

# Aqua Instructor Summit

Come to WA's first Aqua Instructor Summit!

Developed to cater specifically for the aqua instructor you will be able to increase your aqua repertoire with a series of engaging sessions from shallow to deep water. Learn how to target your classes to different age groups and ability, as well as learning the secrets of choreography and effective demonstration from the water or the pool deck.

## CORE - **Tanja Luck**

Learn how the key principles of breathing, concentration and flowing movement work seamlessly in the water giving those clients who may be fearful of a land based session a great safe and accessible entry point. Even supine floor exercises have been creatively adapted to the buoyant space like environment!

## High and Low H2O - **Marietta Mehanni**

Learn how to apply interval training techniques into an aqua aerobics class without the use of drills. Marietta will explain how to use common aqua moves (and a few new ones) in an interval format to provide an intense and effective workout, while also catering for the beginner exerciser.

## Patterns and Partners - **Karen Nurse**

Learn how to mix and blend movements to create balanced and challenging exercise sequences. Featuring partner work, small group routines, patterns and use of the unique properties of the water, this session has something for everyone!

## Aqua Pool Party - **Lisa Westlake**

A fun filled water workout combining games, relays and laughter. Hula hoop and go-go your way through a poolside warm up with a difference and then splash into action with a range of games and activities. Perfect for students and crazy adults or for selection of fresh ideas to spice up your aqua classes.

## Aqua – Lever Lengthen & Load - **Ken Baldwin**

Are your participants looking for more variety? Want to take a class where all participants can work at their intensity and have a good time? Use shallow water variations from many of the common moves used already in conjunction with different lever lengths speed and power to create more moves with variety.

## Mums & Tums Afloat (Dry session) - **Lisa Westlake**

Water is a wonderful medium for exercising mums-to-be. Join Lisa to discuss relevant aspects of safe and effective water based exercise for pre and post-natal women, and leave confident and happy to include them in your classes and programs.

**COST** \$175 (Delegate Rate\*)  
\$225 (Non-Delegate Rate\*)  
Payments to be made via WAFIC website  
\* A delegate is deemed to be a person that has registered for the WAFIC weekend (Saturday and Sunday)

**CEC's** 3  
**Date** Friday 12th February 2010  
**Time** 7.30am – 4.30pm  
**Venue** Craigie Leisure Centre  
Whitfords Ave, Craigie WA 6025

For further information contact  
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