



The GLOBAL RESOURCE in AQUATIC FITNESS



Service Directory

www.aeawave.com
Phone: 912-289-3559
Toll-Free: 888-232-9283
info@aeawave.org

Event Registration

info@aeawave.org

Our Mission

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide.

The Aquatic Exercise Association (AEA) is the leading organization specifically targeting aquatic fitness through education and certification worldwide. Our top priority is providing access to the latest industry resources, research, products, training and education to increase global health, wellness and longevity through aquatic fitness.

AEA is not only committed to aquatic fitness, but to each individual within the industry including enthusiasts, professionals and participants! AEA strives to make everyone successful through increasing awareness, education, training and networking. With AEA, achieving healthy lifestyles and total well being through aquatics is a successful team effort supported worldwide.

The Aquatic Exercise Association

- Certified over 55,000 professionals in over 38 countries
- Educates & trains over 15,000 people each year
- Offers Akwa magazine, the leading industry publication read by over 12,000
- Provides consumer tips & training ideas to keep the water safe
- Provides professionals with direct resources and support to guarantee success

AEA Certification & Education

- AEA provides various training programs for the beginner to the intermediate and advanced professional.
- Obtaining AEA Certification is the gold standard in the fitness industry and once achieved, it is THE LEVEL to be at.
- Continuing education workshops provide practical applications, evidence based-validated and true successful programming.





AEA CERTIFICATION

**PURCHASE
A BUNDLE
& SAVE**

**AEA USA
Certification
Self-Study
Bundle
\$385⁰⁰**

**Includes: Seventh Edition
AEA AFP Manual (digital
or hard copy), AEA AFP
Online Prep Course, AEA
AFP Learning Objectives,
Sample Exam and
Examination Fee.**

**The bundle also
includes a two-year AEA
eMembership, which
includes Akwa magazine in
digital format and access
to the Members Only area
of the AEA website.**

AEA Aquatic Fitness Professional Certification

Become a recognized leader in your community with the AEA Certification! Obtaining AEA Certification is considered the highest level of achievement for those leading aquatic group fitness and personal training. The AEA Certification tests a standard level of theoretical and practical competence in aquatic fitness program design and leadership for general populations approved for independent exercise. Group fitness instructors and personal trainers who hold the AEA Certification are prepared to assist participants meet health and fitness objectives through safe, effective, and enjoyable water exercise. The AEA Certification reinforces guidelines for developing and delivering aquatic fitness programs in the community.

AEA Certification Examination Exam Fee: \$165.00

Increase your credentials and career opportunities with the most comprehensive and recognized aquatic fitness certification. The AEA Certification test is a 100-question multiple choice exam developed to test a standard level of theoretical and practical competence in aquatic fitness program design and leadership for general populations approved for independent exercise.

Follow the AEA Aquatic Fitness Professional Learning Objectives to fully prepare. These can be downloaded from our website.

- AEA highly recommends that ALL Candidates have a minimum of 6 months practical experience in aquatic exercise and allow at least 8-12 weeks of advanced study utilizing the AFP 2018 Seventh Edition Manual and AEA Aquatic Fitness Professional Learning Objectives.
- Certification development, complete candidate requirements and policy and procedural information can be found on the AEA Website under the Certification menu. For complete AFPC Examination information, download the Candidate Handbook from the AEA Website, Certification menu.



Aquatic Fitness PROFESSIONAL TRAINING RESOURCES

AEA Aquatic Fitness Professional Manual The Only Complete Resource for Certification

AEA Member: \$55.00 plus shipping Non-Member: \$68.00 plus shipping

The Seventh Edition AEA Aquatic Fitness Professional Manual is a comprehensive resource with essential information on fitness components, aquatic exercise programming, and teaching tools. Reinforce your knowledge or prepare for the AEA Certification.

Expand your career opportunities by developing skills to lead safe, enjoyable and effective aquatic exercise programs.

- Available in hard copy, Adobe digital and Kindle edition (available on Amazon).
- Reader & user friendly.
- 15 Chapters (corresponding to the AEA Aquatic Fitness Professional Learning Objectives) include Key Questions/ Concepts, Summary Statements, Review Questions and References
- Appendices with color photos and descriptions of shallow and deep-water exercises and aquatic equipment, instructor worksheets, and sample class formats
- Detailed Glossary and complete Index

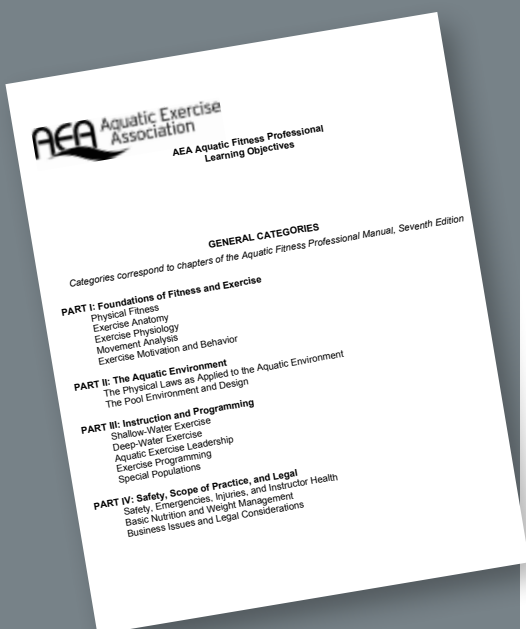
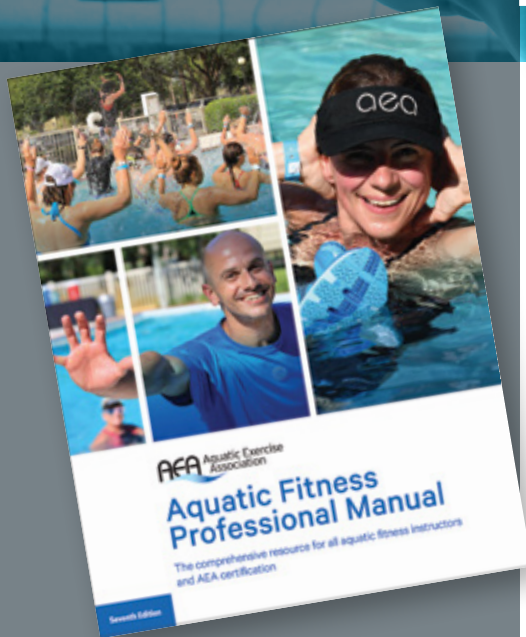
AEA Certified
Fitness Professional

AEA Aquatic Fitness Professional Learning Objectives

In-depth objectives developed as a self-study resource guide available in PDF download. This essential document defines the 15 general categories of knowledge required to obtain AEA Certification. The learning objectives correspond to the chapters of the 2018 Seventh Edition AEA Aquatic Fitness Professional Manual.

Each learning objective is covered in the Manual, as well as addressed in the AEA AFP Online Prep Course. Download the complete AEA Aquatic Fitness Professional Learning Objectives at aeawave.com; Certification menu-then select the Exam Prep sub menu.

For additional Certification Examination information, please download the AFP Candidate Handbook at aeawave.com; Certification menu-then select the Exam Prep sub menu.





Aquatic Fitness PROFESSIONAL TRAINING RESOURCES

AEA Aquatic Fitness Professional (AFP) Online Prep Course AEA Member: \$200.00 Non-Member: \$250.00

This interactive online education, developed by AEA experts, is an excellent resource to build the skills necessary to lead aquatic group exercise and personal training. Utilizing additional reading resources, various quiz formats, video demonstrations, and audio voice over content, the 101 learning objectives provide in-depth education for aquatic exercise leadership and knowledge. Also included is a sample test with question format similar to the AEA Certification Examination. This course is highly recommended, but not required, for those seeking AEA Certification and is designed to reinforce the 2018 Seventh Edition AEA Aquatic Fitness Professional Manual. Topic areas follow the seventh edition manual:



PART I: Foundations of Fitness and Exercise

- Physical Fitness
- Exercise Anatomy
- Exercise Physiology
- Movement Analysis
- Exercise Motivation and Behavior

PART II: The Aquatic Environment

- The Physical Laws as Applied to the Aquatic Environment
- The Pool Environment and Design

PART III: Instruction and Programming

- Shallow-Water Exercise
- Deep-Water Exercise
- Aquatic Exercise Leadership
- Exercise Programming
- Special Populations

PART IV: Safety, Scope of Practice, and Legal

- Safety, Emergencies, Injuries, and Instructor Health
- Basic Nutrition and Weight Management
- Business Issues and Legal Considerations

Strengthen your teaching abilities | Take at your own pace | Earn CECs for select certification renewals/organizations | Purchase stand alone or as a bundle with other resources | Become an AEA Member and save 20%.

Certification Self-Study Bundle \$385⁰⁰

Includes: Seventh Edition AEA AFP Manual (digital or hard copy), AEA AFP Online Prep Course, AEA AFP Learning Objectives, Sample Exam and Examination Fee.

The bundle also includes a one-year AEA eMembership, which includes Akwa magazine in digital format and access to the Members Only area of the AEA website.



Aquatic Fitness PROFESSIONAL IN-PERSON TRAINING

Attending the In-Person Aquatic Fitness Practical workshop?

Check out the event registration
for even more savings

AEA USA Certification Bundle & AFP Practical workshop

Save 40% more
on the In-Person!
\$445⁰⁰

Includes: In-Person Aquatic
Fitness Practical Applications
workshop, Seventh Edition
AEA AFP Manual (digital or
hard copy), AEA AFP Online
Prep Course, AEA AFP Learning
Objectives, Sample Exam and
Examination Fee.

The Bundle also includes a
one-year AEA eMembership,
which includes Akwa magazine
in digital format and access to
the Members Only area of the
AEA website.

Aquatic Fitness Practical Applications

Attend the hands-on workshop to help you strengthen your teaching skills
or help you in preparing for AEA Certification!

AEA Member: \$99.00 Late or Non-Member: \$129.00

CECs: AEA/AF 8.0*, ACE 0.6, AFAA 5.5, ATRI 6.0, NASM 0.7

This hands-on workshop, designed to strengthen the practical skills needed as an aquatic group fitness instructor or personal trainer working with clients in the water, includes both classroom and pool learning. This interactive workshop features lecture, video examples, worksheets, movement skill practice, and practical demonstrations. Reinforce your practical knowledge of safe and effective aquatic fitness programming and instruction, with topics that include applied anatomy, muscle actions and equipment, altering exercise intensity, program design, and deck teaching. This course is designed for those seeking AEA Certification to reinforce the recommended practical skills needed to be an AEA certified fitness professional. *PLEASE NOTE: References to the 2018 Aquatic Fitness Professional Manual, Seventh Edition will be included throughout the course. If you would like to follow these references, please have your 2018 manual available, either the print version or eBook on your device.*

Focusing on practical applications only, this program does NOT cover all areas of the AEA Aquatic Fitness Professional Learning Objectives. Additional advanced study is highly recommended for the examination, including the AEA AFP Online Prep Course.

*AEA CECs issued to individuals who obtain AEA Certification within 180 days of course completion date.

AEA CERTIFICATION FACTS

- Preparation is the key to success!
- 80% of all USA Candidates do successfully pass the examination the first time when certification self-study recommendations are followed.
- Most individuals seeking AEA Certification possess a minimum of 6 months practical experience.
- The best combination to help you achieve AEA certification is preparing with the 2018 Seventh Edition Aquatic Fitness Professional Manual and participating in the AEA AFP Online Course.
- To further enhance your preparation attend the AEA Aquatic Fitness Practical Applications workshop that provides the most in-depth practical education needed to help you achieve AEA Certification.



IN-PERSON EDUCATION

Attending education offered at an AEA weekend event helps keep an instructor informed, educated, refreshed and able to lead others to wellness with passion and knowledge. AEA weekend events also showcase the latest findings in aquatic fitness research.

These programs are designed to help professionals expand knowledge in specific populations, formats and programming. They are offered exclusively by AEA Training Specialists.

AquaBata Shallow

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Take advantage of the latest trend in fitness to deliver the next level of training to your aquatic programs. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results. Minimal choreography, maximal results!

Aquatic Cardio Programs

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Discover the key concepts necessary to create safe, effective and enjoyable shallow water aerobic programs. Creative sequencing, smooth transitions and movement variations will help leaders to develop a unique style of choreography or movement progression.

Aquatic Circuit Applications 2

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Circuit training can open your pool to a wide array of training options that are time efficient and fun. Explore instructor-guided and self-guided methods to provide optimum results for your pool, your participants and your teaching personality. Innovative ideas fuse cardio and resistance training to help participants achieve fitness goals.

Aquatic Interval Applications

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Create dynamic interval formats for the pool that can be adjusted for various ages and abilities through Work: Recovery ratios, movement tempos, exercise choices and impact options. This interactive workshop will help you develop motivating aquatic interval programs to enhance training results.

Aquatic Kick Boxing

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 2.0, NASM 0.3

Explore innovative, safe and effective aquatic Kick Boxing! Great for group fitness instructors and personal trainers, this program discusses movement modifications and adaptations for the pool. Explore the benefits of three modalities; standalone training, combination programming and multi-sport fitness workout options.

Ballogy

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

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.



IN-PERSON EDUCATION

Boot Camp Deep

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 2.0, NASM 0.3

Take your boot camp to the deep and experience suspended training with a high intensity, non-choreographed workout. Employ a variety of body positions (vertical, horizontal and diagonal), as well as specific training drills that utilize the pool wall. Command attention in your deep-water classes with challenging formats.

Boot Camp Shallow

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 2.0, NASM 0.3

Push participants past training plateaus with a platoon of shallow water training designed to target fitness components of agility, balance, coordination and speed in addition to cardio capacity. This no-nonsense workout formula delivers high-intensity training options, with and without equipment, to maximize results.

Core Training + Stretch Techniques

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Learn core training techniques that include standing, traveling and buoyant options to develop dynamic strength for improved function, with options to meet a variety of goals and skill levels. Flow into a sampler of stretching techniques from mind-body options for warm waters to fluid movements for cool pools.

Deeper Applications 2

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Dive deeper into aquatic programming applications by taking advantage of current trends in fitness. Updated information and creative fitness formats to promote continued progressions in your deep-water classes and personal training sessions. Experience suspended high intensity interval training (HIIT) to effectively target both cardio and core.

Deep HIIT & Sculpt

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

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.

H2O Body Sculpting & Resistance Training

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Add resistance, through the use of equipment and body positions, to create a shallow-water fitness program that targets muscular strength & endurance, range of motion and balance skills. Discuss how to accommodate various fitness levels, as well as different pool considerations, such as water depth and temperature.



IN-PERSON EDUCATION

H2O Circuits

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

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.

Next Level Noodle

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Take your aquatic class to the next level with creative cardio, targeted toning, and core concepts...all with the pool noodle. Explore all impact levels (grounded, propulsion & levels I, II, III) and modifications for all ability levels in this fun-focused, total body conditioning class.

Rated M for Mature

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Baby Boomers and beyond want a training program that meets their needs and interests, while accommodating special concerns, such as fear of falling. Develop purposeful movement to achieve balance, coordination, mental awareness, posture, and range of motion.

Upper Body, Core & More

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Next, explore how to integrate unilateral and bilateral upper body moves and impact variations for core training benefits. Finally, put it all together with and without equipment for endless combinations.

**Check out the
AEA Event Calendar
for trainings near you**



IN-PERSON IN-DEPTH EDUCATION



AEA Arthritis: Program Leader Development

7-HOUR EDUCATIONAL PROGRAM

CECs: AEA/AF 7.0, ACE 0.4, AFAA 6.0, ATRI 7.0, NASM 0.6



This in-person workshop provides both theoretical knowledge and movement practice pertinent to class design, exercise performance and leadership skills that will benefit all AEA Arthritis Foundation Program Leaders. Exercises for both the AFAP and AFEP are covered in addition to lesson plan development, programming & presentation tips, and a quick review of the aquatic environment. Even if you are not currently a Program Leader, this workshop provides beneficial continuing education on exercise and arthritis that is applicable to all fitness professionals.

- Arthritis Theory – Essential Teaching & Leadership Skills
- Interactive Exercise Review & Practice
- Lesson Plan Practical Implementation
- Aquatic Environment & Safety

Take the next step in your career with a unique opportunity to help others enjoy a more active lifestyle!



BioExercise

AEA/AF 6.0, ACE 0.6, ATRI 6.0

Although technology makes things easier, the resulting convenience allows people to think and move less. BioExercise™ is an innovative new program that is grounded in science, yet exploding with new ways to move and engage all senses. Combine activities for the body and mind to improve total body functionality, while learning to define and track outcomes to personalize results. Learn key strategies that incorporate brain boosters with purposeful movement to fast-track results. The comprehensive approach makes BioExercise™ especially beneficial for people over 50, while the flexibility of the program makes it easy to apply to existing formats you may already teach. Strengthen the body. Sharpen the mind. Do BioExercise™!

Learning Objectives:

- Learn what common weaknesses and movement dysfunctions affect people over 50.
- Use principles of Applied Functional Science (AFS) to develop purposeful physical exercises.
- Improve brain-processing speed for better physical results using seven brain-boosting activities.
- Apply the WECOACH formula based on six-directional movement to personalize exercises.
- Use graded intervals to help identify optimal working intensity.



Program Leader ONLINE TRAINING



AEA ARTHRITIS FOUNDATION PROGRAM LEADER

An AEA Arthritis Foundation Program Leader is an individual trained to lead community-based group exercise classes designed specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions.

AEA Arthritis Foundation Program Leader Online Training Course

This is a REQUIRED COURSE to become an AEA Arthritis Foundation Program Leader. Candidates must complete this online course before taking the AEA Arthritis Foundation Exercise Program (AFEP) or AEA Arthritis Foundation Aquatic Program (AFAP) examination.

What is included with the course?

- Self-paced educational lessons corresponding to each chapter of the AEA Arthritis Foundation Program Leader: A Training Guide for Exercise & Aquatic Programming (Manual).
- Access to the complete digital version of the Manual (eManual). Access continues after the course has been completed.
- Access to the full Video Movement Library (total of 3+ hours of video between both the Exercise and Aquatic programs.) Access continues after the course has been completed.
- Access to the online examination upon completing all lessons and the CPR/AED Certification Information Survey.

Online Exam

This is a REQUIRED EXAMINATION to become a Program Leader. The 50-question, timed exam includes multiple choice and true/false questions. Once initiated, the exam must be completed within 2 hours.

Maintaining Your Program Leader Certificate

The Program Leader Certificate is valid for a period of 2 years and must be renewed with a minimum of 15 hours of continuing education credits. CPR/AED must be kept current at all times.

AEA Member
\$99⁰⁰

Non-Member
\$129⁰⁰

**Arthritis Foundation
Aquatic Program Leader
(AFAP)**

**Arthritis Foundation
Exercise Program Leader
(AFEP)**



IN-PERSON EDUCATION

AEA ARTHRITIS SERIES

These 2-hour workshops, which include theory and practical applications in the classroom, are designed to enhance your fitness leadership skills. Although the courses are built around the AEA Arthritis Foundation program, the knowledge is applicable to ALL instructors and personal trainers. NO pool practical. **Coming soon! These workshops will also be offered online!**

Lesson Planning Tips & Tools

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

Learn how to ensure great outcomes and program adherence with well-planned professional classes. You'll come away with methods and strategies to help you design classes to keep your participants coming back for more week after week. In this interactive workshop you'll learn being a great leader is not just about the exercises.

Motivational Methods

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

Everyone wants to have full classes! Plus, regular participation is key to maximizing exercise results. How can you welcome, encourage, and motivate participants – especially those with chronic conditions? This interactive workshop discusses class dynamics and motivational methods to keep your programs filled.

Enhancing Your Leadership Skills

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

Learn ideas to enhance your balance, coordination and movement execution for safe and effective class leadership. Self-awareness, personal evaluation, limitations, flexibility and transition training are discussed and practiced. Strengthen your teaching platform to better lead your students.

Interested in Hosting an
AEA Educational Event?

Contact dee@aeawave.org
for more details



BECOME AN AEA MEMBER



Being an AEA Member gives you the leading edge as a professional. Not only will you stay up to date with current industry topics and informative educational access and privileges, you will also help AEA increase awareness of aquatics worldwide.

Benefits Include

- Akwa magazine print or digital
- Exclusive access to eAkwa & Akwa quizzes
- Discounts on AEA hosted educational events
- Discounts from select industry affiliates
- MEMBERS ONLY access at the website
- 20% discount on Akwa Shop products
- 20% discount on AEA online education
- Unlimited classified listings & job postings
- FREE CEC petitions if AEA certified or AFAP/AFEP Program Leader
- Resources (forms, evaluations, surveys & more)

Members Only aeawave.com

- Akwa extra
- Pool Tools
- Forum discussions
- Membership Directory
- DVD tips & library

Membership Options

- One-Year eMember **\$48⁰⁰** - Includes digital Akwa magazine
- Two-Year eMember **\$96⁰⁰** - Includes digital Akwa magazine
- One-Year Pro Member **\$68⁰⁰** - Includes print and digital Akwa magazine
- Two-Year Pro Member **\$120⁰⁰** - Includes print and digital Akwa magazine

Join now!

Empower your career!
Become an AEA Member today!