

**Please PRINT OFF THIS EMAIL**  
**Welcome to IAFC 2012!**

**IAFC ON-SITE REGISTRATION HOURS**

5/14 Monday 2:30pm to 5:00pm  
5/15 Tuesday 7:00am to 7:00pm  
5/16 Wednesday 7:00am to 5:30pm  
5/17 Thursday 7:00am to 5:00pm  
5/18 Friday 7:00am to 4:30pm  
5/19 Saturday 7:00am to 2:00pm  
5/19 Saturday 3:00pm - 7:00pm (West Pool)

**IAFC EXPO HOURS**

12:00pm to 7:00pm  
12:00pm to 3:00pm  
10:00am to 2:00pm  
10:00am to 2:00pm (Last Day)

**Aquatic shoes are required for pool sessions. Don't forget to pack them!** IAFC sponsors and vendors will have shoes available for purchase. H2O Wear will begin selling shoes on-site starting Monday afternoon at 2:30pm. They will also have shoes for sale on Tuesday before the expo opens.

**Athletic shoes are required** in DRY and land fitness sessions (LMC & LWS) that include practical applications. Please review your sessions carefully to determine when you may need them. Select IAFC vendors will be selling athletic shoes in the Expo.

**Stay hydrated!** Bring your water bottle or buy a new one in AKWA Shop! Water stations are located at both pools and in meeting rooms. Keep your water bottle full!

**Warmth Inside!** Bring sweatshirts or warmer clothes for the classrooms and your room. It's hot in Florida in May and the conference center, classrooms and guest rooms are often chilly from the A/C.

**Relax!** Treat yourself to a massage at IAFC. Robin is back for her 5th year at IAFC! If you are interested in scheduling your massage with Robin, please email her at [reneebodycare@comcast.net](mailto:reneebodycare@comcast.net) or call (941) 445-3343 for advance booking.

**Bid & Win!** The Awesome Auction starts Wednesday and tickets can be purchased at Registration or Poolside. Of course we are still offering the KPH 50/50 raffle that benefits AEA's KPH Fund, which benefits ovarian cancer research and those less fortunate. The drawing is held Saturday after the KPH Finale Class.

**The Monday Night Entertainment Revue!** Remember if you are in the pool, bring a cover up so you can enjoy the pasta buffet! This is a great way to start out your IAFC Week!

**Friday Global Awards, Dinner & Party!** Don't forget your Semi Formal Outfit Ladies, and Men, don't forget your Black & White! You can win prizes Friday Night!

***We have a fantastic line up of presenters, programming, product showcases, expo shopping & much more.***

***Thank you for joining us in Orlando to help us celebrate 25 years of educational conferences!***