

# XIII INTERNATIONAL AQUAFITNESS CONVENTION

## February 27-28, 2015

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

Invited presenters: **Joao Santos (Portugal), Kim Geeroms (Belgium)**

### **Friday, February 27**

**16.45-17.15 Registration**

**17.30-19.30 *Aquafitness Instructor Update: Technique and Cueing* - Joao Santos**  
(gym on the 2.floor)

**19.45-20.30 *Leg Cuffs Programme* Joao Santos (pool)**

### **Saturday, February 28**

**09.00-09.45 Registration**

**10.00-10.45 *Aqua Power* Kim Geeroms**

**10.50-11.35 *Choose it, use it and change it!* Joao Santos**

**11.40-12.30 *Aqua Bootcamp* Kim Geeroms**

**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 *HIIT High Intensity Interval Training Workshop* Joao Santos (in the auditory on the 4. floor)**

**15.00-15.45 *HIIT* Joao Santos (pool)**

**15.50-16.25 *Splash Dance* Kim Geeroms**

**16.30-17.15 *Let's Sports 2015* (deep water) 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.

Convention fee: up to **Febr 8, 80 EUR**  
since Febr 9, 90 EUR  
at spot 100 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! Take gym equipment with you on Friday. Swimming cap is obligatory in the pool, making video or photos are not allowed!

## INTRODUCTION OF THE CLASSES:

### **Aquafitness Instructor Update: Technique and Cueing**

The physical wear as aquafitness instructor is huge. With this WS you can acquire tools in order to minimize impact, improve movements demonstration, reduce physical stress and to stay whole class with a TOP level performance. How to perform, how to "steal" on physical demonstration, use of gestural and verbal feedback will be central topics. Improve yourself!!!

### **Leg Cuffs Programme**

This is a common equipment that most of us, instructors, use in our classes. How to use the leg cuffs? Considerations and safety rules? Which exercises? How to program and planning a class with it? Toning, circuit...

### **Aqua Power**

During this class I combine a cardio (endurance) workout, with strength training in water. Starting with different basic moves, I will show you different ways how to increase intensity (strength training), give you new ideas about expanding simple moves to creative and effective training. All these moves together will end up in a fun and effective choreo. Challenge your body and brain in this AMC. (Equipment: gloves and ankle cuffs)

### **Choose it, change and use it!**

Tired of using the same movements? In this workshop we will pick a movement and will use all the different types of variations and combos. We will learn how to prepare a small choreography and how to construct step by step a group of movements with different variations and intensity levels.

### **Aqua Bootcamp**

HITT training in water. A new hype and trend in aquafitness. Combination between AquaCombat and High interval training. Learn about different ways to challenge your participants to the max.

### **HIIT High Intensity Interval Training Workshop**

Experience an intense circuit and interval class in which your body will go to the limit! A proposal that will increase students retention at your classes and motivate them to do their utmost and treat themselves as athletes.

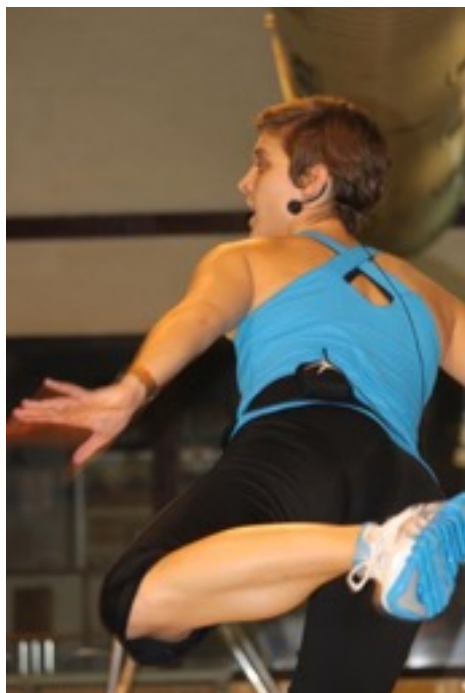
### **Splash Dance**

Splash Dance: Aqua-dance is a lot more than "aquafitness with/on music". Music is obviously fun and "entertaining", but also arouses various emotions: joy, ambiance, sadness, gratitude, strength. Music is a great motivator and has a big influence on the way you move and the atmosphere of your classes. Join me in this unique experience with water, music and emotions (equipment: None)

### **Let's Play Sports 2015**

In this class you can experience the practice of several sports adapted and adjusted to the aquatic environment ... You will try movements from synchro, rugby, combat, basketball between others ...

## PRESENTERS



**Kim Geeroms** has a master degree in Physical Education  
Aquafitness Professional since 2006  
MasterTrainer & Educational Specialist for Kataqua  
Designer for Club Aquavitaal  
International AEA-trainer Specialist & Presenter  
2007 AquaRookie of Belgium (Best Young Presenter)  
Kim is enthusiastic, happy person and her classes are full of  
energy, fun and hard workout!!



**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 –  
University of Coimbra  
International Presenter and Master Trainer Mundo Hidro  
CrossFit Level 1 Trainer  
A.E.A., Spinning, Aquabike and Ai-chi Instructor  
Instructor & Coach at Phive Health Club & Fitness Centers – Coimbra