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News

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International Aquatics Instructors to take part in Lake Havasu City Spring Frenzy

A number of the world's top water instructors will be in Lake Havasu City, Arizona, during the week of February 1 through February 5, to take part in the city's 10th annual Spring Frenzy. Instructors from the Japan's Aqua Dynamic Institute and the Korean Aquatics Exercise Association will be in Lake Havasu during the event to provide guest instruction to what promises to be the largest Spring Frenzy in the city's history. Presenters will be offering instruction on water exercise, master swimming, Japanese choreography swim, and a Japanese folk swing performance. Other offerings will include Aquatic Tae Kwando, Lian Gong Shi Eafa - a Chinese posture exercise - and instruction on Chinese black and white painting, which harmonizes mind and body while painting. Also appearing will be presenters from Canada who will instruct various dance classes including Chicago Swing and Old Square Dance. "It's a great honor to have such internationally recognized experts here in our community." said Masako Kaffenberger, the city's Aquatics Coordinator. Kaffenberger said all of the international presenters are traveling to Lake Havasu City at their own expense.

Lake Havasu City began its' Spring Frenzy program in 2001 in an effort to improve the lives of adults in their community through informative, educational and entertaining classes. However, the popularity of the program has seen Spring Frenzy become a major drawing card for the Colorado River community's large winter visitor population as many winter visitors plan their visits around the event. This event has continued to grow at an amazing rate over the past two years through strong community support including community volunteers and businesses who provide financial and/or material contributions. From an initial offering of 59 total classes and a handful of special events all centered around health awareness and personal education, Spring Frenzy will provide approximately 192 classes in 2010 with enrollees growing over the same period from 92 in the first year to a projected 1,200.

The theme of Spring Frenzy 2010 is "The Environment", with instruction centered on recycling, conservation of water and energy, improving the home environment and personal health. It is headquartered in the Lake Havasu City Aquatics Center located at 100 Park Avenue in Lake Havasu City, which is located 58 miles south of the Laughlin, Nevada/Bullhead City, Arizona area on Arizona Highway 95. It is also home to the London Bridge, which continues to be one of Arizona's top tourist attractions.

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