

# LIFCON 2024

*elevate*

*instructors and retreaters itinerary*

## WEDNESDAY, JULY 10

### **9-11AM: LABLAST ADVANCED BOOSTER (LAB): FEMALE EMPOWERMENT FROM THE INSIDE OUT\***

BUENA VISTA

During this two-hour LAB, Louis will discuss the awareness of one's physical self, specifically related to female empowerment. Louis will teach you how to increase femininity from the inside out in ways that are accessible and ready to be implemented in classes immediately. \*This LAB is great for both LaBlast Instructors and LIFCON Retreaters.

### **9AM-5PM: LABLAST SPLASH CERTIFICATION\***

SOUTH POOL & DEL PRADO

Clubs, community centers, and gyms are craving fresh aqua formats for their dedicated, water-loving members. In this one-day certification, you can add LaBlast Splash to your teaching repertoire and expand your reach into aquatics.

### **12PM-5PM: LABLAST LINE DANCE CERTIFICATION\***

BUENA VISTA

As a stand-alone format, or incorporating it into your LaBlast Fitness classes, LaBlast Line Dance is a valuable addition to any current instructor profile. It's fun, social, and great for the mental fitness of your participants.

### **5-6.30PM: PRIVATE DINNER WITH LOUIS\***

SOCIETY TABLE

### **5-7PM: LIFCON 2024 CHECK-IN**

GRAND BALLROOM

Pick up your welcome bag, name tag, and Itinerary for the days of fun ahead. Don't miss your chance to shop the clearance merchandise before the new line drops on Thursday.

### **7-8.30PM: WELCOME RECEPTION**

KING CHARLES BALLROOM

Louis Van Amstel will take the mic and welcome everyone to LIFCON 2024 - Elevate! Together, we will dance this year's signature line dances that everyone had a chance to learn ahead of time. Make new friends, mingle with your LaBlast family and kickoff the indescribable experience we call LIFCON.

\*CERTIFICATIONS, LABS AND PRIVATE DINNERS ARE NOT INCLUDED IN THE CONVENTION RATE AND REQUIRE SEPARATE REGISTRATION AND PAYMENT

# THURSDAY, JULY 11

## 7:30-8AM LABLAST SHOP

GRAND BALLROOM FOYER

The morning everyone has been waiting for. The new 2024 LaBlast merchandise line will be unveiled. The shop will be open throughout the convention, however, the early bird gets the worm when it comes to sizes and availability.

## 8-8:50AM WORKOUT: LABLAST FITNESS

GRAND BALLROOM

The first LaBlast Fitness class of LIFCON is one you don't want to miss. Led by Louis Van Amstel with the help of the Master Trainer team, the energy will elevate you to new heights!

## 8:50AM- 12PM: BEACH/POOL OR SPA TIME

## 12- 12:50PM KEYNOTE: INTERVIEWING CHOREOGRAPHY WITH S. BRAD RACHAL

GRAND BALLROOM

Brad Rachal is a highly respected Clinical Social Worker with a specialization in motivational interviewing. With a wealth of experience in the field of mental health, Brad Rachal has dedicated his career to helping individuals and organizations implement effective motivational interviewing techniques. Brad's keynote will be an engaging and insightful presentation, that will empower participants with practical strategies for fostering positive behavioral change through motivational interviewing.

## 1-1:50PM BREAKOUT SESSION: MORE THAN WORDS

GRAND BALLROOM \*INSTRUCTORS ONLY

Non-verbal communication is essential in teaching new LaBlast patterns and making your participants feel successful. It also plays a key role between ballroom dancing partners who must use their body language to express the dance and connect emotionally. In this session, Louis will share his vast experience on this topic so that you can build deeper relationships with your students.

## 2-2:50PM BREAKOUT SESSION: BALLROOM DANCING COAST TO COAST

GRAND BALLROOM

Let's dive deep into four of LaBlast's additional dances, the East vs. West Coast Swing and the New York vs. Latin Hustle. Louis Van Amstel will take you through the character of each of these dances, specifically the swing action East and West Coast Swing and hip action of the Hustle.

## 3-3:50PM WORKOUT: LABLAST KIDS FITNESS

GRAND BALLROOM

Your chance to be a kid again! Experience our newest LaBlast format, Kids Fitness with Louis Van Amstel, Jennifer Venezia & Laura Mikszan. Prepare to be silly, athletic, playful, and creative. Let's dance our way to fun and fitness!

# THURSDAY, JULY 11 (CONTINUED)

## **4-4:50PM: BREAKOUT SESSION: EVERYBODY DANCE**

DEL PRADO \*INSTRUCTOR & RETREATERS CHOICE

Creating an inclusive dance program for children and adults with a wide range of physical, cognitive and developmental abilities is attractive for any fitness organization, municipality or dance studio. Master Trainers Laura Mikszan and Lexi Bulich will teach you how to develop and execute an 'Everybody Dance' program with LaBlast as the foundation.

## **4-4:50PM: WORKOUT: LABLAST CHAIR FITNESS**

GRAND BALLROOM \*INSTRUCTOR & RETREATERS CHOICE

Pull up a seat and experience LaBlast Chair Fitness. Louis and his backup dancers will take you on a journey of ballroom dances from around the world... no partner needed and 100% seated.

## **4:50-6:30PM: BREAK**

## **6:30-7:15PM WORKOUT: LABLAST SPLASH + BEACH COOLDOWN**



SOUTH POOL + BEACH

Grab your sunscreen, suit, and a smile! It's time to experience LaBlast Splash with Louis Van Amstel under the palm trees followed by a cooldown on the beach with Master Trainer, Donna Tomassi. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

## **7:30-8:15PM WORKOUT: LABLAST SPLASH + BEACH COOLDOWN**



SOUTH POOL + BEACH

Grab your sunscreen, suit, and a smile! It's time to experience LaBlast Splash with Louis Van Amstel under the palm trees followed by a cooldown on the beach with Master Trainer, Donna Tomassi. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

# FRIDAY, JULY 12

## 7:30-8AM BREAKOUT SESSION: LABLAST SPLASH PRINCIPLES

SOUTH POOL \*INSTRUCTORS ONLY

Levers are a key ingredient to providing progression and regression in the water. Explore the many Splash variations that can be created using different levers.

## 8-8:45AM WORKOUT: LABLAST SPLASH

SOUTH POOL

Sunrise + Splash... a perfect start to your day! Move your body from the inside out, physically, mentally, and emotionally, while exploring the assistance and resistance that the water provides. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

## 9-9:45AM WORKOUT: LABLAST SPLASH

SOUTH POOL

Sunrise + Splash... a perfect start to your day! Move your body from the inside out, physically, mentally, and emotionally, while exploring the assistance and resistance that the water provides. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

## 9AM- 12PM: BEACH/POOL OR SPA TIME

## 12-12:50PM WORKOUT: LABLAST FITNESS

GRAND BALLROOM

Experience another energizing LaBlast Fitness class with Louis Van Amstel and the Master Trainer team that will elevate your heart rate and your mood.

## 12:50- 1:10PM BREAK

## 1:10-2PM BREAKOUT SESSION: FLAMENCO FROM THE GROUND UP

GRAND BALLROOM

Like the Paso Doble, the Flamenco originated in Spain. Louis Van Amstel will start with the feet & ankles, then move up the body to the arms & wrists, making you feel like a Spanish Gypsy. In LaBlast classes, Flamenco can be incorporated into Paso Doble and Spanish Waltz.

# FRIDAY, JULY 12 (CONTINUED)

## **2:10-3PM BREAKOUT SESSION: THE POWER OF O-N-E**

GRAND BALLROOM \*INSTRUCTORS ONLY

As the saying goes “there is more than one way to skin a cat”. LaBlast is based on interchangeable patterns that combine dance and fitness. Your mind will be blown when we keep it simple with only one pattern and experience the many variations that are possible.

## **3:10-4PM BREAKOUT SESSION: BALLROOM TECHNIQUE : LATIN LEGS**

GRAND BALLROOM

During this Ballroom session Louis will break down the usage of the standing leg to improve balance, posture, and depth of movement within both the ballroom and Latin dances.

## **4:10-5PM LABLAST FITNESS WORKOUT**

GRAND BALLROOM

Louis Van Amstel will step aside as the LaBlast Master Trainer team, representing regions from all of the world, will get you moving from the inside out with a fun and energizing LaBlast Fitness class.

## **5-5:30PM STRETCH & RELAX**

GRAND BALLROOM

A relaxing ending to an invigorating day. Relax while Master Trainer, Jennifer Venezia, guides you through a full-body stretch from head to toe, finished with a calming meditation.

## **7-9PM PRIVATE DINNER WITH LOUIS\***

SOCIETY TABLE

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# SATURDAY, JULY 13

## 7:30-8AM BREAKOUT SESSION: LABLAST SPLASH PRINCIPLES

SOUTH POOL \*INSTRUCTORS ONLY

The Power of O-N-E also applies in the water. Let's take what we learned in the session yesterday and apply it to Splash. Your mind will be blown by all of the possibilities!

## 8-8:45AM WORKOUT: LABLAST SPLASH

SOUTH POOL

LaBlast is based on patterns that can be mixed and matched in a million ways. In this Splash class, we will experience the meaning of "patternography" using water's natural resistance and buoyancy. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

## 9-9:45AM WORKOUT: LABLAST SPLASH

SOUTH POOL

LaBlast is based on patterns that can be mixed and matched in a million ways. In this Splash class, we will experience the meaning of "patternography" using water's natural resistance and buoyancy. To determine which Splash class to attend, look at the color dot on your name tag and match it to the appropriate class on the agenda.

## 9AM- 12PM: BEACH/POOL OR SPA TIME

## 12- 12:50PM WORKOUT: LABLAST FITNESS

GRAND BALLROOM

Let the music move your whole body as you experience the perfect balance of ballroom dance and fitness with Louis Van Amstel and the Master Trainer team.

## 12:50- 1:10PM: BREAK

## 1:10-2PM BREAKOUT SESSION: MUSIC IS LIFE

GRAND BALLROOM

Nelson Mandela once said "Music is a great blessing. It has the power to **elevate** and liberate us. It sets people free to dream. It can unite us to sing with one voice." Everyone has strong connections to music and lyrics, so choosing a wide variety of music is crucial for a successful LaBlast class. In this session, Louis Van Amstel will get up close and personal, sharing how music has shaped his life and the class you experienced earlier.

# SATURDAY, JULY 13 (CONTINUED)

## **2:10-2:50PM BREAKOUT SESSION: ELEVATE THE EXPERIENCE**

DEL PRADO \*INSTRUCTORS & RETREATERS CHOICE

An interactive session with Licensed Master Social Worker, Brad Rachal, and Master Trainer, Laura Mikszan, that explores how behavioral styles, such as the DISC profile, play a role in your LaBlast Fitness classes. Behavioral motivation just might be the secret ingredient in elevating the experience in your classes.

## **2:10-2:50PM WORKOUT: LABLAST FITNESS**

GRAND BALLROOM \*INSTRUCTORS & RETREATERS CHOICE

A LaBlast Fitness class with the Online Master Trainers they love so dearly. Jen, Lexi, Apy, Suzanne and Dusty!

## **3-4PM BREAKOUT SESSION: MASTER TRAINERS MIC'D**

GRAND BALLROOM \*INSTRUCTORS ONLY

Each Master Trainer will take the mic for 10 minutes and discuss a topic of their choice. From music, to cueing, class plans, and dances, you will get a plethora of knowledge from our masters themselves.

## **4-7PM BREAK**

## **7-8PM PHOTOGRAPHS WITH LOUIS**

SOUTH TERRACE

Walk the purple carpet and take photos with Louis Van Amstel.

## **8PM- 12AM GALA DINNER AND DANCING**

KING CHARLES BALLROOM

"Carnival of Brazil" is the theme for this years Gala, which includes dinner, dancing and entertainment. Costumes encouraged!

# SUNDAY, JULY 16

## 9 - 10:15AM WORKOUT: LABLAST FITNESS

GRAND BALLROOM

The final workout of LIFCON 2024... your chance to leave it all on the dance floor.

## 9AM-6PM: LABLAST FITNESS CERTIFICATION\*

GRAND BALLROOM

The perfect ending to the perfect convention... becoming a LaBlast Fitness Instructor. Share your passion for dance and fitness with your community and truly make the world a better place, one LaBlast class at a time.

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