

MONDAY, MAY 11

7:30 - 11:30 AM

**104 – SAF AQUA® Drums
Vibes Certification (In-Person
Component)**

**ADVANCED Online Course
Mandatory
SPEC**

Joanna Apolinarska, MS

CEC/CEUs: AEA 4.0, ATRI 4.0

\$75.00 AEA Member/IAFTC Attendee

\$95.00 All Others/Non-Members

The SAF AQUA Drums Vibes® concept is a unique aquatic fitness program that combines drum rhythms, great fun, and excellent training. Creating this program changed our approach to aquatic resistance training - the equipment lengthens the upper body levers to progress intensity. A unique equipment-based program built around specially designed grips, positions, and variations. Practice the basic holds, movements, and combinations found in SAF AQUA® Drums Vibes classes and understand the basic principles of this training format. Explore the use of music and choreography methods to develop engaging classes and enhance motivation as you learn the structure of a SAF AQUA® Drums Vibes lesson. Today, the SAF AQUA Drums Vibes program is available worldwide. Now you can join this amazing team.

MONDAY, MAY 11

12:00 - 4:00 PM

**105 – Acquapole® Jump Start
Specialty Certification
(In-Person Component)**

**ADVANCED Online Course
Mandatory
SPEC**

Stefania Manfredi, MS

CEC/CEUs: AEA 4.0, ATRI 4.0

\$75.00 AEA Member/IAFTC Attendee

\$95.00 All Others/Non-Members

Acquapole® Jump Start is a foundational training designed to introduce you to various postures and safe grips using the Acquapole station. Learn how the pole can be incorporated into small group training, personal training, and specialty programs. Understand the program and equipment concepts, and practice basic grips, positions, and exercises. Discover how to use lesson plans and class variations to meet your participants' needs with safe and effective programming. Experience engaging master class demos and interactive skills.