

New Britain Connecticut
Hospital for Special Care – Aquatic Rehabilitation Center – 2150 Corbin Ave,
New Britain CT 06053
October 25 – October 27, 2019

Education Package Options:

Must register by AEA Member Early Bird Deadline of September 25 to receive discounted pricing.

AEA Members - Best Deal! Register for 3 Full Days of Educational Training & Workshops for \$239.00!

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 October 25

12:30pm-4:30pm Hydorevolution 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.

Saturday October 26

8:00am-12:00pm

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

Wave Warrior with Jenni Lynn Patterson-LaCour

Whether your aqua class is 30, 45 or 60 minutes long, you can get your students the calorie and muscle burn they want each time they come to class. Total body aquatic workout that takes interval training to the next level by combining strength, cardio, flexibility & intense core training.

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 4.0, NASM 0.2

S'WET™ Bootcamp with Jenni Lynn Patterson-LaCour

Get your students energized with our high-intensity boot camp classes! By combining circuit training with creative exercises and equipment, this course offers new ways to optimize your pool space with some hard-core aquatic training, helping students achieve results they want.

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 October 27

8:00am-12:00pm

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

Cardio Combos 2.0 with Ashley Bishop

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.

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!

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.