



AQUA EXERCISE SUMMIT SATURDAY MAY 1



- **24 Sessions**
- **11 Presenters**
- **3 Certifications**
- **7.5 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

AquaExSummit.com

SATURDAY, MAY 1

**Exclusive Aqua Exercise Event
Streaming Live on ZOOM**



**ENLARGE & PRINT
SCHEDULE**

**A
HIIT**

B

ACTIVE AGING / MIND BODY

SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	H2O Tap Out Cofield	Retro Waves Revisted Gilbert
SA2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Mix-Match Aqua Moves to the Max Howard	Platinum - Silver Tsunami Velazquez
SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Tab Aqua Quickies Howard	Aqua Yoga Flow Warasila
LUNCH BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST			
SA4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Turbulence Training PluimMentz	Aqua Yoga Barre Wartenberg
SA5	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Aqua Dance Dance Dance Velazquez	Aqua ROM Training for Mature Adults Gilbert
SA6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	HIIT the Pool Running Gilbert	Aqua Pilates Cofield

Sunday, May 2

AQUA BARRE CERTIFICATION

Billie Wartenberg

8:00am-12:00pm CST • \$99



C

H2O STRENGTH & STRETCH

D

GX & PROGRAMMING

H2O - Cue, Pace, Resist
Dziubinski

Aqua Core Senior Style
Kulp

SA1

Aqua ZUMBA™
Bostic

Aquatic Programming for
Success
Kooperman

SA2

Aquatic Total Body Conditioning
Dziubinski

Motown Themed Aqua ZUMBA™!
Bostic

SA3

LUNCH BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST

WATERinMOTION
Strength
Kulp

The Future of
Aqua Exercise Panel
Kooperman, Howard, Gilbert &
Warasila

SA4

Cool Pool Moves: 8 Tools to
Remember
Warasila

Aqua Running & Conditioning
Wartenberg

SA5

Aqua Fluid Core Fusion
Velazquez

Trends in Aquatic Exercise Panel
Kooperman, Howard, Dziubinski
& Warasila

SA6



CERTIFICATIONS

SUNDAY, MAY 2

SCW AQUA BARRE CERTIFICATION



Billie Wartenberg

Sunday, May 2

9:00am-1:00pm EST

Was \$259 Now Only \$99

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this brand-new certification, which uses a noodle as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs, and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen, and improve your range of motion. Leave with innovative programming that will allow you to creatively plan multiple Aqua Barre workouts appropriate for all levels of fitness. Discover the aqua excitement a Barre-A-Cuda Class can bring and be among the first to offer this fun and inspiring water workout! Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. No club or instructor licensing fees. SCW (6.0), ACE (0.7), ACSM (6.0), AEA (6.0), AFAA (6.0), NASM (0.6). If you can't make the Live Stream Certification, take the course online visit <https://scwfit.com/store/product/aqua-barre-online-certification/>

SESSIONS

SA1 - SATURDAY SESSION 1

9:00am-10:15am EST

8:00am-9:15am CST

6:00am-7:15am PST

H2O TAP OUT

Harley Cofield

This class is a unique blend of kickboxing and martial arts. Gain new skills as you improve your endurance, agility and coordination, as well as balance and core stability. We will be combining strength training with self-defense motions, including kick variations. Expect a high intensity, power-packed circuit that fosters strength and grace.

SA1A Saturday, 9:00am-10:15am EST

RETRO WAVES REVISITED

Ann Gilbert

Revisit the need to address the socialization, student interaction and engagement as your aquatic facility reopens. Study and discuss strategies to maintain engagement responsibly, while still social distancing. Practice new techniques to empower and entertain your clients. This will be the best party many have RSVPed for in months.

SA1B Saturday, 9:00am-10:15am EST

H2O - CUE, PACE, RESIST

MaryBeth Dziubinski

How do you cue-municate? The types of cues you select, along with your delivery, impacts your class immensely. Learn types of cues, techniques and how to effectively teach the cues for various class formats. The Five R Principle will be introduced for maximum training results.

SA1C Saturday, 9:00am-10:15am EST

AQUA CORE SENIOR STYLE

Cheri Kulp

Enjoy six different segments of core training exercises for water exercise. Experience this on deck training course focused on working the abs, the back, obliques, hips and shoulders. Basically, anything core goes! Focusing on a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!

SA1D Saturday, 9:00am-10:15am EST

SA2 - SATURDAY SESSION 2

10:35am-11:50am EST

9:35am-10:50am CST

7:35am-8:50am PST

MIX-MATCH AQUA MOVES TO THE MAX

Jeff Howard

Most of us experience some kind of burnout after teaching multiple aqua classes every week. Building pyramid intervals is a great way to combat boredom and burnout! Incorporate muscle conditioning into timed patterns of HIIT and leave with a workout to propel you UPWARD! Just six (6) simple rules applied to your existing workout will give you more ideas, moves and choreography to push your class to the next level!

SA2A Saturday, 10:35am-11:50am EST

PLATINUM - SILVER TSUNAMI

Manuel Velazquez

Make a splash with these brand new WATERinMOTION® Platinum-inspired routines. Experience six 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our silver population. Comprehensive choreography notes are provided to enhance your teaching skills and movement mastery and inspire active aging adults to safely improve cardiovascular endurance, balance, strength and flexibility. Stay current with these fresh ideas!

SA2B Saturday, 10:35am-11:50am EST

AQUA ZUMBA™

Jenna Bostic

Make a splash and experience the refreshing, invigorating Zumba® pool party featuring multiple Latin and International dance rhythms! This unique workout in the water complements all the muscles and allows students of all fitness levels, as well as those with disabilities or physical limitations, to join the Zumba experience!

SA2C Saturday, 10:35am-11:50am EST

AQUATIC PROGRAMMING FOR SUCCESS

Sara Kooperman, JD

This management seminar will explore how to utilize your most expensive piece of fitness equipment – your pool! Maximize your return on investment and take programming that is “all wet” and have it gleam with excellence. Take your dying aquatics program and resuscitate it with alternative programming, instructor training, leadership and motivational tools to create a profitable aquatic exercise program. Leave with great

strategic marketing tools and programming protocols to turn your pool into a profit center! (LECTURE)

SA2D Saturday, 10:35am-11:50am EST

SA3 - SATURDAY SESSION 3

12:10pm-1:25pm EST

11:10am-12:25pm CST

9:10am-10:25am PST

TAB-AQUA QUICKIES

Jeff Howard

Tab-Aqua Quickies is the exciting new component of Tab-Aqua Bootcamp. Work HARD for 30 seconds, HARDER for 20 seconds, and HARDEST for 10 seconds for six cycles, then rest 10 seconds. Let the music guide you without worrying about watching the clock. Get motivated with aquatic moves that produce results fast.

SA3A Saturday, 12:10pm-1:25pm EST

AQUA YOGA FLOW

Connie Warasila

Slip into the pool and experience a relaxing yoga-inspired aqua session. You will journey to a place of deep physical and mental relaxation while practicing breathing techniques, vinyasas, and balance postures. Come and wash away the day's tension and stress. You will float away refreshed, renewed, and calm.

SA3B Saturday, 12:10pm-1:25pm EST

AQUATIC TOTAL BODY CONDITIONING

MaryBeth Dziubinski

This aquatic exercise program focuses on 3 training modalities for optimal outcome. Learn a total body conditioning format utilizing the physical properties of the water, intensity changes and directional changes. Learn the move, progress the move and intensify the move.

SA3C Saturday, 12:10pm-1:25pm EST

MOTOWN THEMED AQUA ZUMBA!™

Jenna Bostic

Imagine every week running a fun themed workout to spice up your aqua programming?

Jump in the pool and move to the beat of some of your favorite Motown hits.....let's shimmy, shake & splash with the Jackson 5, Diana Ross, Lionel Richie and many more.....Aqua Zumba Style!

SA3D Saturday, 12:10pm-1:25pm EST

SA4 - SATURDAY SESSION 4

2:25pm-3:40pm EST

1:25pm-2:40pm CST

11:25am-12:40pm PST

TURBULENCE TRAINING

Irene PluimMentz

Let's create some turbulence to spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions. Explore how the Aqua-Ohm can add resistance to arms and legs and challenge the core. This piece of equipment effortlessly adjusts for size and resistance level. Come check it out!

SA4A Saturday, 2:25pm-3:40pm EST

AQUA YOGA BARRE

Billie Wartenberg

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. The session will provide you with many ideas for a functional flow in the water. Attendees will learn choreography and how to apply the sequences to design a seamless, fluid Yoga/Barre class.

SA4B Saturday, 2:25pm-3:40pm EST

WATERINMOTION® STRENGTH

Cheri Kulp

WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45-minute workout using aqua dumbbells. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION®'s unique choreographed formula to keep your training fresh, new, and challenging.

SA4C Saturday, 2:25pm-3:40pm EST

THE FUTURE OF AQUA EXERCISE PANEL

Sara Kooperman, JD, Jeff Howard, Ann Gilbert & Connie Warasila

The landscape of water exercise has been forever changed by the current world health crisis. Join these top presenters as they guide you through what lies ahead for aquatic group fitness. Take away invaluable solutions, answers to pressing questions, and effective alternatives to set yourself up for success moving forward in the new normal for Aqua. (LECTURE)

SA4D Saturday, 2:25pm-3:40pm EST

SA5 - SATURDAY SESSION 5

4:00pm-5:15pm EST

3:00pm-4:15pm CST

1:00pm-2:15pm PST

AQUA DANCE DANCE DANCE

Manuel Velazquez

Let's play with multiple progressions and rhythm changes over your regular aqua-moves. Then add some flair and directional changes. You will find enough creative ideas to help you to transform your regular aquatic class into a dance ball.

SAS5 Saturday, 4:00pm-5:15pm EST

AQUA ROM TRAINING FOR MATURE ADULTS

Ann Gilbert

With one-on-one training on the rise, combined with more aquatic centers re-opening, reviewing training techniques is more important than ever. Discuss movements to increase range of motion and incorporate deep stretching techniques to utilize in aqua programs.

SAS5B Saturday, 4:00pm-5:15pm EST

COOL POOL MOVES: 8 TOOLS TO REMEMBER

Connie Warasila

In this workshop, experience a cascade of fresh aqua ideas. Leave with six (6), 64-count choreography blocks that you can effortlessly incorporate into your next aqua workout. Take home detailed choreography notes to ensure easy preparation of sequences and successful delivery of low-impact, dynamic, total body WATERinMOTION® inspired moves. All fresh and ALL new!

SAS5C Saturday, 4:00pm-5:15pm EST

AQUA RUNNING & CONDITIONING

Billie Wartenberg

Join the newest Aqua Craze! We all know the many benefits to running....now is the time to take your workouts to a new depth with Aqua Running & Conditioning. This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact, strengthening muscles, and improving joints. Learn to combine running, traveling, Tabata intervals, strength and more!

SAS5D Saturday, 4:00pm-5:15pm EST

SA6 - SATURDAY SESSION 6

5:35pm-6:50pm EST

4:35pm-5:50pm CST

2:35pm-3:50pm PST

HIIT THE POOL RUNNING

Ann Gilbert

Help your students resist and splash their way through the water with this science-based HIIT program. Study the benefits of high intensity interval training, practice new cueing and coaching techniques, and study with an aquatic master trainer who is determined to make teaching innovative, tumultuous and safe for all types of aqua participants. Get ready to HIIT the ground running and create your own aquatic programming sure to be a HIIT with your clients!

SA6A Saturday, 5:35pm-6:50pm EST

AQUA PILATES

Harley Cofield

Develop a longer, leaner, stronger, and more graceful body by improving alignment, posture, core-strength and flexibility. We will learn how to connect our mind to our body by flowing slowly through the water, breath by breath.

SA6B Saturday, 5:35pm-6:50pm EST

AQUA FLUID CORE FUSION

Manuel Velazquez

Aqua Fluid Core Fusion is the ultimate workout, combining cardio and strengthening segments. Learn specific movements that target the core muscles and dynamic cardio sequences to design your own non-stop cardio-core-strength programming. This session focuses on combining specific core muscle toning moves with functional and dynamic cardio segments to create a complete non-stop cardio-core-strength experience.

SA6C Saturday, 5:35pm-6:50pm EST

NEW TRENDS IN AQUATIC EXERCISE PANEL

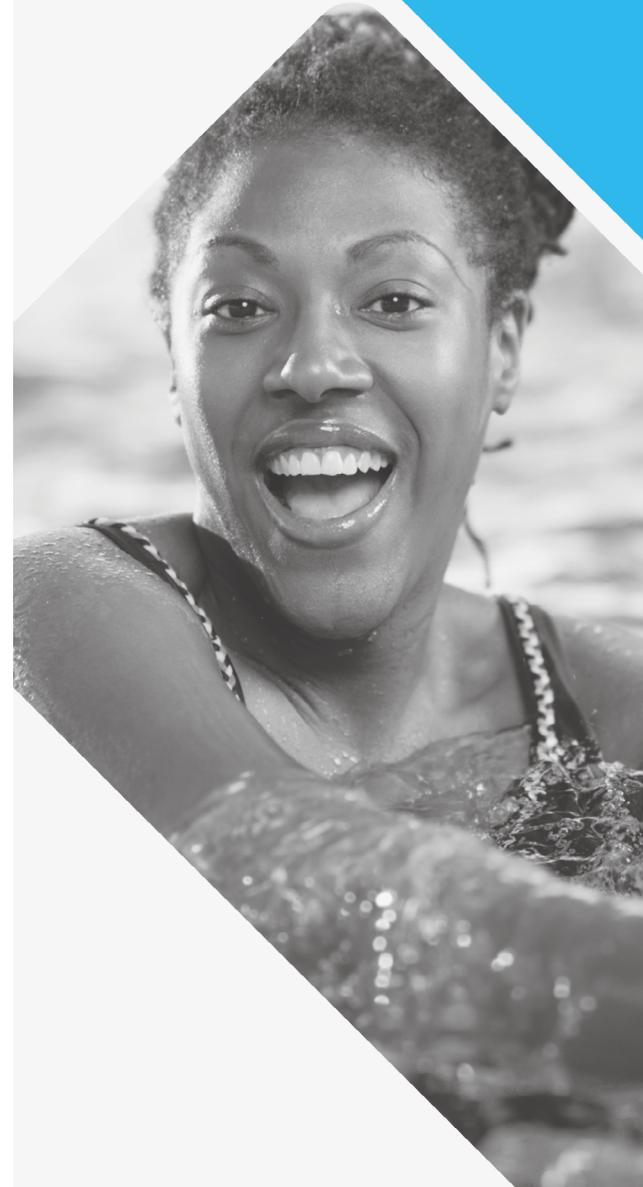
Sara Kooperman, JD, Jeff Howard, MaryBeth Dziubinski & Connie Warasila

Join some of the foremost aqua experts in the industry as they discuss the hottest trends in water exercise. Freshen up your aqua classes by examining programming fads & water fitness equipment demands. Take advantage of these experts in programming and plan for our ever-changing industry. (LECTURE)

SA6D Saturday, 5:35pm-6:50pm EST



**SATURDAY
MAY 1**



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