



SCW Aqua Exercise Summit June 11th CEC Form

*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is no charge for your participation.

**If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: www.scwfit.com/certification-renewal

***To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: www.scwfit.com/certifications-faqs

Total Conference CECs (All Access)

SCW = 12.0

ACE = 0.6

ACSM = 6.0

AEA = 12.0

AFAA = 12.0

NASM = 1.2

Total Conference CECs (Live Only)

SCW = 6.0

ACE = 0.6

ACSM = 6.0

AEA = 6.0

AFAA = 6

NASM = 0.6

SATURDAY, June 11, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
SA1 9:00am-10:15am						
SA1A: AQUA BRAIN POWER with Ann Gilbert	1.0	1.0	1.0	1.0	1.0	0.1
SA1B: AQUATIC PERSONAL TRAINING with Rosie Malaghan, MS, ERYT-200	1.0	1.0	1.0	1.0	1.0	0.1
SA1C: CORE FUSION H2O with Sara Vandenberg	0.1	1.0	1.0	1.0	1.0	0.1
SA1D: AQUA DISCO with Tanisha (Tani) Haggard	0.1	1.0	1.0	1.0	1.0	0.1
SA1E: AQUA YOGA BARRE with Billie Wartenberg	1.0	1.0	1.0	1.0	1.0	0.1
SA2 10:30am-11:45am						
SA2A: WATER WALKING FOR BETTER GAIT AND PERFORMANCE with Jeanette Pyle	0.1	1.0	1.0	1.0	1.0	0.1
SA2B: 10 BEST EXERCISES FOR 1:1 AQUATIC TRAINING with Irene PlumMentz, MS, CSCS	0.1	1.0	1.0	1.0	1.0	0.1
SA2C: H2O REPORTING FOR DUTY with Tanisha (Tani) Haggard	0.1	1.0	1.0	1.0	1.0	0.1
RECESS REMIX: POOL PLAYGROUNDS with Connie Lagerhausen	1.0	0.1	1.0	1.0	1.0	0.1
SA2E: AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS with Manuel Velazquez	1.0	0.1	1.0	1.0	1.0	0.1
SA3 12:00pm-1:15pm						
SA3A: WHEN BREATH MEETS WATER: AQUA PERSONAL TRAINING with Rosie Malaghan, MS, ERYT-200	1.0	0.1	1.0	1.0	1.0	0.1
SA3B: HIIT H2O FOR ALL with Jeanette Pyle	1.0	0.1	1.0	1.0	1.0	0.1
SA3C: TIDAL TONING with Cheri Kulp	1.0	0.1	1.0	1.0	1.0	0.1
SA3D: OODLES OF NOODLES with Rebecca S. Howard	1.0	0.1	1.0	1.0	1.0	0.1
SA3E: AB ARSENAL with Ann Gilbert	1.0	0.1	1.0	1.0	1.0	0.1
SA4 1:45pm-3:00pm						
SA4A: EASY ON THE JOINTS: DUMBBELL WORKOUT with Irene PlumMentz	1.0	0.1	1.0	1.0	1.0	0.1
SA4B: PERSONAL TRAINING with Connie Lagerhausen	1.0	0.1	1.0	1.0	1.0	0.1
SA4C: CORE STRENGTH FOR WEEKS with Irene PlumMentz	1.0	0.1	1.0	1.0	1.0	0.1
SA4D: CORE STRENGTH FOR WEEKS with Billie Wartenberg, Rosie Malaghan, MS, ERYT-200 & Tanisha Haggard	1.0	0.1	1.0	1.0	1.0	0.1
SA4E: AQUA HIIT & RUN! with Manuel Velazquez	1.0	0.1	1.0	1.0	1.0	0.1
SA5 3:15pm-4:30pm						
SA5A: LABLAST® SPLASH: AQUA PERSONAL TRAINING FOR HEALTH with Apy Figueroa	1.0	0.1	1.0	1.0	1.0	0.1
SA5B: TABATA AQUA RUNNING & CONDITIONING with Billie Wartenberg	1.0	0.1	1.0	1.0	1.0	0.1
SA5C: TURBULENCE TRAINING with Irene PlumMentz	1.0	0.1	1.0	1.0	1.0	0.1
SA5D: 10 STRATEGIES FOR H2O SUCCESS with Ann Gilbert	1.0	0.1	1.0	1.0	1.0	0.1
SA5E: MIX-MATCH AQUA: MOVES TO THE MAX with Jeff Howard	1.0	0.1	1.0	1.0	1.0	0.1




**AQUA EXERCISE
SUMMIT**



SA6 4:45pm-6:00pm

SA6A: AQUA YOGA FOR ARTHRITIS with Christa Fairbrother, MA, ERYT-500	1.0	0.1	1.0	1.0	1.0	0.1
SA6B: AQUA HIIT THE BEAT with Jewell Fowler, MA	1.0	0.1	1.0	1.0	1.0	0.1
SA6C: H2O STRENGTH with Cheri Kulp	1.0	0.1	1.0	1.0	1.0	0.1
SA6D: AQUA BOOTY CAMP with Billie Wartenberg	1.0	0.1	1.0	1.0	1.0	0.1
SA6D: FRONT & CENTER H2O with Ann Gilbert	1.0	0.1	1.0	1.0	1.0	0.1
TOTALS						

If you require any assistance securing CECs/CEUs from other organizations, please reach out to certs@scwm.com. We are here to help!

First Name: _____

Last Name: _____

Email Address: _____