

Aquatic & Fitness Professional Association – International: Water Workshops – Winter 2019

EARLY BIRD PRICING (Feb 10)-

\$50 TNT Toning (4.0 A-PAI)

\$50 Aquatic Layers (4.0 A-PAI)

\$50 SOS for Seniors (4 A-PAI)

(Since we are no longer carrying AEA credits Directly (available by petition) we are able to update and change our workshops without submitting a lot of paperwork. YEAH!!!)

March 1-2, 2019

Ballwin, MO

Workshop Location:

Lutheran Senior Services at Maramec Bluffs
#1 Maramec Bluffs Drive
Ballwin, MO 63021
Kay Zotta: 636-923-2351

Presenters:

Rebecca Jacobsmeyer

Over 26 years experience.

Certifications:

AEA Aquatic Fitness Instructor,
A-PAI Aquatic Personal Trainer,
A-PAI CORE Aquatic Instructor,
Aquatic Personal Trainer,
Advanced Aquatic Personal Trainer,
AFAA Primary Instructor
ACE Personal Trainer

Bring:

Paper, Pencil, Water, Snacks, Lunch or Dinner,
Layered Clothing, Sneakers, Swim Suit, and Towel.
Due to the amount of information, formal breaks are not
taken, but you may eat during the lecture portion of the
classes.

A-PAI

Office Hours: M-F 9am-6pm

Phone: 303-678-9989

E-Mail: aquafitpro@aquacert.org

Website: www.aquacert.org **Address:**

A-PAI,

547 WCR 18

Longmont, CO 80504

National Presenter/Educator Experience:

- Presenting Workshops and Certifications for A-PAI.
- Trained new instructors & developed in-house workshops.
- Continually developing new workshops
- Previous YMCA trainer and AEA presenter

Aquatic & Fitness Professional Association – International: Water Workshops –

TNT Toning– 4.0 A-PAI Friday March 1 5-9pm

Balance and Equipment

Use your own body to increase the intensity and progression! Learn how to combine balance drills with your strength training in your classes. We will also demonstrate how to add progression with the same piece of equipment.

Aquatic Layers- 4.0 A-PAI Saturday March 4 8-12

Break it Down!

Learn how to break down a move then layer those parts back into the move for simplicity and intensity! Choreography doesn't have to be complex to be effective!

SOS for Seniors - 4 A-PAI CECs Sat March 4 12:30-4:30

Senior Intervals and Circuits

Did you know that research is showing that intervals are essential for seniors! Learn circuits and intervals that are focused specifically for the health and fitness needs of our seniors. We will also be covering core stability and balance drills.

A-PAI

Registration Form: A-PAI Ballwin, MO

EARLYBIRD DEADLINE February 10, 2019!!!!

Name _____

Address _____

City _____

State _____

Zip _____

Home Phone (_____) _____

Work Phone (_____) _____

E--mail _____

WORKSHOPS EACH

TNT Toning

Friday 5-9

(\$50 Earlybird, \$65 Reg.) _____

Aquatic Layers

Saturday 8-12

(\$50 Earlybird, \$65 Reg.) _____

SOS for Seniors

Saturday 12:30-4:30

(\$50 Earlybird, \$65 Reg.) _____

Total for Workshops _____

Please mail a check or Money order to

A-PAI 547 WCR 18 Longmont, CO 80504.

Credit Card Number _____

Exp Date _____

Security Code _____

Billing Statement Address _____

Agreement for Enrollment

Signature _____

I understand that I am responsible for attending the classes I am registered for and that refunds for classes are issued ONLY in the event A-PAI has to cancel the event, with reschedule. If I cannot attend, I agree to complete any certifications by proctor/distance learning and accept a voucher for future workshops or homestudies in exchange for any workshop.