

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	<b>LUNCH</b>	<b>TUE1</b>	<b>Lunch A</b>			
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	<b>LUNCH</b>	<b>TUE2</b>	<b>Lunch B</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	
				<b>IAFC Circuit Demos</b>			
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	<b>GEN</b>	<b>TUE3</b>	<b>IAFC Meet &amp; Greet (light hors d'oeuvres and cash bar)</b>			
Plaza A & B	6:00p-8:00p	<b>GEN</b>		<b>IAFC Marketplace Grand Opening</b>			

**SHUTTLES  
TO DAYTONA  
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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	<b>GEN</b>		<b>IAFC Marketplace Open</b>				
Colonnade	12:00p-1:15p	<b>LUNCH</b>	<b>WED1</b>	<b>Lunch A</b>				
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	<b>LUNCH</b>	<b>WED2</b>	<b>Lunch B</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	

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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	CardiYogaaah	Thielen		NA	
Plaza A & B	11:30a-2:30p	<b>GEN</b>		<b>IAFC Marketplace Open</b>				
Colonnade	12:00p-1:15p	<b>LUNCH</b>	<b>THU1</b>	<b>Lunch A</b>				
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	<b>LUNCH</b>	<b>THU2</b>	<b>Lunch B</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	

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## 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	<b>GEN</b>		<b>IAFC Marketplace Last Chance Shopping</b>				
Plaza A	9:00a-10:30a	<b>GEN</b>	<b>FRI1</b>	<b>Breakfast</b>				
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	<b>GEN</b>	<b>FRI2</b>	<b>Global Awards, Dinner, Prohibition Party</b>				

## 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

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