

**XVII INTERNATIONAL AQUAFITNESS CONVENTION**  
**AQUAFEST 2019**  
**March 1-2, Tallinn**

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

**Invited presenters: Cristina Tinoca Senra (Portugal), Toni Saborit (Spain)**

***Friday March 1***

**15.45-16.00 Registration**

**16.15-17.15** *How to Vary your Aquafitness Classes?/AquaIDEAS* lecture Toni Saborit

**17.30-18.15** *How to Vary your Aquafitness Classes?/AquaIDEAS* practical Toni Saborit

**18.15-19.00** *Aqua HIGH* Cristina Tinoca Senra

***Saturday March 2***

**09.15-09.45 Registration**

**10.00-10.45** *Epic Training* Toni Saborit

**10.50-11.35** *DEEP Commitment!* Cristina Tinoca Senra

**11.40-12.25** *3,2,1 SPLASH* Toni Saborit

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

**Theory:**

**13.30-14.30** *Master the Basic* Cristina Tinoca Senra WS in the auditory of the 4. floor

**14.45-15.30** *Master the Basic* Cristina Tinoca Senra (pool)

**15.35-16.20** *Aqua Latino* Toni Saborit

**16.25-17.10** *Aqua Functionality* Cristina Tinoca Senra

**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: LHV Pank IBAN: EE127700771003360513 BIC/SWIFT LHVBE22, bank code: 689** (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

### Cristina Senra (Tinoca)



Carismatic, dedicated and passionate 25 years fitness professional.

AEA International Trainer and presenter, AI-Chi trainer and a Star 2 International trainer for Anti-Gravity. Master's degree in sport and exercise psychology. Owner, CEO and trainer of Mundro Hidro.

Intergrates the Fitness Academy Team Creator of the Program&manual Aqua Balance - AquaFit Board - Spain.

Tinoca's achievements include Portugal's Instructor of the Year Award (2002), 2005 AEA The Global Award for Aquatic Fitness, 2012 Career Achievement Award. Tinoca

was a university teacher for 14 years (FCDEF - Coimbra)

### Toni Saborit



Product Manager of aquatic department and personal trainer of the Clubs Dir. Barcelona

Trainer aquafitness and personal training (Anef, Aerobic&Fitness and other training schools in Spain)

AEA Certified Instructor (American Exercise Association, USA)

Trainer Aquafitboard O'LIVE fitness

International presenter (Spain, Portugal, Italy)

## INTRODUCTION OF THE CLASSES

### Friday March 1

***How to Vary your Aquafitness Classes?/AquaIDEAS*** - If you have the feeling that you always do the same or you have run out of ideas, this is your workshop. Discover how you can surprise your students, challenge them to new stimuli, vary the structure, the intensity

of the class and maximize the function of the materials. We will teach you to build your own classes in order to loyalty and attract more customers!

**Aqua HIGH-** Vertical intensity training, based on the most attractive and effective methodologies of today (Tabata, AMRAP, Interval) combining skills of different sports modalities.

We want to bring to our classes more students and with objectives not only of health, but of improvement of physical condition. We want to bring a training perspective to our classes!

### **Saturday March 2**

**Epic Training** Discover a class of total toning, full of contrasts, thanks to a music that will not leave you indifferent. Are you ready?  
The war has begun!

**Deep Commitment** - control, alignment and pattern conjunctions are (most most of the times) a challenge for clients and instructors... and that's what we are going to emphasize. Where and how to cue the movement, to highlight the body awareness, to expand proprioception. Effective deep water program, focus on transitions, movement efficiency and communication skills.

**3, 2, 1 SPLASH** - In this masterclass, we find three main protagonists: cardio, toning, balance, all come into action in periods of six minutes of work. Each period will be different, thus achieving a greater variation of stimuli and variations. Do you accept the challenge?

**Aqua Latino** - Song to song we will do different choreographies to the rhythm of the most danced Latin songs in Spain. Get ready to move your body and feel sexy.

**Master the Basic** - Execution, observation and analysis of common errors, proposal of corrections and feedback for the basic movements of aqua fitness. Master the basic to be exquisite, control your movements and bring the best out of your aqua students.

**Aqua Functionality** - Using the basic elements of aquafitness, combined with influences from water and land activities, will be offered proposals to the overall conditioning, with special emphasis on posture, core and proprioception.