

Monday, May 6

LOCATION	SESSION TIME	TYPE	CODE	SPECIALTY PROGRAMS-DAY LONG OR IN DEPTH	PRESENTER	POOL	POOL TIME
Vista del Mar	7:30-8:00a			Intro to IAFC 2019 Meeting	Proctor		
Granada C	8:30a-5:00p	SPEC	90	AEA Aquatic Fitness Practical Applications	Templeman	Plaza Pool	10:00a-12:00p / 3:45p-4:45p
Granada I	8:15a-3:45p	SPEC	91	AEA Program Leader Development Training	Sherlock	College Pool	1:45p-2:45p
Granada GH	8:00a-4:30p	SPEC	92	LaBlast® Instructor Training	Cooperman	Plaza Pool	9:00a-10:00a / 2:30p-3:30p
Granada A/B	8:00a-6:00p	SPEC	93	Aqua Zumba®	Bostic	College Pool	12:00p-1:45p
Vista del Mar	8:30a-3:30p	SPEC	94	HYDRORIDER® Aquacycling Fusion Certificate Training	Collu/De Luca/Ragnoli	College Pool	10:00a-12:00p
Plaza C	10:00a-5:15p	SPEC	95	Aqua Yoga Strength Certificate Training	Denomme/Eirk	Plaza Pool	12:30p-2:30p
Vista del Mar	3:30p-7:30p	SPEC	96	Hydorevolution Power by Aqualogix™ & AquaStrength™	Lemahieu/Patterson-LaCour	Plaza Pool	4:45p-6:45p
Vista del Mar	5:00p-5:30p			Intro to IAFC 2019 Meeting	Proctor		

Tuesday, May 7

LOCATION	SESSION TIME	TYPE	CODE	SESSION	PRESENTER	POOL	POOL TIME
Plaza Pool	6:30a-7:00a	WAKE	100	Aqua Awakenings Ai Chi	Lemahieu/Schellen-de Jong	Plaza Pool	6:30a-7:00a
Plaza C	6:30a-7:00a	WAKE	101	Rise & Shine Yoga with Tinoca	Senra	NA	
Beach	6:30a-7:00a	WAKE	102	Beach Power Walk	See	NA	
Plaza Pool	7:30a-8:15a	AMC	103A	TaeKwon Tabata 3	An/Kim	Plaza Pool	7:30a-8:15a
Plaza Pool	8:30a-9:15a	AMC	103B	SAF® Aqua Drums Vibes Pool Percussions	Lemahieu/Anaya	Plaza Pool	8:30a-9:15a
College Pool	7:30a-8:15a	AMC	104A	AfroRobics	dos Santos	College Pool	7:30a-8:15a
College Pool	8:30a-9:15a	AMC	104B	H to O Training Challenge	Perelomova	College Pool	8:30a-9:15a
Plaza C	7:30a-8:15a	LMC	105A	Chair Fit: Arthritis Exercises that Challenge	Grevelding	NA	
Plaza C	8:30a-9:15a	L2W	105B	Stretch Fusion: Balance	Denomme	NA	
Plaza Pool	9:45a-10:30a	AMC	107A	Kick Combat & Knock Out	Benetti	Plaza Pool	9:45a-10:30a
Plaza Pool	10:45a-11:30a	AMC	107B	Therapy Aqua: Walking & Ai Chi Blend	Ohnuki	Plaza Pool	10:45a-11:30a
College Pool	9:45a-10:30a	AMC	108A	Pump & Jump Circuit	De Luca/Collu	College Pool	9:45a-10:30a
College Pool	10:45a-11:30a	AMC	108B	Pedal & Push Power Training	Ragnoli/deLuca	College Pool	10:45a-11:30a
Plaza C	9:45a-10:30a	L2W	109A	Ai Chi Progressions for Hips and Backs	Sova	NA	
Plaza C	10:45a-11:30a	L2W	109B	Terra-Agua Yoga	Senra	NA	
Colonnade	12:00p-1:00p	LUNCH	TUE1	Lunch A			
Plaza Pool	12:00p-12:45p	AMC	110	Dynamic Deep	Schellen-de Jong	Plaza Pool	12:00p-12:45p
College Pool	12:00p-12:45p	AMC	111	Rock Pilates	Solier	College Pool	12:00p-12:45p
Plaza C	12:00p-12:45p	L2W	112	Postural Pool Solution	Toogood	NA	
Colonnade	1:00p-2:00p	LUNCH	TUE2	Lunch B			
Plaza Pool	1:00p-1:45p	AMC	114	Back to the Core	Westfall	Plaza Pool	1:00p-1:45p
College Pool	1:00p-1:45p	AMC	115	LaBlast Splash Master Class	van Amstel	College Pool	1:00p-1:45p
Plaza C	1:00p-1:45p	LMC	116	Ground Force Exploration	Levia	NA	
				IAFC Circuit Demos			
College Pool	2:15p-3:00p	AMCX	119	Aqua Body Strong (Boards) (Deep/NO BELT)	Aqua Body Strong	College Pool	2:15p-3:00p
Plaza Pool	2:30p-3:30p	AMCX	121	Aqua-Ω & Nekdoodle & NZ StretchCordz Demo	Aqua Ohm/Nekdoodle/NZ StretchCordz	Plaza Pool	2:30p-3:30p
Plaza Pool Deck	2:30p-4:00p	Demo	121C	Cubii Deck Demo	Cubii	Pool Deck	
College Pool	3:00p-3:45p	AMCX	120	Hydrorider Super Circuit	HydroRider	College Pool	3:00p-3:45p
College Pool	3:45p-4:30p	AMCX	122	Aqua Body Strong (Boards) (Deep/NO BELT)	Aqua Body Strong	College Pool	3:45p-4:30p
Plaza Pool	4:30p-5:15p	AMCX	123	Aqualogix & Aquastrength (deep/shallow)	Aqualogix/Aquastrength	Plaza Pool	4:30p-5:15p
College Pool	4:30p-5:15p	AMCX	124	Indigo Aquatics Specialized Circuit	Indigo Aquatics	College Pool	4:30p-5:15p
Plaza A & B/Colonnade	5:30p-6:30p	GEN	TUE3	IAFC Meet & Greet (light hors d'oeuvres and cash bar)			
Plaza A & B	6:00p-8:00p	GEN		IAFC Marketplace Grand Opening			

**SHUTTLES
TO DAYTONA
STATE COLLEGE**



Starting Each Day after Wake Sessions Shuttles to College begin 45 minutes before the first session each day.
Session Switch Times Shuttles run simultaneously on a loop during the 30 minute switch times between general sessions.
Lunchtime Master Classes Shuttles run simultaneously on a loop during all lunch master classes.
End of Day/Last Session Final Shuttle will depart the College no later than 30 minutes after the last session.

Wednesday, May 8

LOCATION	SESSION TIME	TYPE	CODE	SESSION	PRESENTER	AWS IN LECT	POOL	POOL TIME
Plaza Pool	6:30a-7:00a	WAKE	200	Yoga Nidra & Ai Chi	Lewen		Plaza Pool	6:30a-7:00a
Plaza C	6:30a-7:00a	WAKE	201	Rise & Shine Yoga with Lauren	Eirk		NA	
Beach	6:30a-7:00a	WAKE	202	Intro to Tai Chi Beach	Templeman		NA	
Plaza Pool to Granada B	7:30a-9:15a	AWS	203	Aquafit Freestylin' (deep/shallow)	Triple Delight	8:30a-9:15a	Plaza Pool	7:30a-8:15a
Granada B to Plaza Pool	7:30a-9:15a	AWS	204	Senior Strength	Yaniglos	7:30a-8:15a	Plaza Pool	8:30a-9:15a
College Pool to Lect Gym	7:30a-9:15a	AWS	205	HIYO Interval Express	Denomme/Sherlock	8:30a-9:15a	College Pool	7:30a-8:15a
Lect Gym to College Pool	7:30a-9:15a	AWS	206	Acquapole & Bands	Manfredi	7:30a-8:15a	College Pool	8:30a-9:15a
Vista Del Mar	7:30a-9:00a	LEC	207	B.Y.O.B. Build Your Own Brand	Patterson LaCour		NA	
Plaza C	7:30a-9:00a	LAB	208	Enchanted Waters	Grevelding		NA	
Plaza Pool to Granada B	9:45a-11:30a	AWS	209	Cross Training for Athletes	Huey	10:45a-11:30a	Plaza Pool	9:45a-10:30a
Granada B to Plaza Pool	9:45a-11:30a	AWS	210	The Fountain of Youth	Westfall	9:45a-10:30a	Plaza Pool	10:45a-11:30a
College Pool to Lect Gym	9:45a-11:30a	AWS	211	Acquapole Boxing (2 people per bag)	Gilardoni	10:45a-11:30a	College Pool	9:45a-10:30a
Lect Gym to College Pool	9:45a-11:30a	AWS	212	2B or Not 2B-Partner Work	Harush	9:45a-10:30a	College Pool	10:45a-11:30a
Vista Del Mar	10:00a-11:30a	LEC	213	Carbohydrate Craziiness	Kravitz		NA	
Plaza C	10:00a-11:30a	LWS	214	Killer Core	Eirk		NA	
Plaza A & B	11:30a-2:30p	GEN		IAFC Marketplace Open				
Colonnade	12:00p-1:15p	LUNCH	WED1	Lunch A				
Plaza Pool	12:30p-1:15p	AMC	215	Unilateral Hand Bar & Core Challenge	Santos, J		Plaza Pool	12:30p-1:15p
College Pool	12:30p-1:15p	AMC	216	Acquacombat Cardio Mix	Gilardoni		College Pool	12:30p-1:15p
Plaza C	12:30p-1:15p	LMC	217	LaBlast Fitness Master Class	van Amstel		NA	
Colonnade	1:15p-2:30p	LUNCH	WED2	Lunch B				
Plaza Pool	1:30p-2:15p	AMC	218	H2O Yoga Flow	Senra		Plaza Pool	1:30p-2:15p
College Pool	1:30p-2:15p	AMC	219	Thaifit Water Combat & HIIT Training	Senati		College Pool	1:30p-2:15p
Plaza C	1:30p-2:15p	LMC	220	Seat Cubii Workout Innovations	Pringle Burnell		NA	
Plaza Pool to Granada B	3:00p-4:45p	AWS	221	Post Rehab Fitness	Huey	4:00p-4:45p	Plaza Pool	3:00p-3:45p
Granada B to Plaza Pool	3:00p-4:45p	AWS	222	Deep Water Running	Stuart	3:00p-3:45p	Plaza Pool	4:00p-4:45p
College Pool to Lect Gym	3:00p-4:45p	AWS	223	Triad Training	Thielen	4:00p-4:45p	College Pool	3:00p-3:45p
Lect Gym to College Pool	3:00p-4:45p	AWS	224	SAF® Aqua Drums Vibes	Anaya	3:00p-3:45p	College Pool	4:00p-4:45p
Vista Del Mar	3:00p-4:30p	LEC	225	Exercise, Fat Loss & Weight Management: The Real Story	Kravitz		NA	
Plaza C	3:00p-4:30p	LAB	226	Wet Barre: Stool	Brock		NA	
Plaza Pool to Granada B	5:30p-7:15p	AWS	227	Dim Mak	Levia	6:30p-7:15p	Plaza Pool	5:30p-6:15p
Granada B to Plaza Pool	5:30p-7:15p	AWS	228	One Sided Deep	Lebeau	5:30p-6:15p	Plaza Pool	6:30p-7:15p
College Pool to Lect Gym	5:30p-7:15p	AWS	229	Aqua Triathlon Training	Collu/DeLuca/Ragnoli	6:30p-7:15p	College Pool	5:30p-6:15p
Lect Gym to College Pool	5:30p-7:15p	AWS	230	All Generations Circuit	Brasil/Santos P/J/Senra	5:30p-6:15p	College Pool	6:30p-7:15p
Vista Del Mar	5:30p-7:00p	LEC	231	Liquid Form	Mehanni		NA	
Plaza C	5:30p-7:00p	LAB	232	Fluid Pilates-Body & Mind Adaptations for Water	Bergas del Rio		NA	

**SHUTTLES
TO DAYTONA
STATE COLLEGE**



Starting Each Day after Wake Sessions Shuttles to College begin 45 minutes before the first session each day.
Session Switch Times Shuttles run simultaneously on a loop during the 30 minute switch times between general sessions.
Lunchtime Master Classes Shuttles run simultaneously on a loop during all lunch master classes.
End of Day/Last Session Final Shuttle will depart the College no later than 30 minutes after the last session.

Thursday, May 9

LOCATION	SESSION TIME	TYPE	CODE	SESSION	PRESENTER	AWS IN LECT	POOL	POOL TIME
Plaza Pool to Granada B	7:30a-9:15a	AWS	300	Cross Country Ski: Unlimited Ideas for One Move (deep/shallow)	Bergas del Rio	8:30a-9:15a	Plaza Pool	7:30a-8:15a
Granada B to Plaza Pool	7:30a-9:15a	AWS	301	Restoration Aqua: A Journey for the Body & Soul	Delfino/Melotto	7:30a-8:15a	Plaza Pool	8:30a-9:15a
College Pool to LECT Gym	7:30a-9:15a	AWS	302	HydroRider MetCon	Brasil	8:30a-9:15a	College Pool	7:30a-8:15a
LECT Gym to College Pool	7:30a-9:15a	AWS	303	Total Body Hydro Functional Training	Collu	7:30a-8:15a	College Pool	8:30a-9:15a
Vista Del Mar	7:30a-9:00a	LEC	304	Exercise: The Ultimate Brain Booster and Stress Reducer	Kravitz		NA	
Plaza C	7:30a-9:00a	LWS	305	From Frail to Functional	Huff		NA	
Plaza Pool to Granada B	9:45a-11:30a	AWS	306	HIIT + CV Conditioning (deep/shallow)	Ryzkova	10:45a-11:30a	Plaza Pool	9:45a-10:30a
Granada B to Plaza Pool	9:45a-11:30a	AWS	307	Deep Dance Intervals	Sullivan	9:45a-10:30a	Plaza Pool	10:45a-11:30a
College Pool to LECT Gym	9:45a-11:30a	AWS	308	Pore it to the Core	Stuart	10:45a-11:30a	College Pool	9:45a-10:30a
LECT Gym to College Pool	9:45a-11:30a	AWS	309	Task Oriented Training	Sherlock	9:45a-10:30a	College Pool	10:45a-11:30a
Vista Del Mar	10:00a-11:30a	LEC	310	Posture and Alignment Essentials for Aquatic Exercise	Westfall		NA	
Plaza C	10:00a-11:30a	LAB	311	CardiYogaah	Thielen		NA	
Plaza A & B	11:30a-2:30p	GEN		IAFC Marketplace Open				
Colonnade	12:00p-1:15p	LUNCH	THU1	Lunch A				
Plaza Pool	12:30p-1:15p	AMC	312	Energy Flow	Perelomova		Plaza Pool	12:30p-1:15p
College Pool	12:30p-1:15p	AMC	313	Step to Jump	An/Kim		College Pool	12:30p-1:15p
Plaza C	12:30p-1:15p	LMC	314	Yoga Body Break	Templeman		NA	
Colonnade	1:15p-2:30p	LUNCH	THU2	Lunch B				
Plaza Pool	1:30p-2:15p	AMC	315	YOQUA VI™	Dziubinski		Plaza Pool	1:30p-2:15p
College Pool	1:30p-2:15p	AMC	316	Flowing & Fluid Pilates	Collu		College Pool	1:30p-2:15p
Plaza C	1:30p-2:15p	LMC	317	Meditate in a Minute	Lewen		NA	
Plaza Pool to Granada B	3:00p-4:45p	AWS	318	LaBlast Splash Fitness	van Amstel	4:00p-4:45p	Plaza Pool	3:00p-3:45p
Granada B to Plaza Pool	3:00p-4:45p	AWS	319	Creating Cardio Combinations	Mondick	3:00p-3:45p	Plaza Pool	4:00p-4:45p
College Pool to LECT Gym	3:00p-4:45p	AWS	320	StretchTension: Core Balance Suspension	Pringle Burnell	4:00p-4:45p	College Pool	3:00p-3:45p
LECT Gym to College Pool	3:00p-4:45p	AWS	321	Turbulence Trouble	Lemahieu	3:00p-3:45p	College Pool	4:00p-4:45p
Vista Del Mar	3:00p-4:30p	LEC	322	Pregnancy & Postpartum: Research to Practice	Senra/Tarevnic		NA	
Plaza C	3:00p-4:30p	LAB	323	Ready in 10!	Yaniglos		NA	
Plaza Pool to Granada B	5:30p-7:15p	AWS	324	Go Deep: Aquatic Circuit Training	Harush	6:30p-7:15p	Plaza Pool	5:30p-6:15p
Granada B to Plaza Pool	5:30p-7:15p	AWS	325	Cardio Combos: Dual Depth (deep/shallow)	Bishop	5:30p-6:15p	Plaza Pool	6:30p-7:15p
College Pool to LECT Gym	5:30p-7:15p	AWS	326	Core Connections	Denomme	6:30p-7:15p	College Pool	5:30p-6:15p
LECT Gym to College Pool	5:30p-7:15p	AWS	327	Aqua Obstacle	Lebeau	5:30p-6:15p	College Pool	6:30p-7:15p
Vista Del Mar	5:30p-7:00p	LEC	328	Age with Grace & Vitality	Dziubinski		NA	
Plaza C	5:30p-7:00p	LAB	329	Functional Fusion	Senati		NA	

**SHUTTLES
TO DAYTONA
STATE COLLEGE**



Starting Each Day after Wake Sessions Shuttles to College begin 45 minutes before the first session each day.
Session Switch Times Shuttles run simultaneously on a loop during the 30 minute switch times between general sessions.
Lunchtime Master Classes Shuttles run simultaneously on a loop during all lunch master classes.
End of Day/Last Session Final Shuttle will depart the College no later than 30 minutes after the last session.

Friday, May 10

LOCATION	SESSION TIME	TYPE	CODE	SESSION	PRESENTER	AWS IN LECT	POOL	POOL TIME
Plaza Pool to Granada B	7:30a-9:15a	AWS	400	H2O Go Go Go (deep/shallow)	dos Santos/Lemahieu	8:30a-9:15a	Plaza Pool	7:30a-8:15a
Granada B to Plaza Pool	7:30a-9:15a	AWS	401	Pool School Deep Travel	Triple Delight	7:30a-8:15a	Plaza Pool	8:30a-9:15a
College Pool to Lect Gym	7:30a-9:15a	AWS	402	Aquatic Core Applications	Acton	8:30a-9:15a	College Pool	7:30a-8:15a
Lect Gym to College Pool	7:30a-9:15a	AWS	403	Deck Blocks	Patterson LaCour	7:30a-8:15a	College Pool	8:30a-9:15a
Vista Del Mar	7:30a-9:00a	LEC	404	The Female Training Advantages 2019	Kravitz		NA	
Plaza C	7:30a-9:00a	LWS	405	Functional Movement and the Breath	Sova		NA	
Plaza A & B	9:00a-11:30a	GEN		IAFC Marketplace Last Chance Shopping				
Plaza A	9:00a-10:30a	GEN	FRI1	Breakfast				
College Pool to Lect Gym	11:00a-12:45p	AWS	406	Move Train Play	Toogood	12:00p-12:45p	College Pool	11:00a-11:45a
Lect Gym to College Pool	11:00a-12:45p	AWS	407	Bootcamp Trifecta	Watkins	11:00a-11:45a	College Pool	12:00p-12:45p
Plaza Pool to Granada B	11:00a-12:45p	AWS	408	Stir Fried Noodles	Mehanni	12:00p-12:45p	Plaza Pool	11:00a-11:45a
Granada B to Plaza Pool	11:00a-12:45p	AWS	409	Wet Barre: Suspend	Brock	11:00a-11:45a	Plaza Pool	12:00p-12:45p
Vista Del Mar	11:00a-12:45p	LWS	410	YogaArt	Sullivan		NA	
Plaza C	11:00a-12:45p	LAB	411	The Change Game	Grevelding		NA	
College Pool to Lect Gym	1:15p-3:00p	AWS	412	Turbulence Workout	Solier	2:15p-3:00p	College Pool	1:15p-2:00p
Lect Gym to College Pool	1:15p-3:00p	AWS	413	H2O High & Low	Schellen-de Jong	1:15p-2:00p	College Pool	2:15p-3:00p
Plaza Pool to Granada B	1:15p-3:00p	AWS	414	Choreo Core Circuit	Senati	2:15p-3:00p	Plaza Pool	1:15p-2:00p
Granada B to Plaza Pool	1:15p-3:00p	AWS	415	Water Pilates	Khapkova	1:15p-2:00p	Plaza Pool	2:15p-3:00p
Vista Del Mar	1:15p-2:45p	LEC	416	Where is Your Spark?	Mondick		NA	
Plaza C	1:15p-2:45p	LAB	417	Skills & Techniques for Success	Santos, P		NA	
College Pool to Lect Gym	3:30p-5:15p	AWS	418	Arabesque to Aqua	Bishop	4:30p-5:15p	College Pool	3:30p-4:15p
Lect Gym to College Pool	3:30p-5:15p	AWS	419	Teaching Old Dogs New Tricks	Huff	3:30p-4:15p	College Pool	4:30p-5:15p
Plaza Pool to Granada B	3:30p-5:15p	AWS	420	WWW2-Water Wall Work in Pairs	Benetti	4:30p-5:15p	Plaza Pool	3:30p-4:15p
Granada B to Plaza Pool	3:30p-5:15p	AWS	421	3-2-1 Kick It!	Thielen	3:30p-4:15p	Plaza Pool	4:30p-5:15p
Vista Del Mar	3:30p-5:00p	LAB	423	Proven Hacks for Class Design	See		NA	
Plaza or Grand Colonnade	7:00p-11:00p	GEN	FRI2	Global Awards, Dinner, Prohibition Party				

Saturday, May 11

LOCATION	SESSION TIME	TYPE	CODE	SESSION	PRESENTER	POOL	POOL TIME
Plaza Pool	8:00a-8:45a	AMC	501	IAFC Dual Depth Choreography Combos (deep/shallow)	All Star Line Up	Plaza Pool	8:00a-8:45a
Plaza Pool	9:00a-9:45a	AMC	502	IAFC Dual Depth Circuit Training Splash (deep/shallow)	All Star Line Up	Plaza Pool	9:00a-9:45a
Plaza Pool	10:00a-10:45a	AMC	503	IAFC Saturday Splash Dance	All Star Line Up	Plaza Pool	10:00a-10:45a
Plaza Pool	11:00a-11:45a	AMC	504	IAFC Week-End Wind Down	All Star Line Up	Plaza Pool	11:00a-11:45a

SHUTTLES TO DAYTONA STATE COLLEGE



Starting Each Day after Wake Sessions Shuttles to College begin 45 minutes before the first session each day.
Session Switch Times Shuttles run simultaneously on a loop during the 30 minute switch times between general sessions.
Lunchtime Master Classes Shuttles run simultaneously on a loop during all lunch master classes.
End of Day/Last Session Final Shuttle will depart the College no later than 30 minutes after the last session.