



**Two Days of Education featuring Jackie Lebeau
December 7-8, 2019
Midlothian, Virginia
Midlothian Family YMCA – 737 Coalfield Rd, Midlothian VA 23114**

Early Bird AEA Member Registration Deadline: **November 7, 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 December 7

9:00am-12:00pm – Deeper Applications 2

\$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

Dive deeper into aquatic programming applications by taking advantage of current trends in fitness. Updated information and creative fitness formats to promote continued progressions in your deep-water classes and personal training sessions. Experience suspended high intensity interval training (HIIT) to effectively target both cardio and core.

1:00pm-4:00pm – 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.

Sunday December 8

9:00am-12:00pm – Aquatic Interval Applications

\$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

Create dynamic interval formats for the pool that can be adjusted for various ages and abilities through Work: Recovery ratios, movement tempos, exercise choices and impact options. This interactive workshop will help you develop motivating aquatic interval programs to enhance training results.

1:00pm-4:00pm – Core Training + Stretch Techniques

\$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

Learn core training techniques that include standing, traveling and buoyant options to develop dynamic strength for improved function, with options to meet a variety of goals and skill levels. Flow into a sampler of stretching techniques from mind-body options for warm waters to fluid movements for cool pools.

Jackie Lebeau, MS, is the Senior Director of Fitness & Instruction at the University of Virginia., an international presenter and an AEA Training Specialist. Jackie is the owner of JLA Fitness and is a CE Provider for ACE, AEA and AFAA.