

***A-PAI 2018 MIDWEST AQUA WORKSHOPS BLITZ***  
***Friday, MARCH 2<sup>nd</sup> & Saturday, MARCH 3rd***  
***LUTHERAN SENIOR SERVICES AT MERAMEC BLUFFS***  
***Host: Kay Zotta Contact info: Kay.Zotta@LSSLiving.org***

These workshops will be led by **Beckie Jacobsmeyer** an A-PAI presenter. She has been teaching fitness classes for 28 years. Beckie is also an aquatic personal trainer and brings her experience and research to each workshop she teaches! Beckie is also certified through AFAA, A.E.A., and Silver Sneakers.

**MAXIMIZING YOUR POTENTIAL**

**Friday, Mar. 2, 5:00-9:00pm**

This workshop will help you to reach your full potential! Learn how to safely and effectively improve your teaching skills and organize your time to maximize your earning potential! 4 cec's.

**AQUATIC INTERVALS & CIRCUITS**

**Sat., Mar. 3, 8:00-noon**

Learn how to incorporate interval and circuit formats into your group classes for high intensity fun and increased fitness benefits. 4 cec's.

**FLUID MOVES**

**Sat., Mar. 3, 12:30-3:30pm**

This workshop teaches you how to bring yoga, Tai Chi and PNF movements into the pool. Learn how to utilize these methods in your current classes or develop a new class using these methods to teach balance, flexibility and relaxation 3 cec's.

**\*\*A-PAI will NO longer be carrying cec's directly for A.E.A.** You may still petition A.E.A. They have accepted our workshops for continuing education credits in the past.

## A-PAI 2018 MIDWEST AQUA WORKSHOPS BLITZ!

Lutheran Senior Services at Meramec Bluffs will be hosting our 2018 regional event. Registration will be done through Beckie Jacobsmeyer. You may contact her at **(314)803-0494** or **rjbnjz@gmail.com**.

-----  
2016 Registration Form  
Name: \_\_\_\_\_ Phone#: day \_\_\_\_\_ evening \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

	<b>Cost before 2/10/18</b>	<b>Cost after 2/10/18</b>
____ Maximizing Your Potential	\$55.00	\$75.00
____ Aquatic Intervals & Circuits	\$55.00	\$75.00
____ Fluid Moves	\$50.00	\$70.00
____ All 3 workshops discount of \$15.00		
Subtotal: _____	Discounts: _____	Total: _____

I fully understand these workshops require rigorous physical activity and I consent that my physical condition permits me to safely participate in these workshops. I agree to release the Aquatic & Fitness Professionals Association and Lutheran Senior Services at Meramec Bluffs, their employees and Rebecca Jacobsmeyer from any and all liability for injuries or damages that may occur before, during or after these workshops.

Signature: \_\_\_\_\_

Make checks payable to : Beckie Jacobsmeyer

Paying by charge card must be done directly through A-PAI by contacting Cindy Holcomb-Krafft at (303)678-9989.

Mail checks to : Beckie Jacobsmeyer  
1135 Canary Dr.  
Manchester, MO 63021

