

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

EARLY BIRD PRICING (See registration forms for dates)-

\$50 Creative Warmups (4.0 A-PAI)

\$50 Aqua Sports (3.5 A-PAI)

\$65 Deeper into the CORE (5 A-PAI)

April 27-28, 2019

Lakewood, CO

Presenter:

Cynthia Holcomb Krafft, PhD.

Over 33 years experience in the fitness industry.

Certifications/Licenses:

Promise Enterprises Kickboxing, Johnny G. Spinning, Geri-Fit®, LesMills BodyPump®, Resistaball CORE II

AFAA Step, Primary, Personal Trainer, Kickboxing, Weight Room Instructor,

A-PAI Water Kickboxing, Water Personal Trainer, Adv. Water Personal Trainer, Aquatic Kickboxing, and Senior Fitness/Aquatic Arthritis, CORE Water Aerobics,

ACE Group Fitness Instructor,

AEA Water Instructor Arthritis Foundation Aqua Instructor

SilverSneaker® MSROM, Cardio Circuit, Cardio Fit, Yoga stretch, Silver Splash

Zumba®, Aqua Zumba®, Zumba for Kids®, Zumba Gold®, Zumba Step®, Zumba Sentao®, Zumba Toning, Zumba Gold Toning

National Presenter/Educator Experience

- Presenting Workshops and Certifications for A-PAI for over 20 years
- Developed 10 Land & Water Workshops and 3 Certifications for A-PAI.
- Current Director of Operations for A-PAI

Workshop Location:

Carmody Recreation Center

(Sat and Sun)

2200 S. Kipling Street

Lakewood, CO 80227

Directions:720-963-5360

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

**Aquatic & Fitness Professional Association – International:
Water Workshops and Certifications – April 27-28 Lakewood, CO**
EARLY BIRD PRICING-(Postmarked April 9th)

WORKSHOPS

Creative Warmups – 4.0 A-PAI Saturday April 27 8am-12pm (8-10:45 lecture 10:45-12 Pool)

Make Your Warm-Ups Start with a Blast

Do you always start your class the same way? Learn how to adapt and change your warm-up to handle different levels, different pool depths, different class types, different populations, different pool temperature, and different style. This allows you to create a safe effective warm-up that is class appropriate and can have some variety and style.

Aqua Sports -3.5 A-PAI Sat April 27 12-4 (Pool 12-1:15, Lecture 1:15-3:30)

Sports Conditioning Hits the Water

Learn how to take moves and training techniques from any sport and adapt them an aquatic group fitness environment. Review patterning and interval training techniques that are applicable to this class. Also review moves and how to incorporate equipment and their advantages and disadvantages.

Deeper into the CORE (5.0 A-PAI) Sunday April 28 11-4 (Lecture 11-2:30, Pool 2:30-4)

Complete Deep Water Core Training

CORE training and a whole lot more. Takes both water Pilates exercises with and without equipment and combine them with cardio core deep water exercises to challenge the CORE and body throughout the workout. Deeper into the CORE takes the basic land fundamentals and adds resistance basic reformer style exercises and combines them with the properties of water using banding, cords and other equipment. Then explore the 3D antigravity options in the water with a variety of equipment and add cardiovascular techniques to challenge the CORE and Cardio at the same time.

A-PAI

Registration Form: A-PAI Lakewood, CO

EARLYBIRD DEADLINE April 9, 2019!!!!

Name _____
 Address _____ City _____ State _____ Zip _____
 Home Phone (_____) _____ Work Phone (_____) _____
 E--mail _____

WORKSHOPS EACH

Creative Warmups	Sat 4/27 8:00am-12pm (\$50 Earlybird, \$65 Reg.)	_____
Aqua Sports	Sat 4/28 12:00pm-3:30pm(\$50 Earlybird, \$65 Reg.)	_____
Deeper into the CORE	Sun 4/29 11:00am-4pm (\$65Earlybird, \$80 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.