held each and every year since 1987!

As the first convention specific to aquatic fitness, IAFC has truly helped to diversify the industry. IAFC set the precedence worldwide and currently there are over 50 aquatic-specific fitness conventions held annually on 4 continents.

Through the years, industry leaders representing over 45 countries have shared their knowledge and expertise at IAFC to expand our truly unique area of fitness. Thanks to the professionals worldwide who have supported AEA and IAFC over the past two decades.

We hope to see YOU in Orlando this year to celebrate 20 years of IAFC Fitness, Friendships and Fun!

Benefits of Attending IAFC

- AEA Member Early Bird registrations receive discounts to select Pre-Conference In-Depth Programs.
- AEA Certified Members that register for full conference can also select Specialty Tracks offered Thursday and/or Friday.
- Full Conference attendees receive lunch Thursday through Saturday and free attendance to the Friday evening Awards Dinner and 20th Anniversary Party!
- First 200 AEA Member Early Bird Registrations receive great bonus gifts from our Sponsors!
- Attendees receive the IAFC CD program, an excellent resource to use during and after IAFC!
- Earn CECs/CEUs on most sessions at IAFC! AEA is an approved provider of education for AEA, ACE, AFAA, ATRIC and NATA-BOC!



Wyndham Orlando Resort in Orlando, Florida

Surrounded by 42 acres of winding lagoons and lush, tropical gardens, the Wyndham Orlando Resort is at the very heart of central Florida's attractions.

Attractions, restaurants and shopping are nearby, however, the serene setting of the property provides a convenient and tranquil getaway from Orlando excitement. For hotel registrations call 800-421-8001 or internationals call 407-351-2420. Hotel reservations must be made by April 15. Rates: \$115++ single/double or \$125++ triple/quad.

For online registrations go to <http://www.wyndham.com/groupevents/378IAFC/main.wnt>

Corporate Check??

First 200 AEA MEMBER Early Bird Full Conference registrations receive great gifts from IAFC Sponsors! Don't Delay – Register Today!

IAFC Family Package (Family Members)

The Family Package entitles your family members to join you at all meal functions and they are also welcome in the Exhibit Hall. (Adults \$150, Children 6-12 \$75, Children under 5 \$30). Spouse/Significant other may participate in up to 4 master classes and/or lectures only IF space permits.

IAFC Important Information!

IAFC Exhibit Hall & Shopping

Get all your aquatic and fitness needs at IAFC! The IAFC Exhibit Hall will be open from Wednesday through Saturday afternoon. New and innovative products, fitness equipment, apparel, music and more will be available!



Product Specific Workouts offered Tuesday through Saturday

Join leading companies in these product specific workouts designed to give you hands-on experience. For more detailed descriptions of the workouts being offered, see pages 3 and 4.

Friday Evening Global Awards Reception Dinner co-sponsored by H2O Wear

Join fellow delegates to honor those in our industry who have gone above and beyond in their contributions and dedication in the Aquatic Fitness Industry and enjoy a scrumptious dinner buffet!



20th Anniversary Celebration

Join in the fun and dance the night away at this IAFC celebration. 20 years of education, training and global friendships.

IAFC Supporting Organizations & Companies

AFAA, Aqua Dynamics Institute, Arthritis Foundation, ATRI, FLS, ISCA, Joshel Engineering and USA Swimming are pleased to help AEA bring you this weeklong event!

Continuing Education Credits

All sessions are approved for AEA CECs. Most sessions are approved for CECs through ACE*, AFAA, ATRIC and NATA-BOC. Select sessions may not receive certain organizations approval if they do not qualify based on their standards. See the IAFC section of the website for detailed CECs issued. For other organization certifications, you may have to petition to obtain CECs. * Many ACE approved sessions are accepted CEUs by ACSM.

Tax Deduction

IAFC is education and helps you in your business and profession! Please consult your financial advisor or accountant for more information on deductions, both state and federal.



Shoes are required in all IAFC activities!

**Take a break from the sun and pool!
Attend dynamic Land Workshops or Stimulating Lectures!**

**EARLY BIRD
REGISTRATION IS
APRIL 2!**

IAFC is approved for CECs through ACE, AFAA, ATRIC and NATA-BOC.

national conventions in Mexico as well as international events. Gina specializes in aquatic fitness applications and is certified by AEA, AFSA, Star Track Cycling and HydroRider.



Barb Batson – serves general and special populations in Nashville,

Tennessee and has been AEA certified since 1995. She is a National Multiple Sclerosis Society and Arthritis Foundation program trainer, Fun & Fitness cruise host and an AKWA contributor.



Marti Boutin – is an international presenter and a training specialist for AEA, ISCA, and Team SPRI. She was honored with the 1995 AEA Fitness Professional of the Year award and is as a personal trainer and fitness instructor in Fort Myers, Florida.



Roxana Brasil, MS – holds a master's degree in human movement and teaches at Velox Fitness in Rio de Janeiro. Roxana is an AEA training specialist and a HydroRider trainer in Brazil. She has written numerous articles and authored two books and a video on aquatic fitness and cycling.



Igor Burdenko, PhD – is the founder and chairman of the Burdenko Water & Sports Therapy Institute. Educated in Russia, Dr. Burdenko received his Ph.D. in sports medicine and M.S. in physical education. He has worked as a rehabilitation and training consultant to numerous athletes, figure skaters and dancers, as well as Olympians.

Master Classes



Tuesday, May 15

2:00pm- 2:50 pm

Please select one (1) session only from 101-104

Please select two (2) sessions only from 105-110

101 MC – Core Creations I Julie See

Creative Core Ideas
We can never seem to get enough challenging core work! Learn to create more core training options for all ages and abilities with a shallow water format using balls and noodles to activate deeper muscles. Discover how to stand tall, stay flexible and move with power from your core.

102 MC – Hidro Caliente Vera Lucia Goncalves Latin Choreography Fun

Dive into the tropical spirit and enjoy some fluid Caliente Latin moves and grooves in this shallow water choreography workshop. Caliente is a style of choreography that is identically repeated by right and left sides, providing a contagiously fun and challenging aquatic class.

3:00-3:50 pm

103 MC – Aqua Joyful Circuit Dance Naomi Tsukasaki Aquatic Dance

Enjoy a fusion format that blends together

dance choreography with strength conditioning for a total body workout. The choreography progressions feature challenging arm and leg patterning. The strength segments highlight slow and powerful movement. Flex and dance your way through this joy-filled aqua class!

104 MC – Special Anchored Class Ana Beatriz Gelio Low Impact Aquatics

Aquatic fitness professionals are well aware that many students attend water classes because they have joint impact issues. Discover a creative approach to formatting that utilizes only anchored or low impact movements. Take away programming ideas for senior, obese and pre-natal clients that will yield motivating results!

4:00-4:50 pm

105 MC – Wet Latino Ricardo Maia Advanced Latin Aqua Choreography

Combine Latin moves with the power of the water and you end up with a routine that has both rhythm and technical moves with lots of energy, flow and directional changes. Dance up a sweat and have lots of fun. What are you waiting for? Jump in and try it!

106 MC – Splash Kids Gina Bastidas Fun Class for Kids

Learn how to lead a children's aqua class and make them work hard without noticing it! Develop their water skills and their imagination in a structured session that keeps them

moving. Toss in a variety of equipment for a fun and challenging workout that will keep them coming back.

5:00-5:50 pm

Please select one (1) session only from 107-110

107 MC – Kick Yo Chi Tatiana Maximova Alternative Formatting

Change the dynamic of your class three times in one session. One of Russia's leading instructors demonstrates an exciting triad of popular aquatic fitness formats: dynamic force with kickboxing, smooth & graceful movements with Tai Chi and motionless yet powerful positions with yoga.

108 MC – 3 "S" Aqua Core Takae Fuji Master Basics of Aqua Pilates

The basics foundations of a successful aqua Pilates class involve the ability to adapt land based movements and still maintain the integrity of the exercises. Learn how to alter body positioning to get more out of your core and achieve perfect balance in the water.

6:00-6:50 pm

109 MC – Hydro Bike & More Giorgia Collu Combination of Cycling and Circuit

Circuit training is popular these days and the HydroRider cycles provide the ultimate exercise station! This workshop features a variety of circuit stations and emphasizes cardiovascular, upper body

and abdominal training, along with great ideas to get more people in your HydroRider class.

110 MC – Drag Force Monique Acton & Laurie Denomme Functional Fitness Progressions

Divulge yourself in a spectrum of movement ideas using water's natural resistance. Discover appropriate progressions using drag equipment as a natural extension of water and integrate creative multi-plane movements for proven benefits. Take away practical applications for shoulder and knee injuries, active healthy adults and rheumatoid arthritis.

Please select one (1) Product Specific Workout from 801-802

See page 3 for detailed descriptions.

7:00-7:50 pm

801 – HydroRider® Aquabike Easy Line

802 – Hi Energy Training with Aqua-Cell Products

Register early Space is limited!

Wednesday, May 16

7:45-8:35 am

Please select one (1) session only from 112-117

112 MC – Swim Gym Alternate Workout Silvia Senati Swimming and Aquatic Fitness

Enjoy an alternative style of class that features swimming

Master Classes

movements blended with rhythmic fitness activities. Create a liquid gym that can be used for group fitness or personal training. The workout is designed to work all of the major muscle groups for optimal toning effects.

113 MC – YOQUA™
MaryBeth Marotto
Yoga in the Water
 YOQUA is a class designed to release stress mentally and physically as you realign the spine and achieve maximum range of motion. The workout is designed to integrate mind, body and breathing as you bring yourself into a state of total relaxation. Namaste.

8:45-9:35 am

114 MC – Mommy's Aqua Class
Denise Amaral
Pre-natal Fitness
 Ease into a class format that provides top notch programming for moms-to-be. Learn the best water exercises to accommodate the physical and physiological changes associated with pregnancy. Enhance your pre-natal students' self-awareness and provide a better understanding of what to expect when you are expecting.

115 MC – Dynamic Aqua Dance
Tsuyoshi Teramoto
Aqua Dance
 Classic aqua dance choreography will have you moving your whole body with more powerful and dynamic form. Learn how to use the water effectively and transition smoothly as you develop move-

ments designed to accommodate all fitness levels with fluid fun and fitness.

9:45-10:35 am

116 MC – Speed Up Ana Gouveia
High Energy Cycling
 Challenge yourself with power, energy, rhythm and joy in this non-stop water cycling class led by one of Portugal's leading HydroRider instructors. Improve your overall endurance and strength while having fun in this wet and wild ride in the pool.

117 MC – Hidro Body Building
Maria Cristina Barcala
Effective Muscle Conditioning
 Develop a much better understanding of muscle conditioning; including form, proper execution and effective strategies for creating appropriate overload in this aqua strength training program. Learn how to implement the aqua fins and select correct exercises for all of the major muscle groups.

3:30-4:20 pm

Please select one (1) session only from 118-123

118 MC – Dynamic Aqua Taekwondo
Gyoung Min Cho
Innovative Martial Arts
 Form, breaking, sparring – these are three elements that are basic to Taekwondo. However, there is much more to aqua Taekwondo than fighting skill. Discover an exercise of the entire body and mind, including mental training that can help

improve our human character.

119 MC – Hydro-Towel
Waldir Assad
Unique Aquatic Fitness
 Who needs to spend lots of money on fancy equipment? Get out your towel and dive into a unique class that is designed to improve cardio-respiratory function and motor skills. Seniors and special populations will especially enjoy this simple yet very effective workout.

4:30-5:20 pm

120 MC – Olympic Challenge
Triple Delight
Athletic Programming
 The Triple Delight Aqua Team (Jeannie/Erica/Linda) 'bring the heat' with a shallow and deep Olympic challenge that features kickboxing, water polo and noodle cross training. Competitors, weekend warriors and aquatic enthusiasts will enjoy this hydrodynamic, sports specific workout that is worthy of a gold medal!

121 MC – On and Off Your Wall
Renee Hardester
Creative Resistance Training
 Train your muscles by implementing moves that incorporate the wall of the pool and then continue training the strength patterns after moving away from the wall. Use both drag and resistance equipment - paddles and hand buoys, for a super-sized strength workout in the pool.

**EARLY BIRD
 REGISTRATION
 IS APRIL 2**

5:30-6:20 pm

122 MC – Fight H2O
Rui Pedro Azevedo
**Aquatic Kickboxing
 Choreography**
 Unleash your aggressive side in this liquid challenge designed to deliver amazing cardio benefits using combat moves adapted to utilize the power of the water. Learn safe and effective kickboxing formatting and fun choreography for more advanced aqua fitness participants.

123 MC – Level Fusion
Margit Lipstuhl
Choreography with Impact Levels
 Experience the real flavor of a water fitness workout using impact variations in shallow applications. Mix up level III moves (suspended) with Level I (rebound) and level II (neutral) and motivate your students with a fun and intense aqua fitness class.

Please select one (1) Product Specific Workout from 803-808
 See page 3 for detailed descriptions.

6:30-8:20 pm

- 803 – AquaJogger – Power and Speed
- 804 – Core Training with Aqqatube
- 805 – SPRI Total Body Tuneup
- 806 – HYDRO-FIT® Resistance Training Workouts
- 807 – Speedo – Drag Dynamics
- 808 – Free Weight Training with Resist-A-Ball®

Register early
 Space is limited!



Gyoung Min Cho – is a nationally certified instructor and section chief for the Korean Aquatic Exercise Association (KAEA). Gyoung is a dynamic leader and expert in the martial arts discipline of Korean Taekwondo and has been an AEA certified instructor for the past 8 years.



Giorgia Collu – is a training specialist for AEA, HydroRider, and FIN. She is also a master trainer for Reebok and has presented at numerous conventions worldwide. Giorgia has been in the fitness industry for over 20 years and currently teaches swimming sports at the university level in Italy.



Margie Caldwell Cooper, BA – was the recipient of the AEA Global Fitness Professional of the Year 2006 award. She is a training specialist for HYDRO-FIT and The Pilates Coach, and a guest instructor at Rancho La Puerta. Margie teaches group fitness classes and trains clients in Sun Valley, Idaho.



Christine Crotty, BS – has been in the aquatic industry for the past 32 years. A graduate of Slippery Rock State College, she is certified and trained in several aquatic and fitness organizations. Chris was honored as the 2005 WaterART Master Trainer of the Year.





Laurie Denomme, BS – is an international presenter known

for blending creative yet functional fusion programming. She is an AEA training specialist and co-author / director of program development for Aquatic Options education programs and resources. Laurie is the former assistant to director of sales for Good Life Fitness Clubs in Canada.



Lauren Eirk – is a certified RTSM resistance training specialist -

mastery level, a Muscle Activation Techniques intern, a certified yoga instructor, Circle of Excellence master trainer for Resist-A-Ball, and the group fitness director for the Louisville Athletic Clubs in Kentucky.



Mary B. Essert, BA – is the recipient of the 2002 AEA Lifetime

Achievement and ATRI Professional awards. Mary is an educator and trainer for WSI, AAHPERD and the Arthritis Foundation. She is certified by ATRIC, AEA, Cancer Wel-Fit, MS Society, Watsu® and is a Jahara practitioner.



Ilana Finkelstein, MS – has taught aquatic exercise and

pre and postnatal classes since 1988 and holds a master's degree in human movement science. She is an AEA training specialist and an international presenter. Ilana owns a fitness and aquatic center in Brazil and she is a member of GPAA research group.

**EARLY BIRD
REGISTRATION
IS APRIL 2**

Pre-Conference In-Depth Programs

Pre-conferences are offered on Wednesday and are an additional fee. Please see each description for applicable fees. FEES LISTED ARE FOR EARLY BIRD AEA MEMBERS. Non-Members and after Early Bird, add \$25 unless otherwise noted.

AEA Aquatic Fitness Professional Certification

Increase your professionalism with AEA Certification
It's as simple as One, Two, Three!

Wednesday, May 16

Step One - Prepare In Advance with the Online Course!

AEA/Human Kinetics Aquatic Fitness Professional Online Certification Prep Course (AEA Certification Prep Course) Course Only \$95.00 With 5th Edition Aquatic Fitness Professional Manual \$150.00

The AEA Certification Prep Course is an interactive online educational course for candidates preparing to take the AEA Aquatic Fitness Professional Examination. It includes a course pre-test, unit quizzes and a course test to confirm your understanding of the material and assist you with the Certification Examination. This online course is also recommended for AEA Certified Professionals looking to enhance core knowledge and renew certification. Course content includes exercise anatomy & physiology, applied anatomy, physical fitness, aquatic environment, physical laws, aquatic fitness equipment, aquatic fitness choreography, deep water exercise, exercise programming & leadership as well as other related topics pertaining to exercise instruction. **Although optional, AEA highly recommends that all candidates seeking certification participate in this course. There are no prerequisites for this online course.**

For detailed Online Prep Course information and registration, please go to the AEA Website www.aeawave.com or go directly to the Human Kinetics website at www.aquaticeducationcenter.com

Step Two - Attend the Practical & Skill Applications Review!

201 – Aquatic Fitness Professional Practical & Skill Applications Review (AFP Practical & Skill Applications Review)

7:30 am-3:30 pm

AEA Member Early Bird Registration \$65 / Date or Non-Member \$105

This 6-hour program is designed to reinforce the knowledge learned in the AEA Certification Prep Course for candidates seeking Certification through AEA. This hands-on program is also recommended for AEA Certified Professionals to reinforce practical performance and to renew certification. The interactive course design combines theoretical and practical educational segments and involves activity both on land and in the pool. This course reviews the practical and skill related aspects of aquatic fitness leadership including deck instruction, applied anatomy, physical laws and muscle actions as related to aquatic fitness equipment. **Although optional, AEA highly recommends that all candidates seeking certification participate in this course. There are no prerequisites for this course.**

Step Three - You're Ready for Examination!

202 – Aquatic Fitness Professional Certification Examination \$145.00

4:00-6:00 pm

This 100-question, multiple-choice and true/false written exam is designed to test a standard level of theoretical and practical competence and skill for aquatic fitness professionals.

AEA also highly recommends all candidates to have a minimum of 6 months of practical aquatic fitness experience and allow for at least 8-12 weeks of advance study and preparation prior to sitting for the examination.

Candidate Important Information

- Pre-registration is mandatory. Absolutely no candidate registrations will be accepted within 28 days of examination date.
- Current and valid CPR is required to obtain Certification.
- Certification development and complete candidate requirements, policy and procedural information can be found at the AEA website or mailed to you upon request.

Examination Special Assistance

If you require special assistance due to a disability, please complete the disability assistance form. This form must be completed and sent in with your registration form. Please find the form at the Certification area of the website or call AEA to be mailed or faxed the form.

**AEA Member
3-Step Discount!**
If registering for all three steps, save
\$25.00!
See registration form to apply your discount.