

# XVI INTERNATIONAL AQUAFITNESS CONVENTION

## March 2-3, 2018 Tallinn

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

**Invited presenters: Emanuel Pereira and Joao Santos (Portugal)**

### ***Friday March 2***

**15.45-16.15 Registration**

**16.30-18.00 *AquaHIIT lecture in auditory*** - Emanuel Pereira

**18.15-19.00 *Aqua HIIT in the pool*** Emanuel Pereira

**19.00-19.45 *Let's Choreo and Jump!*** Joao Santos

### ***Saturday March 3***

**09.15-09.45 Registration**

**10.00-10.45 *Up to Your Core*** - Emanuel Pereira

**10.50-11.35 *Aqua AMRAP's*** - Joao Santos

**11.40-12.25 *Ultimate Deep Noodles*** - Emanuel Pereira

**12.30-13.15 Lunch break:** a snack will be offered. It is suggested to take something additional to eat and drink with you

### **Theory:**

**13.30-14.30 *Coreo Concepts*** - Joao Santos, WS in the auditory of the 4. floor

**14.45-15.30 *Coreo Concepts*** - Joao Santos (pool)

**15.35-16.20 *Power Combat*** - Emanuel Pereira

**16.25-17.10 *Kick Board Functional Challenge*** - Joao Santos

**Registration and info:** [liina@vesiaeroobika.ee](mailto:liina@vesiaeroobika.ee), [www.vesiaeroobika.ee](http://www.vesiaeroobika.ee)

Liina Raska, +372 513 4811 (Tiina Möll +372 525 7624)

All the participants get a diploma.

**Registration fee:** up to **Feb 15, 90 EUR, later 100 EUR**

at spot 110 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! CONVENTION DVD WON'T COME OUT! Swimming cap is obligatory in the pool, making video or photos are not allowed!**

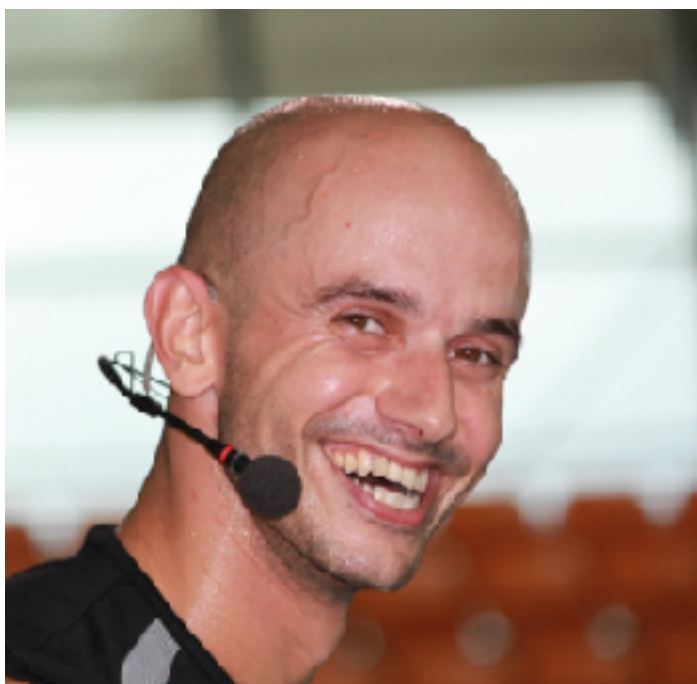
## PRESENTERS

### Emanuel Pereira (Manu)



- o Degree in Physical Education and Sports;
- o Master in Academy Activities;
- o National Coordinator for Aquafitness & Aquafunfional Educational Courses for Manz (Portugal)
- o International Instructor certified by A.E.A.
- o Instructor Shark Bike Wave Sapilo (ITA)
- o Top Performer Award on EAFC Convention Germany in 2011, 2012 & 2013
- o Educational Trainer of the year award, Manz Produções 2015
- o International Presenter and speaker in several conventions
- o (Portugal, Spain, France, Netherlands, Russia, Poland, Estonia, Lithuania, Germany, Belgium, Swiss, Angola, Italy)

### Joao Santos



- Aquafitness & Fitness Teacher at FCDEF - University of Coimbra
- PhD Student in Sport Training at FCDEF - University of Coimbra
- Graduated in Sports Science and Physical Education by FCDEF - UC
- 2016 Aquatic Fitness Professional - AEA Global Award
- International Presenter and Master Trainer Mundo Hidro
- CrossFit Level 2 Trainer
- A.E.A., Spinning and Aquabike Instructor
- Instructor & Coach at Phive Health Club & Fitness Centers - Coimbra

## INTRODUCTION OF THE CLASSES

### Friday March 2

**WS Aqua HIIT** - definition and contextualization, MICE definition and contextualization, HIIT versus MICE - applicability, The science behind HIIT, training zones; training control, types of HIIT and applicability in your class. Proposals for Aqua HIIT. Specifics/Think/Ambiguities Aqua HIIT

**Let's Choreo and Jump!** - A Choreography class in which you will be challenged to jump higher as you can. The main code is: JUMP. Move by move you can realise them always higher! Try it and feel it!

### Saturday March 3

**Up to Your Core** -the core training assumes these days an integral and fundamental part in functional training plans. Training in aquatic environment constitutes itself as a place of excellence for the work of the core. Without material and with Noodles come explore the water and the movement of a three-dimensional form and extremely functional

**Aqua AMRAP's - As Many Rounds As Possible or As Many Reps As Possible!!!** These are two different intensities interval challenges that will put you outside of your limits... Several challenges will be set to you and you will be challenging yourself to finish those

**Ultimate Deep Noodles** - combination of movements, using different positions in the Noodle. Simplicity and efficiency of movements, where the entirety of your body will be involved. Alternating between the upper and lower body segment operated by the work of the core. Switches, stabilizes, aligns and suffers with an explosive class who will activate all your muscle groups using just a Noodle

**WS Choreo Concepts** - the biggest difficulty as an instructor sometimes it's the creation of new steps in aquafitness classes. The basic movements are always the same... Knowing how to develop from a basic step to one more challenge will give the tools to be a better aquafitness instructor

**Power Combat** - power and diversity are some of the components in this class. Come and feel combat techniques involving all body structures using fully intensity combinations. Interaction, coaching, power, combos are all inside this super class!!

**Kick Board Functional Challenge** - kick boards are a equipment that we can find in every pools but usually we never see them in aquafitness class. Why? Let's pick it up and challenge ourselves in water!