

B1K AQUA DYNAMIC

TIM O'CONNELL

Join Tim for an inspiring, aqua dynamic workout! Creating a dynamic aqua class suitable for a variety of participants can sometimes prove rather challenging. This energetic session uses a mix of creative cardiovascular and dumbbell exercises to provide a sensational whole body workout. You will walk away with effective, achievable choreography ideas to use for months to come. **MC**

B2K EVEN MORE AQUA ANTICS FOR KIDS!

STEPHANIE MCLENNAN

In this practical session Stephanie focuses on themes of self challenge, co-operation, relays for fun and fitness, music and choreography, creativity and problem solving activities. Although designed for children aged five to 12 years old, many of the activities are suitable for use in mainstream Aqua classes. If you are contemplating adding 'children' to your client repertoire this session is a must. **MC S**

B3K RETRAIN AND RESTRENGTHEN

– PERFORMANCE AQUA PERSONAL TRAINING

KEN BALDWIN

How often do our athletes/clients re-injure themselves or create further damage by coming back into competition too early? As trainers our major goal is to increase performance to a higher level than the client's previous standard. In this hands-on session Ken employs aquatic knowledge and skills to assist and enhance recovery with simple post-therapy exercise routines in the water. **MC S**

B4K SENIORS AND SENIOR-ITAS

LARAIN DUNN

There's more to a seniors class than just delivering a workout. Add challenge and diversity for your clients, through more than just raised heart rate and increased resistance. Learn combinations that address balance, response/reaction, spontaneity and fun for seniors of all ages... with a Latin theme! Be here with Laraine and be in the moment! **MC S**

B5K INTERVALS WITH ATTITUDE

DI CLAPP

Use attitude and music to motivate and captivate your aqua participants. Explore how a well structured interval session can challenge your clients. Capitalise on the properties that water provides for stability and functional fitness training. This session provides you with a variety of great techniques to ensure your participants enjoy the journey of a great aqua experience. **MC S**

B6K LIQUID RHYTHMS

MARIETTA MEHANNI

How do you successfully choreograph a class? Experience how music can be used as the ultimate motivational tool. Marietta teaches you how to bring exercise and music together to create an effective workout that you can use over and over again. Get inspired by music that moves you and capture the excitement that keeps members coming back to your class. **MC S**