

XXIII INTERNATIONAL CONVENTION

25th, 26th, 27th October

Salesianos Swimming Pool
Manique (Cascais)



SCHEDULE

October 25th

Friday

Check-in

starts at 9:00 AM

Auditorium 1 & Swimming Pool

International Certification

Special Populations

🕒 10:00 AM – 5:30 PM

👤 Renata Tarevnic and Tinoca

Training Room & Swimming Pool

International Certification

Swimming Techniques: From Learning to Competition

🕒 10:00 AM – 5:30 PM

👤 Ricardo Pedroso

SCHEDULE

October 26th

Saturday

Check-in

starts at 9:00 AM

Auditorium 1

Seniors

🕒 10:00 AM - 12:30 PM

👤 **Tinoca, Nuno Santos and Renata Tarevnic**

Pedagogical Aspects of Teaching Baby Swimming

🕒 2:00 PM - 3:30 PM

👤 **Renata Tarevnic**

Adapted Swimming

🕒 3:45 PM - 5:15 PM

👤 **Marta Mergulhão**

Assertive Recruitment and Further Training

🕒 5:30 PM - 7:00 PM

👤 **Rui Santos**

Training Room

All About ABS

🕒 2:00 PM - 2:45 PM

👤 **Silvia Senati**

Spinal Disorders

🕒 3:45 PM - 5:15 PM

👤 **Joana Freitas**

Swimming Pool

Power Noodles | AquaFunctional Seniors | Level Up Interval Challenge

🕒 1:30 PM - 3:00 PM

👤 **Pedro Santos, Arlette Ramos and Andrea Gilardoni**

All About ABS

🕒 3:00 PM - 3:45 PM

👤 **Silvia Senati**

Playing, Singing, and Feeling (6 months to 3 years)

🕒 4:00 PM - 5:00 PM

👤 **Renata Tarevnic**

AQUAPLAY: Bikes and Trampolines

🕒 5:00 PM - 6:00 PM

👤 **João Santos and Tinoca**

TOP Coreo | Working of Block | Old School

🕒 6:00 PM - 7:00 PM

👤 **Rita Carvalho, Soraia Cardia, Kristof Van Uffelen, Silvia Senati and Tinoca**

Legend:

🟡 Masterclass

🟢 Theoretical Swimming Workshop

🟠 Theoretical Workshop

🟣 Practical Pool Laboratory

🟤 Theoretical-Practical Workshop

SCHEDULE

October 27th

Sunday

Check-in

starts at 8:00 AM

Auditorium 1

High Intensity:

From EMOMs to AMRAPs through Tabatas

🕒 9:30 AM – 11:00 AM

👤 João Santos

Evaluation and Inclusion in AMAs

🕒 11:15 AM – 12:45 PM

👤 Renata Tarevnic

Voice Care

🕒 2:00 PM – 3:30 PM

👤 Catarina Olim and Sónia Lima

Swimming:

Triathlon and Open Water

🕒 3:30 PM – 5:00 PM

👤 Ricardo Pedroso

Training Room

Coreo Training

🕒 9:30 AM – 10:15 AM

👤 Silvia Senati

Reflexology and Myofascial Release in Aqua

🕒 10:30 AM – 11:15 AM

👤 Arlette Ramos

Aqua Bootcamp

🕒 11:30 AM – 12:15 PM

👤 Pedro Santos

AquaPilates

🕒 2:00 PM – 2:45 PM

👤 Rita Carvalho

Swimming Pool

Aquatic Total Tone System | Fit & Fun | Get HIGH

🕒 9:00 AM – 10:30 AM

👤 Andrea Gilardoni, Nuno Santos, Joana Freitas, Rita Carvalho and Vítor Santos

Coreo Training

🕒 10:30 AM – 11:15 AM

👤 Silvia Senati

Reflexology and Myofascial Release in Water

🕒 11:30 AM – 12:15 PM

👤 Arlette Ramos

Aqua Bootcamp

🕒 12:30 PM – 1:15 PM

👤 Pedro Santos

Aqua Latina | The Grand Ball | Combat

🕒 1:30 PM – 2:30 PM

👤 Luís Brandão, CM Silves and Silvia Senati

AquaPilates

🕒 3:00 PM – 3:45 PM

👤 Rita Carvalho

NeuroPLAY – AquaVital

🕒 4:00 PM – 5:00 PM

👤 Nuno Santos and Tinoca

Squadra Italiana | Let's Coreo | All Together

🕒 5:00 PM – 6:30 PM

👤 João Santos, Bruno Moura and Team Aqua Academy by Mundo Hidro

Legend:

🟡 Masterclass

🟢 Theoretical Swimming Workshop

🟠 Theoretical Workshop

🟦 Practical Pool Laboratory

🟣 Theoretical-Practical Workshop