

Hubbard OH
Hubbard Community Pool – 200 Hall Ave SE, Hubbard OH 44425
December 6 – December 8, 2019

Education Package Options:

Must register by AEA Member Early Bird Deadline of November 6 to receive discounted pricing.

AEA Members - Best Deal! Register for the Hydrorevolution course on Friday plus ALL day workshops on Saturday and Sunday for \$239.00! Does not include master classes on Friday evening.

Saturday & Sunday Workshops for \$199.00! (Late and/or Non-Member price \$239.00)

Saturday OR Sunday Only Workshops \$119.00! (Late and/or Non-Member price \$139.00)

Friday December 6

11:30am-3:30pm Hydrorevolution Power Training with Jenni Lynn Patterson-LaCour
\$59 Early Bird AEA Member \$79 Late and/or Non-Member
CECS: AEA/AF 4.0, ACE 0.4, AFAA 4.0, NASM 0.4

This course takes the best practices in professional hands-on education with an updated blend from Aqualogix and Aquastrength educational programs. Be one of the first fitness leaders to experience this must attend course that complements the Online Specialty Certificate Training Course. This session will introduce the comprehensive range of drag resistance equipment on the market that can be used for any of your clients; from rehab to sports/athletic performance to general fitness for group exercise, small group and one on one training.

- Learn the correct way to use all Aqualogix and Aquastrength equipment (Bells, Fins and Barbell).
- Experience the equipment and learn proper movements for a wide range of demographics.
- Learn how to integrate drag resistance equipment into your current practice to grow your business and client base.

3:30pm-4:15pm Cardio Combos 2.0 with Ashley Bishop
\$15 Early Bird AEA Member \$18 Late and/or Non-Member
CECS: AEA/AF 1.0, ACE 0.1, AFAA 1.0

Take the mystery out of aquatic choreography and gain a better understanding of Add-On, Pyramid & Pure Repetition choreography styles. These cardio combos are an effective way to add diversity, intensity and FUN to your aqua classes. We will focus on shallow water formats (with a hint of deep!) Cardio Combos provides a total body workout without the use of equipment.

4:30pm-5:15pm Noodle RX with Jenni Lynn Patterson-LaCour
\$15 Early Bird AEA Member \$18 Late and/or Non-Member
CECS: AEA/AF 1.0, AFAA 1.0, NASM 0.1

This low-impact workout was created to accommodate students of various heights and fitness levels in a shallow-water class. The first segment focuses on creating class content with grounded moves and the other two segments demonstrate how incorporating a noodle provides creative challenges and reduced impact.

5:30pm-6:15pm Triple Play Circuit with Ashley, Jenni Lynn and Craig
\$15 Early Bird AEA Member \$18 Late and/or Non-Member
CECS: AEA/AF 1.0

Triple the intensity - triple the fun! Join Ashley, Craig and Jenni Lynn for an intense shallow water master class utilizing some of the industry's newest and most challenging equipment! Be ready for challenges. Be ready for changes. Be ready to sweat wet!

Saturday December 7

8:00am-12:00pm
CECS: AEA/AF 4.0, ACE 0.2, AFAA 4.0, NASM 0.2

S'WET Deep Water with Jenni Lynn Patterson-LaCour
Take deep-water exercise to a whole new depth! This course will teach you how to incorporate Pilates, TABATA, Core Strengthening, Water Running (and much, much more) all while suspended in the deep end to get students working harder with little to no impact on their joints.

SplAsh Toning with Ashley Bishop

Let's take it to the next level! Combine the fun and excitement of cardio combos with the added resistance of foam equipment. Learn easy to teach and effective choreography while using foam hand bars, all to the beat of motivating music.

1:15pm-5:15pm

CECS: AEA/AF 4.0, ACE 0.2, AFAA 2.0

Senior Strength with Craig Yaniglos

Let's get pumped! Increase muscular strength and bone density for seniors using drag resistance. Learn how to safely and effectively incorporate drag equipment for gains in senior strength.

All About Intervals with Ashley Bishop

Work, Rest, Repeat in all the different flavors. Learn how to safely and effectively incorporate interval training to your aqua fitness classes. Delve deeper into Tabata, HIIT and other Work/Rest combinations to take your class (and your participants) to the next level.

Sunday December 8

8:00am-12:00pm

CECS: AEA/AF 4.0, AFAA 2.0, NASM 0.2

S'WET Silver with Jenni Lynn Patterson-LaCour

Expand your techniques using level II, grounded and equipment assisted high-intensity exercises to elevate your elite senior/low level mover aqua enthusiasts. Incorporate everything from cardio intervals, balance work and core teasers that will keep our active aging population coming back for more!

Ultimate Fatigue with Craig Yaniglos

This workshop will show you how to work specific muscle groups to the ultimate fatigue! Our goal is to pinpoint muscles and work them until they will not work anymore and then move on. Learn how to create a unique blend of cardio and simple exercises to freshen up your routines yet leave your class feeling exhausted.

1:15pm-5:15pm

CECS: AEA/AF 4.0, ACE 0.2, AFAA 4.0, NASM 0.2

Deck Blocks with Jenni Lynn Patterson-LaCour

Whether you're a seasoned instructor, or a back-up sub, learn how to build a balanced workout using the basic blocks of movement, as well as modifications to help all of your participants. (Ski, Jack, Tuck, Kick, Hop/Levels/Impact Variations) Work together in teams to brainstorm on how to build the best class for your wave warriors!

Dynamically Rhythmic with Ashley Bishop

Let the music motivate the movement as you rhythmically cool down your classes. Using choreography patterns, dynamic combinations, and feel good song choices you will create the optimum environment for effective cool downs that will leave your participants feeling elongated and energized.