

XIV INTERNATIONAL AQUAFITNESS CONVENTION

February 12-13, 2016

Place: Swimming pool and gym of Tallinn School No 21, Raua 6, Estonia
<http://21k.ee/kontakt/>

Invited presenters: **Tatiana Maximova (Russia), Elson dos Santos (Holland)**

Friday, February 12

16.45-17.15 Registration

17.30-19.30 Aquatherapy (a lecture)

19.15-20.00 *Fluid & Flex* -Tatiana Maximova (pool)

Saturday, February 13

09.00-09.45 Registration

10.00-10.45 *Aquatics 4A Real* - Elson dos Santos

10.50-11.35 *Aqua Power Body* - Tatiana Maximova

11.40-12.30 *No Sleep in Deep* - Elson dos Santos

12.45-13.15 Lunch break: a snack will be offered. It is suggested to take something additional to eat and drink with you

Theory:

13.20-15.00 *Different Intensity Methods (Steigerung, Pyramid, Fartlek, HITT)* Elson dos Santos *Workshop; waterinn.ru (a thin wall between cardio and strength class)* Tatiana Maximova *Workshop (in the auditory on the 4. floor)*

15.00-15.45 *waterinn.ru* - Tatiana Maximova

15.50-16.25 *C.R.A.S.H. (Combat Real Aquatic Style for Heroes)* - Elson dos Santos

16.30-17.15 *Fluid Space* - Tatiana Maximova

Registration and info: liina@vesiaeroobika.ee, www.vesiaeroobika.ee

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All the participants get a diploma.

Convention fee: up to **Jan 31, 90 EUR**
since Febr 1, 100 EUR
at spot 110 euros

All bank transfers to Vesiaeroobika Klubi: Danske Bank A/S Eesti filiaal

IBAN: EE493300332130890007, SWIFT FORE EE 2x (aquatic convention, your name) or in cash at spot. All the bank transfers must be paid by the payer.

If you need an invoice, please send the data with registration (name and address of the company etc).

NB! Swimming cap is obligatory in the pool, making video or photos are not allowed!

PRESENTERS



TATJANA MAXIMOVA

CEO of Wellness Hall company and AFS AQUAFITNESS SCHOOL. Founder of Water World International Convention. More than 20 years working at the realm of fitness. International trainer AEA, EAA. Master Trainer of FISAF, RAF in Russia. Presenter of Russian and international conventions. Two-fold holder of pan-Russian 'Instructor of the Year' award. Author and leader of tutorials and seminars of Russian Federation. One of the leading aqua aerobics trainers in Russia. Personal trainer, doctor in exercise therapy and sports medicine.

ELSON DOS SANTOS



Elson joined the Kataqua Team in 2011. Since then he has transformed himself into a multi-talented Aquafitness professional. Elson is AEA certified, knowledgeable in AquaSculpt (Muscle Toning in Aqua), PiYoChi (Body & Mind, Pilates Yoga and AiChi) and Presenter and Master Trainer for Kataqua. He also designs the Kataqua ClubAquaRobics programs (Shallow program in the Netherlands). As a person Elson has a good and catchy work attitude and likes to offer Fun and Great workouts rolled into one.

INTRODUCTION OF THE CLASSES

Fluid and Flex special topic for relaxation and flexibility. Aquatherapy for people with joints problems and muscles tension. The main task to normalize the injured or sore joints and muscles. Class for relaxation and flexibility. It is used as rehabilitation after injuries and operations, if there is joint stiffness and decreased amplitude of movement in the joint.

We can use a variety of equipment and means available, such as swimming boards, side of the pool, in a swimming pool ladder, rubber etc. or without. This activity can be performed without music because the intended medical purpose. There need individual and independent work of each, despite the fact that all may be individually or in a group.

“Aquatics 4 real” shallow water class with small combos on all basic moves for water. Enjoyable and easy, but choreographed!

“Aqua Power Body” Experience your limits! The strong strength training in shallow water without equipment.

“No sleep in Deep” a challenging deep water class with travel and stationary work, with the principle of Start-stop on Newton’s law of inertia.

Waterinn.ru” (45 minutes) Deep water. Strong class with belts. In this class, the combination of cardio and strength exercises will not be bored the lower body. Waterinn - is the place where we to become stronger and harder!

waterinn.ru lecture

Cardio and strength exercises - what is the difference?

“C.R.A.S.H.” Combat Real Aquatic Style for Heroes: a tough and rough class with interval on plyometrics and combat for recovery.

A Lecture: different interval training work: Steigerung, pyramid, Fartlek, FITT principle, how to incorporate that in different classes

“Fluid Space” This masterclass is for clients and trainers, for ordinary people and athletes, rather intense, though not fast, but at times speeding, rhythmic, with its own choreography and figure and design exercises. It's enough work for all body systems. Using water as an instrument for increase in volume of movements in joints, as an exerciser for strength and endurance of the muscles and as a means of relaxation before and after exercises. Everyone will find a lot of interesting and new, as the use of the material as part in another lesson or take a whole lesson.