

XV INTERNATIONAL AQUAFITNESS CONVENTION

March 3-4, 2017 Tallinn

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

Invited presenters: Valeria Perelomova, Irina Shreit (Russia), Eve Lukk PhD - voice care professional (Estonia)

Friday March 3

16.45-17.15 Registration

17.30-19.00 Professional Voice Using and Voice Care - Eve Lukk

19.15-20.00 *InterValmix* - Valeria Perelomova/Irina Shreit

Saturday March 4

09.15-09.45 Registration

10.00-10.45 *Aqua Battle* - Valeria Perelomova/Irina Shreit

10.50-11.35 *Aqua Fartlek* - Irina Shreit

11.40-12.30 *Funny Training* - Valeria Perelomova/Irina Shreit

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 *Core Aquatraining* - Valeria Perelomova/Irina Shreit. Workshop in the auditory of the 4. floor

15.00-15.45 *Core Aquatraining* - Valeria Perelomova/Irina Shreit (practice)

15.50-16.25 *Posture and Choreography* - Valeria Perelomova

16.30-17.15 *Aqua Prenatal* - Valeria Perelomova/Irina Shreit

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

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All the participants get a diploma.

Registration fee: up to **Feb 15, FRIDAY 25 EUR, only lecture 15€, Saturday 80€**
at spot 115 EUR

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



Valeria Perelomova

Presenter of international conventions, trainer of AquAdvance [LifeStudio](#) since 2012 and certified AEA Instructor (Aquatic Exercise Association, USA). Winner of the national award Onfit Awards 2013 in the category “Aquaerobic” and winner of the “Best Russian aqua instructor 2013” during the Aquaconvention WWIC. Diploma of State University of Management “Management in the sports and health industry”, MBA in fitness. Experience in the fitness industry since 2003. Master Trainer and developer of AquAdvance Russia.

About core training. You mean workshop or class? During workshop we will speak how core muscles works on water.

Anatomy and physiology. How we can train core muscles on water. On practice we will try to feel how it works. We will use water properties and right technics to feel core.

If we speak about masterclass: we will focus on core muscles

(abdominal) and works on dynamic. It means cardio and strength training.



Irina Shtreit

Is candidate master of sports in swimming and has a degree in Physical Culture and Sport by the Siberian State Academy (Higher education level).

Certified instructor for aqua FISAF (2004).

AEA Certified Instructor (2011).

Certified instructor AquAdvance (2012).

Certified instructor pregnant women and elderly people, power, interval, functional training, aqua Pilates (2012).

Is certified as Zumba, AquaZumba instructor (2012)

Completed courses Watsu 1, 2 (2015)



Eve Lukk

PhD 2014, the music therapist and voice care professional Eve Lukk, PhD, is a creative arts therapist and music therapist with a focus on therapeutic voicework. For over 20 years she has lectured and taught the specialists and authorities of different professions on the healthy and therapeutic use of the voice, including teachers, counselors, trainers, therapists etc. As an educator, she is a head of Post Graduate Music Therapy Program at Tallinn University. She also contributes the Master Degree Program of Arts therapies at Tallinn University and teaches vocal therapy subjects in the Post Graduate Program of Music Therapy at Estonian Academy of Music and Theater. She adopted and founded for Estonians a therapeutic voicework model known as voice yoga.

INTRODUCTION OF THE CLASSES

Friday March 3

Professional Voice Using and Voice Care

Eve Lukk

InterValmix

Valeria Perelomova/Irina Shreit

Interval class with different intervals in special sequence. We train all body with different movements using all planes. Work alone, in pairs, in group and all together. You will never know what you will do) Surprise yourself!

Saturday March 4

Aqua Battle

Valeria Perelomova/Irina Shreit

Special class where we will change styles of the music, movements and change each other. It's not fighting! It's a battle !-) Let's try it!

Aqua Fartlek

Irina Shreit

Interval training, there is no definite cyclicality. The combination of explosive acceleration with different time intervals. This is a game with speed!

Funny Training

Valeria Perelomova/Irina Shreit

This training for fun and joy but during the class we will train all body. Special music, funny atmosphere and big happy smiles) No words! Only expression!

Core Aquatraining - seminar/practice

Valeria Perelomova/Irina Shreit

Core workout. In this seminar we will speak about core training in aquatic environment. Anatomy, physiology, biomechanics and practice. Analyze how it works on water.

Postural + Choreo

Valeria Perelomova

Choreo class with Postural exercises. Train coordination, memory, muscles, core... Feel your body as one system!

Aqua Prenatal

Valeria Perelomova/Irina Shreit

In this class we try the training during pregnancy and postpartum. How to train without risks and recover fast. Recommendations, training program and special exercises.