



**Two Days of Education featuring Lindsay Mondick
November 16-17, 2019
Roscoe, Illinois
NorthPointe Wellness – 5605 E Rockton Rd, Roscoe IL 61073**

Early Bird AEA Member Registration Deadline: **October 16, 2019**

Space is Limited-Register Now!

- Advance Registration Required, **NO ONSITE registrations accepted.**
- View specific event information at www.aeawave.com under Calendars/AEA USA.
- Click on the Event you wish to attend for more details, registration links or specific downloads
- **Questions?** Email info@aeawave.com – Phone 888-232-9283 or 912-289-3559

Early Bird AEA Member Education Package Options:

Must Register by Early Bird Deadline

Saturday & Sunday Workshops for \$189.00!

Saturday OR Sunday All Day Workshops \$105.00!

Saturday November 16

8:00am-11:00am – H2O Circuits

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

Experience creative aquatic circuit options using a variety of equipment for total-body training! A cost-effective way to add equipment to your pool programs, these teaching tips and class suggestions will put circuit training back on your list of favorite formats.

12:00pm-3:00pm – Next Level Noodle

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Take your aquatic class to the next level with creative cardio, targeted toning, and core concepts...all with the pool noodle. Explore all impact levels (grounded, propulsion & levels I, II, III) and modifications for all ability levels in this fun-focused, total body conditioning class.

Sunday November 17

8:00am-11:00am – Boot Camp Shallow

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 2.0, NASM 0.3

Push participants past training plateaus with a platoon of shallow water training designed to target fitness components of agility, balance, coordination and speed in addition to cardio capacity. This no-nonsense workout formula delivers high-intensity training options, with and without equipment, to maximize results.

12:00pm-3:00pm – AquaBata Shallow

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Take advantage of the latest trend in fitness to deliver the next level of training to your aquatic programs. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results. Minimal choreography, maximal results!

Lindsay Mondick, is the YMCA of the USA National Senior Manager of Aquatics. She is a presenter and continuing education provider for the YMCA, ACE, and AEA, an AEA Training Specialist, and author for Akwa magazine.