

Highlights of New AEA Educational Workshops

By Ashley Bishop



Continuing education is one of the most valuable and important components of being a fitness instructor. What's so incredible about the fitness industry is that it is always changing and evolving. One of the best ways that we (fitness instructors) can be confident we are delivering safe, effective and fun class programs is by ensuring we are always up to speed with what is happening in the industry. Not only in terms of guidelines, new research and information, but also that we simply stay motivated and excited to share our content with our participants each day.

There are many fabulous ways to obtain our continuing education, however one of my favorites is through in-person educational workshops. There is little I find more inspiring than attending a live workshop from an industry professional delivering exciting content about the aquatic fitness industry. I always walk out extremely motivated to teach all the things on Monday morning!

AEA has talented, passionate and educated Aquatic Training Specialists that deliver AEA educational workshops

to help fitness professionals expand their knowledge in specific populations, formats and programming. Each workshop includes extremely detailed handouts for future reference, allowing attendees to "be present" and absorb all the information during the workshop. These handouts aid instructors in applying the content to their classes the next day, the next week, the next month, or even the next year!

There are over 20 AEA workshops to choose from, awarding attendees their continuing education credits not only for the Aquatic Exercise Association and the Arthritis Foundation, but also for the American Council on Exercise, the Athletics and Fitness Association of America, the Aquatic Therapy & Rehab Institute, and the National Association of Sports Medicine.

Classic workshops (which are being continually added to and updated) are still being offered like Boot Camp Deep and Next Level Noodle, plus there are also a handful of brand new workshops that just launched in the last few months! Read on to find out more.

Deep HIIT & Sculpt

Course Description: Double up your deep-water training with two great formats that work for group exercise classes and one on one training. Take high intensity interval training to deeper waters to add challenge without impact and add resistance to achieve body sculpting and muscle conditioning.

Overall Highlights:

- Two-hour workshop (30 minutes

lecture/90 minutes pool practical)

- Utilizes the Aqualogix bells and fins (upper and lower body drag equipment)
- Experience two different training formats that are applicable to most aqua fitness classes (active older adult & general population)

Ashley's Favorite Thing: Recently teaching this workshop myself, I loved the HIIT format where moments of high intensity intervals were coupled with Pilates-focused movements in the Deep! They paired so nicely together and it's a format that has something for everyone. Also, the ability to experience the Aqualogix equipment first hand is the best way to feel its benefits and how it can be applicable to many populations and formats.

H2O Circuits

Course Description: Experience creative aquatic circuit options using a variety of equipment for total-body training! A cost-effective way to add equipment to your pool programs, these teaching tips and class suggestions will put circuit training back on your list of favorite formats.

Overall Highlights:

- Two-hour workshop (30 minutes lecture/90 minutes pool practical)
- Experience three different unique, functional and fun circuit formats
- Utilize a variety of equipment including kickboards, noodles, bands, loops and handheld drag – amazing!

Ashley's Favorite Things: This workshop has a segment on how to plan the perfect circuit class with guidance on incorporating important variables



like class duration, client population and pool size. It also has a great checklist to make sure you've thought about everything you need to bring your fabulous circuit class plan to the pool!

Ballology

Course Description: Put the fun back into fitness and "round out" your programming with an inexpensive, universal equipment option – a small, pliable ball. Explore effective techniques to challenge cardio conditioning, coordination, and core training that appeals to a wide range of participants – both in the studio and the pool.

Overall Highlights:

- Two-hour workshop (30 minutes lecture/90 minutes pool practical)
- Focus on small, pliable balls than can be found in many facilities
- Learn how incorporating the ball can improve coordination, balance and core stability
- Element of in-studio or in-home training featured as well

Ashley's Favorite Thing: The pool practical is filled with unique and functional ways to utilize these small, pliable balls. Not only the added level of fun when bringing the balls into the pool, but also the training benefits of the exercises shared is very appealing for most populations. My classes are going to have a ball!

Aging Actively with Aquatics

Course Description: Getting older should not be associated with being less active! Safe and effective aquatic training that promotes cardiorespiratory and muscular conditioning, flexibility, cognition and neuromotor skills can help participants stay active for life. Training goals (function vs. performance) and equipment choices will influence your program design.

Overall Highlights:

- Two-hour workshop (30 minutes lecture/90 minutes pool practical)
- Utilizes noodles and small pliable balls
- Course complements the 7-hour edOnline program, Active Aging with Aquatics written by Kimberly Huff, MS, CSCS
- Pool time involves practical application, focused learning on the how and the why behind programming concepts that are appropriate for the older adult client

Ashley's Favorite Thing: This workshop features combinations shared in the online course and very effectively translates how these moves and combinations complement a variety of daily activities and recreation (like grocery shopping, tennis and hiking). The combinations are analyzed to see if they can be used as the main component of a class, and adaptations are made to bring them into alignment with the program training goals.

My ultimate favorite thing about AEA in-person workshops is that they are open to everyone - from the most experienced fitness professional to the most dedicated aqua enthusiast! Each workshop will have content that you can add to your current programming, ideas or inspiration to take your current content to the next level, and even complete class plans that you can teach on Monday morning. It's really up to you and what you make it. AEA weekends are always being added to the calendar, so keep checking back to the AEA website (www.aeawave.com) to see if one's being offered near you. Don't want to wait? Host an AEA Weekend at your facility! You can reach out directly to Dee Yeats at dee@aeawave.org for the 2019 Hosting Requirements to bring all the learning and fun to your pool! ■



Author

Ashley Bishop, originally from Vancouver, BC is an Aquatic Training Specialist for AEA, a Zumba Jammer™ with Zumba® Fitness (Aqua Zumba® & Salsa), and a CE Provider for ACE, AFAA & AEA. Recently relocated to Las Vegas NV, Ashley is the Fitness Director for uforia studios and can be found most weekends sharing her passion for education and fitness with instructors across the continent. Ashley absolutely adores teaching, learning and sharing knowledge with others. Find Ashley at www.bagelfit.com



TEACHING TIPS FROM IAFC 2018 TOP PRESENTERS

Laurie Denomme

Take your teaching skills to the next level by stepping outside your comfort zone. Challenging situations may initially tie your stomach in knots, but later on, you'll find them critical to your development. Subbing a land kick boxing class taught me I can teach choreographed, fist punching, knock out workouts. Going on camera and producing a DVD led me to my signature Stretch Fusion programming. And a dance competition at a Gray Institute conference revealed a latent ability to groove. Truth be told, I had a few ringers on my team that took us to gold. But still, I won a dance competition!

Getting comfortable with being uncomfortable begins with knowing your strengths. Your strengths establish your relationship with your participants. It's what makes them return week after week. Next, identify things you find difficult. Is it building smooth transitions, planning goal-oriented workouts, or demonstrating moves on deck? Tackling these dreadful skills head on is where change happens. Think about it. Every time we teach a class, we ask participants to step into their un-comfort zone, to work at challenging intensities, to do complicated combinations, and much more. We do this because we know this is the way to achieve results. To elevate your teaching skills, you need to do the same thing. Identify what's difficult and challenge yourself to do it. The new AEA manual is a great resource for learning the most important skills you need to be a great instructor. Explore the manual, select an intimidating topic, and challenge yourself to grow that skill.

My challenge to you – embrace opportunities to push yourself out of your comfort zone. You'll be glad you did. This is where the magic happens and you begin to shine. Let's do this!