



» AQUA FITNESS

Whether it is being utilised for group exercise or one-on-one rehabilitation, the pool offers one of the safest and most challenging of fitness environments. The FILEX 2010 Aqua Fitness program delivers the skills, choreography ideas and technique tips you need to make a splash with your participants and clients.

» AQUA FITNESS SESSIONS

Please note: all aqua sessions are held off-site at Ian Thorpe Aquatic Centre, Ultimo

Water in motion WAVE 2 > A1T Sara Kooperman

Enjoy the excitement of choreographed aquatic programming using all the elements of water exercise moulded into a dynamic, creative and useable format. The educational portion of this session features 'instructor excellence' and is guaranteed to take your aqua instruction from mediocre to magic! **WS L1 S**

Australian Fitness Expo time Aqua delegates > A1U

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Aqua spectacular > A2U Dom Gili & Manal Garcia

Join the dynamic duo as they combine fun and motivating music, high energy cardio workouts and powerful resistance routines in this shallow/deep master class. Manal and Dom inject life into popular aqua moves with innovative and challenging dumbbell and noodle workouts and provide you with take-home resources to help maximise your learning experience and give your participants a class to remember! **MC L1 S**

Action balance for seniors > A3U Laraine Dunn

High levels of balance and mobility are necessary not only for successful functioning, but also for successful ageing – with the focus changing from how long you live to how well you live. In this master class Laraine addresses the multiple dimensions of balance and mobility, focusing on strategies to stimulate response/reaction, joint range of movement and muscle flexibility for better balance, strength and functioning. **WS L1 S**

Aqua dextrous > A4T Melissa Cameron & Stacey Dolliver

Have you ever instructed a shallow water class in which some participants chose to work in the deep – or vice versa? Melissa and Stacey will have you seeing double as they simultaneously demonstrate how to adapt shallow water routines to suit the deep – and deep to suit shallow. The creative, motivating choreography will inspire you to get your participants huffing and puffing in any water depth. **WS L1 S/D**

Aqua revival > B1V Marietta Mehanni

Immerse yourself in this aqua session loaded with new and classic moves and dance-feel funky grooves. It's all about attitude, in the way you teach and the music you select. Marietta demonstrates how tempo and rhythm can mould the moves and exercises within a class format and shows you how to lead your class on a musical journey that will leave them refreshed, uplifted and smiling. **MC L1 S**

Unconventionally deep > B2U Naomi Ling

Pick up some ideas for adding variety to your class by joining Naomi for this edgy deep water workout. Choreographed to alternative music genres, she explores different arm-lines, levers and body movements to maximise the aqua experience in the deep. Packed with take-home ideas to incorporate into your deep water class and provide participants with a real challenge. **WS L1 D**

Connect 4 – AquaWorks™ > B3U Gabrielle Harris

The different levels of connection apparent in land-based group exercise classes are amplified in aqua group exercise because of the additional variables of the pool environment. In this practical session Gabrielle reveals how to connect effectively when creating and presenting aqua classes, which will in turn enhance your delivery and your participants' workouts. Add to your repertoire of moves and take home a bag of instructing goodies. **WS D**

Sizzling seniors > B3V Laraine Dunn

Learn how to live the healthy older life. Laraine looks at major components of exercise, the processes that happen on many levels and the positive impact they have. Adding challenge and diversity to your participants' workouts doesn't necessarily equate to raised heart rate and increased resistance. Join Laraine for fun, music, dance and her tips for staying happy and healthy. **MC L1 S**

Seriously OTT aqua > B4U Linden Cowan

In this session OTT means Opportunities, Transitions and Travel. For your aqua classes to be OTT you need to appreciate the opportunities water presents in terms of intensity and variety, and understand the significance and challenges of transitions and travel in water. Join Linden for a motivational session featuring inspiring music and tools to help you deliver a truly OTT aqua workout. **MC L1 S**

Cognitive aqua – The ultimate challenge > B4V Amanda Jeffreys

Challenge yourself and your participants with a fun and mentally challenging aqua workout. In this session Amanda demonstrates how you can deliver a class which will literally have your aqua participants leaving with extra brain cells! Take home a fantastic, fun way to challenge clients and boost their grey matter as well as their physical wellbeing. **WS S**

> PLENARY SESSION

Circuit carousel > B5J Tamara Echave

This session using various circuit styles, revolving lines, relays and games is not only fun but also easy for instructors to learn. Tamara presents multiple options for designing your own class, and provides practical tips to help you use your favourite moves in a different format, with the option of adding dumbbells and noodles for extra challenge. **MC P**

Fun and fabulous aqua arms > C1S Ange LaScala & Mary Gies

Have you been using the same aqua arm lines forever? Then this is the session for you! Ange and Mary deliver an intensive workshop combining science and creativity that gives you the skills to provide your participants with the ultimate aqua arm workout. Take home new techniques and arm lines to increase muscular endurance, cardiovascular intensity and calorie expenditure and develop new neural pathways while you're at it! **WS S**

H₂O dance party > C2U Kayla Duke & Naomi Ling

Brace yourself as Kayla and Naomi turn the pool into a dance party! From ballet to ballroom and funk to jazz, this is an unmissable session where you can dance like no-one is watching, confident in the knowledge that half your body is beneath water! Take home some wonderful ideas to work your participants through a range of dance styles in the pool. **MC L1 S**

Aqua mind body > C2V Jennifer Schembri-Portelli

Let the qualities of water – accommodating, calming, flowing, refreshing, revitalising – transfer to your mind and body. Exercising in water improves neuromuscular response and movement awareness. Join Jennifer as she shows you how to increase the mind and body energy levels using fluid dynamic movement patterns. **WS S**