



# AQUA EXERCISE SUMMIT

**SATURDAY  
JUNE 10**



**ONLINE & STREAMING VIRTUAL EVENT**

- **30 Sessions**
- **16 Presenters**
- **4 Certifications**
- **15 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

**[AquaExSummit.com](https://AquaExSummit.com)**



**Saturday, June 10**

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

| <b>A</b><br><b>ACTIVE AGING &amp; MIND BODY</b> | <b>B</b><br><b>HIIT &amp; PT</b> |
|-------------------------------------------------|----------------------------------|
|-------------------------------------------------|----------------------------------|

|                                                                                 |                                                                    |                                                                        |                                                                                                 |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>SA1</b>                                                                      | 10:00am-11:15am EST<br>9:00am-10:15am CST<br>7:00am-8:15am PST     | Aqua Brain<br>Power<br>Gilbert                                         | Aquatic Personal Training<br>Malaghan<br><b>NEW</b>                                             |
| <b>SA2</b>                                                                      | 11:30am-12:45pm EST<br>10:30am- 11:45am CST<br>8:30am-9:45am PST   | Water Walking for Better Gait and<br>Performance<br>Pyle<br><b>NEW</b> | 10 BEST Exercises For<br>1:1 Aquatic Training<br>McCormick<br><b>NEW</b><br><b>PRE-RECORDED</b> |
| <b>SA3</b>                                                                      | 1:00pm-2:15pm EST<br>12:00pm-1:15pm CST<br>10:00am-11:15am PST     | When Breath Meets Water:<br>Aqua Yoga<br>Malaghan<br><b>NEW</b>        | HIIT H2O for ALL<br>Pyle<br><b>NEW</b>                                                          |
| <b>LUNCH BREAK: 2:15pm-2:45pm EST / 1:15pm-1:45pm CST / 11:15am-11:45am PST</b> |                                                                    |                                                                        |                                                                                                 |
| <b>SA4</b>                                                                      | 2:45pm - 4:00pm EST<br>1:45pm - 3:00pm CST<br>11:45am - 1:00pm PST | Easy-Grip Aqua Dumbbell Workout<br>Kulp                                | Pool Personal Training<br>Lagerhausen<br><b>NEW</b>                                             |
| <b>SA5</b>                                                                      | 4:15pm- 5:30pm EST<br>3:15pm - 4:30pm CST<br>1:15pm - 2:30pm PST   | LaBlast® Splash:<br>Emotional Wealth<br>Figuroa                        | Tabata Aqua Running &<br>Conditioning<br>Wartenberg                                             |
| <b>SA6</b>                                                                      | 5:45pm - 7:00pm EST<br>4:45pm - 6:00pm CST<br>2:45pm - 4:00pm PST  | Aqua Yoga for Arthritis<br>Fairbrother<br><b>NEW</b>                   | Aqua HIIT the Beat<br>Fowler<br><b>NEW</b>                                                      |

**Sun. Jun 11**  
**WATERinMOTION®**  
**Certification**  
 Kulp  
 10:00am-6:00pm ET


**Sun. Jun 11**  
**SCW Aquatic**  
**Personal Training**  
**Certification**  
 Malaghan  
 10:00am-6:00pm ET


Register today at [aquaexsummit.com](https://aquaexsummit.com)

| <b>C</b><br><b>STRENGTH &amp; STRETCH</b>                                       | <b>D</b><br><b>GX &amp; DANCE</b>                                      | <b>E</b><br><b>PRE-RECORDED</b>                         |            |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------|------------|
| Core Fusion H2O<br>Aqua<br>Vandenberg                                           | Aqua Disco<br>Haggard                                                  | Aqua Yoga<br>Barre<br>Wartenberg                        | <b>SA1</b> |
| H2O Reporting<br>for Duty<br>Haggard<br><b>NEW</b>                              | RECESS REMIX:<br>Pool Playground<br>Lagerhausen<br><b>NEW</b>          | Aqua Ease:<br>Flexibility for Active Agers<br>Velazquez | <b>SA2</b> |
| Tidal Toning<br>Kulp                                                            | Oodles of Noodles<br>Schulte<br><b>NEW</b>                             | Ab Arsenal<br>Gilbert                                   | <b>SA3</b> |
| <b>LUNCH BREAK: 2:15pm-2:45pm EST / 1:15pm-1:45pm CST / 11:15am-11:45am PST</b> |                                                                        |                                                         |            |
| Cheeks for Weeks - H2O<br>Gilbert                                               | Girls Just Wanna Have Fun!<br>Malaghan, Haggard &<br>Wartenberg        | Aqua<br>HIIT & Run<br>Velazquez                         | <b>SA4</b> |
| Turbulence<br>Training<br>PluimMentz                                            | 10 Strategies for<br>H2O Success<br>Gilbert<br>(LECTURE)<br><b>NEW</b> | Mix-Match Aqua Moves to the<br>Max<br>Howard            | <b>SA5</b> |
| H2O Strength<br>Kulp                                                            | Aqua Ballet Booty Camp<br>Wartenberg<br><b>NEW</b>                     | Front & Center H2O<br>Gilbert                           | <b>SA6</b> |

Sun. Jun 11


**SCW Aquatic  
Exercise  
Certification**  
Gilbert  
10:00am-6:00pm ET






Sun. Jun 11

**SCW Aqua  
Barre  
Certification**  
Wartenberg  
10:00am-2:00pm ET







# CERTIFICATIONS

**SUNDAY, JUNE 10**

## **WATERinMOTION® AQUA EXERCISE CERTIFICATION**



**Cheri Kulp**

**Sunday, June 11**

**10:00am-6:00pm ET**

**9:00am - 5:00pm CT**

**7:00am-3:00pm PT**

**\$159**

This WATERinMOTION® Certification is the perfect program for aqua instructors to take their classes to the next level. This comprehensive training includes an effective five-part preparatory online course addressing the principles of water exercise, the WATERinMOTION® RIPPLE teaching method, verbal and visual cueing techniques, deck teaching skills, and active aging principles. The live full-day practical training utilizes choreography routines to enhance your class sequencing, musical phrasing, teaching skills, and choreography development. Free-style instructors benefit from WATERinMOTION® through class structure design, routine creation, and leadership development. Leave certified in WATERinMOTION® Original program and WATERinMOTION® Platinum (older adult) program, as well as the new WATERinMOTION® Strength program. Finish with the skills to teach your best class, every class! Certification includes a FREE online 5-part course, downloadable choreography video, one-hour music CD, educational materials, choreography booklet, flash cards, memorization notes, and optional Video Assessment (\$300 value). SCW (7.0), ACE (0.9), ACSM (7.0), AEA (8.0), AFAA (7.0), NASM (0.7). If you can't make the Live Certification, take the course [ONLINE HERE](#).

## **SCW AQUATIC PERSONAL TRAINING CERTIFICATION**



**Rosie Malaghan**

**Sunday, June 11**

**10:00am-6:00pm ET**

**9:00am - 5:00pm CT**

**7:00am-3:00pm PT**

**\$159**

This Nationally Recognized Aquatic Personal Training Certification is led by one of the top aquatic experts in the country. Combine lecture and activity to address

theoretical foundations, training principles, and hands-on program design. Acquire the necessary skill sets and critical knowledge to guide and inspire clients to achieve their health, fitness, and activities of daily living goals. Explore the essentials of exercise physiology and kinesiology, theories of water and how they apply to movement, health-risk assessment, physical evaluations, programming alternatives for cardio, strength and flexibility advancement. Experience an introduction to facilitating behavior change in addition to basic business and marketing skills in this full-day course. Certification includes practical training, comprehensive manual and online examination. SCW (8.0).

## **SCW AQUATIC EXERCISE CERTIFICATION**



**Ann Gilbert**

**Sunday, June 11**

**10:00am-6:00pm ET**

**9:00am - 5:00pm CT**

**7:00am-3:00pm PT**

**\$159**

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this comprehensive Nationally Recognized Certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality, and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFAA (8.0), NASM (0.8). If you can't make the Live Certification, take the course [ONLINE HERE](#).

## **SCW AQUA BARRE CERTIFICATION**



**Billie Wartenberg**

**Sunday, June 11**

**10:00am-2:00pm ET**

**9:00am-1:00pm CT**

**7:00am-11:00am PT**

**\$159**

Dive into the hottest up-and-coming trend! Bring the extremely popular Barre format to the pool with this comprehensive 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. Leave with the confidence to effectively lead an Aqua Barre Class for any facility! Certification includes practical training, comprehensive manual, and online examination. 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 Certification, take the course [ONLINE HERE](#).



## Core Fusion H2O

### Sara Vandenberg

This innovative workshop leaves you with 6 inspired core routines filled with uniquely creative strength training workouts focused on the abs, backs, and hips. Enjoy powerful music adapted specifically to the water in a 64-count format. Walk away with flashcards ready to use Monday morning!

**SA1C Saturday, 10:00am-11:15am EST**

## Aqua Disco

### Tanisha (Tani) Haggard

Leave your high-heeled platforms at home and strap on those water slides for a little disco and a splash. Bring in the funk with this low impact, high energy dance class to stimulate your brain and challenge your muscles. Take a dive at our disco party.

**SA1D Saturday, 10:00am-11:15am EST**

## Aqua Yoga Barre

### Billie Wartenberg

Nourish your soul with this Ballet-inspired Aqua Yoga/Barre workout. A favorite at conferences, explore various 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.

(PRE-RECORDED)

**SA1E Saturday, 10:00am-11:15am EST**

# SESSIONS

## SATURDAY, JUNE 10

### SA1 - SATURDAY SESSION 1

**10:00am-11:15am EST**

**9:00am-10:15am CST**

**7:00am-8:15am PST**

### Aqua Brain Power

#### Ann Gilbert

This innovative workout session is filled with brain power challenges, improving mind and memory function. Experience this neuroplasticity-focused class which is directed towards problem-solving skills that you can integrate easily into your current aqua program. Aqua brain power is important for all water participants of varying ages and fitness levels. Jump in today and give your mind a workout.

**SA1A Saturday, 10:00am-11:15am EST**

### Aquatic Personal Training

#### Rosie Malaghan, MS, ERYT- 200

Facilitating personal training in the water is a game-changer, and will give you the ability to transfer your group exercise aquatic skills into profitable personal training opportunities. This workshop provides you with multiple ways to intentionally program for your clients and deliver one on one training in the perfect environment of the pool. Give yourself the ability to double your income and maximize your expertise.

**SA1B Saturday, 10:00am-11:15am EST**

### SA2 - SATURDAY SESSION 2

**11:30am-12:45pm EST**

**10:30am- 11:45am CST**

**8:30am-9:45am PST**

### Water Walking for Better Gait and Performance

#### Jeanette Pyle

Walk your way to better posture, gait, and balance in the pool. Improve the way you move by focusing on posture in the pool where the buoyancy effect makes it easier to practice. We will fire up our posterior chain and practice engaging core and more for better gait!

**SA2A Saturday, 11:30am-12:45pm EST**

## 10 BEST Exercises for 1:1 Aquatic Training

**Irene McCormick, MS, CSCS**

Consider the aquatic environment for finding new and challenging ways to mix up your 1:1 training sessions. Adding water to a strength or HIIT workout can provide different challenges by dialing down the impact of moves without decreasing the intensity. The H2O serves as resistance training and cardio challenges without the DOMS or the impact.

**SA2B Saturday, 11:30am-12:45pm EST**

## H2O Reporting for Duty

**Tanisha (Tani) Haggard**

Enjoy this bootcamp program filled with power and energy to give your aqua program a boost. Stand at attention and watch your creativity soar. Try some fun, new obstacle courses in the pool, and leave with 6 new routines to keep your members coming back again and again.

**SA2C Saturday, 11:30am-12:45pm EST**

## RECESS REMIX: Pool Playgrounds

**Connie Lagerhausen**

Combine old school P.E. fun with a high intensity, athletic approach to water fitness. Relay races, tag and even tug-of-war creates efficient aqua intervals that inspire action. Play teaches us how to manage stress and connect to others and the world around us. Share the fun by taking the power of the playground to the pool.

**SA2D Saturday, 11:30am-12:45pm EST**

## Aqua Ease: Flexibility for Active Agers

**Manuel Velazquez**

The buoyancy of the water supports a portion of your body weight making it easier to move in the water and improving your flexibility. Join Manuel to explore and experience at least 10 of his favorite flexibility moves and leave with ideas to develop sensitive sequences ideal for your active aging clients. (PRE-RECORDED)

**SA2E Saturday, 11:30am-12:45pm EST**

## SA3 - SATURDAY SESSION 3

**1:00pm-2:15pm EST**

**12:00pm-1:15pm CST**

**10:00am-11:15am PST**

## When Breath Meets Water: Aqua Yoga

**Rosie Malaghan, MS, ERYT- 200**

Aqua Yoga is an accessible practice that supports your body and your soul. This session will review asanas (poses), breath-

work (pranayama), and creative ways to bring this practice into the water. Whether you are adding aqua yoga to existing classes or creating a program to bring in new clients, consider rooting your Tree Pose in the pool.

**SA3A Saturday, 1:00pm-2:15pm EST**

## HIIT H2O for ALL

**Jeanette Pyle**

This workshop focuses on the benefits of EPOC (Excess Post-Exercise Oxygen Consumption) and its role in high intensity interval training (HIIT). In this creative, fun and challenging session, explore the value of HIIT for all populations, even seniors!

**SA3B Saturday, 1:00pm-2:15pm EST**

## Silver Tsunami

**Sara Vandenberg**

Enjoy a tsunami of creativity with these senior-inspired routines. Leave with six (6) 64-count choreography blocks of captivating aqua sequences. Manual dexterity, ankle mobility, balance options, and neuroplasticity games are all integrated to improve your aqua aging programming. Comprehensive choreography handouts enhance your movement mastery. Stay current with purpose!

**SA3C Saturday, 1:00pm-2:15pm EST**

## Oodles of Noodles

**Rebecca Schulte**

Work your upper body and core to new heights with rounds of noodle work that build on compound motions and then work to isolate smaller muscle groups. Improve your balance and mobility in your hips and legs with isolated balance work and suspended motions to increase range of motion in deeper water.

**SA3D Saturday, 1:00pm-2:15pm EST**

## Ab Arsenal

**Ann Gilbert**

Check out this innovative core format that will make you rethink your ab favorites. Take beloved tried n' true aqua ab exercises and turn them into a treasure trove of creativity and an arsenal of hard-core drills. Great for athletic abilities of all levels, these water workouts will quickly become the first choice for effective off-season training.

(PRE-RECORDED)

**SA3E Saturday, 1:00pm-2:15pm EST**



## SA4 - SATURDAY SESSION 4

**2:45pm - 4:00pm EST**

**1:45pm - 3:00pm CST**

**11:45am - 1:00pm PST**

### Easy-Grip Aqua Dumbbell Workout

**Cheri Kulp**

The most often-voiced concern when using the aqua dumbbell in a water class might be, "I have arthritis. Holding the dumbbell hurts my hands." Join this session and explore new and varying ways to use your aqua dumbbell without gripping the handle and hiking the shoulders. Enjoy this inspired workout using single, meshed, and independent aqua dumbbell patterns to challenge your traditional cardio and toning water workouts.

**SA4A Saturday, 2:45pm - 4:00pm EST**

### Pool Personal Training

**Connie Lagerhausen**

Work one-on-one with athletes of any level in the pool. Using both vertical and horizontal aqua fitness, create appropriate progressions in intensity, complexity, and movement suitable for every conditioning level. From moms to marathoners, create sports-specific workouts using buoyancy, sequencing, and the physical aspects of training and conditioning. Get your feet wet in pool personal training.

**SA4B Saturday, 2:45pm - 4:00pm EST**

### Cheeks for Weeks - H2O

**Ann Gilbert**

Focus on glute-specific training in the aquatic environment to build muscular endurance and strength. Using all three planes of motion in innovative and unique routines, leave this novel session with new choreography and exciting options. Discuss progressions and regressions for all students and build the backside of the body. Discover how you can train cheeks for weeks n' weeks!

**SA4C Saturday, 2:45pm - 4:00pm EST**

### Girls Just Wanna Have Fun!

**Billie Wartenberg, Rosie Malaghan, MS, ERYT- 200, Tanisha (Tani) Haggard**

Bring a tidal wave of energy and excitement to the pool! The fabulous Women of MANIA® will provide a flood of new ideas that will give new meaning to fluid fun. Plunge into a fantastic workout that covers all body parts and add a major splash of WOW! to your aqua classes.

**SA4D Saturday, 2:45pm - 4:00pm EST**

### Aqua HIIT & Run!

**Manuel Velazquez**

Get the cardio and strength workout you need at whatever pace you choose without the impact and weight-bearing issues that limit you on land. Research shows that deep tissue response is greatly improved when exercising in water, aiding healing and recovery. Explore ideas for both shallow and deep water cardio-strength progressions.

(PRE-RECORDED)

**SA4E Saturday, 2:45pm - 4:00pm EST**

## SA5 - SATURDAY SESSION 5

**4:15pm- 5:30pm EST**

**3:15pm - 4:30pm CST**

**1:15pm - 2:30pm PST**

### LaBlast® Splash: Emotional

**Apy Figueroa**

What if the whole world believed that your greatest wealth is your health? And not just your physical health, but also your mental and emotional health. In LaBlast® Splash, we take simple and fun patterns from the ballroom dances seen on "Dancing with the Stars", adapt them to the water, and get involved from the inside out. Experience the mental and emotional benefits of dancing to change the world and be the best kind of rich there is!

**SA5A Saturday, 4:15pm- 5:30pm EST**



### Tabata Aqua Running & Conditioning

**Billie Wartenberg**

Join the newest aqua craze! We all know the many benefits of running, so now is the time to take your workouts to a new depth! This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact while strengthening muscles and improving joint function. Combine running, traveling, Tabata intervals, strength, and more!

**SA5B Saturday, 4:15pm- 5:30pm EST**

### 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!!

**SA5C Saturday, 4:15pm- 5:30pm EST**



## 10 Strategies for H2O Success

**Ann Gilbert**

If you're wondering where to begin teaching water or how to refresh your aqua focus, this is the workshop for you. After you get certified or have been teaching for some time, this inspirational session addresses interviewing strategies, wage negotiation, physical techniques to maintain health, resources for music and moves, format selection and execution, and strategies to plan your class. (Lecture)

**SA5D Saturday, 4:15pm- 5:30pm EST**

## Mix-Match Aqua: Moves to the Max

**Jeff Howard**

Most of us experience some form of burnout after teaching multiple aqua classes. Build pyramid intervals to combat boredom! Incorporate muscle conditioning into timed patterns of HIIT & leave with a workout to propel you UPWARD! Just six simple rules give you more ideas, progressions, and energy to push your moves to the max!

(PRE-RECORDED)

**SA5D Saturday, 4:15pm- 5:30pm EST**

## SA6 - SATURDAY SESSION 6

**5:45pm - 7:00pm EST**

**4:45pm - 6:00pm CST**

**2:45pm - 4:00pm PST**

## Aqua Yoga for Arthritis

**Christa Fairbrother, MA, ERYT-500**

Aqua yoga is a unique modality to benefit people living with arthritis. It combines yoga with the properties of aquatic exercise to increase the benefits and access to yoga. If you want to add yoga tidbits to your aquatics programs that serve audiences with arthritis, come get some easily applicable ideas.

**SA6A Saturday, 5:45pm - 7:00pm EST**

## Aqua HIIT the Beat

**Jewell Fowler, MA**

This class combines traditional HIIT training with the musicality of a dance format. It's perfect for those who understand music but aren't quite comfortable with the dancing. The use of simple, but effective movements provides your participants a fun, heart-pounding workout that they can't help but sing along to.

**SA6B Saturday, 5:45pm - 7:00pm EST**

## H2O Strength

**Cheri Kulp**



WATERinMOTION® Strength takes advantage of aqua dumbbells to build muscular endurance, power, and overall tone in a fat-blasting 45-minute workout. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Enhance your workout choreography by using just one dumbbell or both dumbbells enmeshed or as under-arm flotation devices. This creative choreographed program refreshes your dated routines with fantastic music, inspiring moves and powerful programming. Leave with a full choreo handout to improve your sequencing and fun-factor in your aqua strength workouts.

**SA6C Saturday, 5:45pm - 7:00pm EST**

## Aqua Booty Camp

**Billie Wartenberg**

Rev up your Aqua Fitness with Aqua Booty Camp! This athletic, dance inspired session focuses on all areas of the glutes. We will combine toning, cardio and lengthening exercises in distinct sequences to sculpt and shape the booty. Athletes, dancers, and everyone looking for a good time will love this class!

**SA6D Saturday, 5:45pm - 7:00pm EST**

## Front & Center H2O

**Ann Gilbert**

Training in the Frontal Plane is vital for strong stable hips. Target the adductors and learn how important they are in their role of supporting hip stabilization and their synergistic relationship to pelvic floor tone. Combinations of challenging exercises are designed to keep you Front and Center!

(PRE-RECORDED)

**SA6D Saturday, 5:45pm - 7:00pm EST**



## MEET THE AQUA EX-PERTS.

Join star fitness presenters from around the globe all in one spot at one convention! Gain access to those you've never had the opportunity to learn from and see why education makes the difference!

**VIEW PRESENTER BIOS HERE**



## LIVE-STREAM ONLY

JUNE 10

Was \$259

Now  
Only **\$129**

30 LIVE STREAM ZOOM SESSIONS

7.5 CECS/CEUS

SPONSOR DISCOUNTS / COUPONS

16 EXPERT TRAINERS

ONLY \$129 Reg. \$259)

**REGISTER FOR LIVE-STREAM**

## LIVE STREAM + ALL ACCESS

Live + 30 Days of Session Recordings

BEST  
VALUE!

Was \$289

Now  
Only **\$159**

30 LIVE STREAM ZOOM SESSIONS

15 CECS/CEUS

SPONSOR DISCOUNTS / COUPONS

16 EXPERT TRAINERS

*ATTEND LIVE OR AT YOUR CONVENIENCE*

*30-DAYS of LIVE-STREAMING RECORDED SESSIONS*

ONLY \$159 (Reg. \$289)

**REGISTER FOR ALL ACCESS**

Add Recorded Sessions to  
Any Live-Stream Registration

**\$30**

24 ADDITIONAL WORKSHOPS

WATCH AT YOUR LEISURE

7.5 CECS/CEUS

**ADD RECORDINGS**