

**AQUA  
BOOT  
CAMP**

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**AUGUST 23rd // 9.00 - 16.00**

SVØMMESTADION DANMARK, ESBJERG

**[M] SPORT**



# **BRING YOUR COLLEAGUE, EMPLOYEE OR BOSS TO THE ULTIMATE AQUA FITNESS INSPIRATION DAY**

This year's Aqua Boot Camp will be held at **Svømmestadion Danmark in Esbjerg** in the southern Denmark. There are 26 different classes in cold and hot water, deep and shallow water, with and without aqua fitness tools.

We have handpicked the best aqua fitness instructors from Portugal, Spain, Greece, Germany and Svømmestadion Danmark. With our inhouse team of instructors, they will inspire and motivate you to create and refine your aqua fitness classes.

Register today! You will for sure regret it, if you don't get a spot at this amazing aqua fitness inspiration day.

Aqua Boot Camp is created by LML SPORT in co-operation with BECO and Danske Svømmebade.

# IMPORTANT INFORMATION

- Registration deadline: July 3rd, 2022
- Your registration grants you access to participation in a minimum of five classes. The duration of a class is 30 minutes. If there are vacant spots in a class, you are more than welcome to join extra classes.
- Lunch, snacks and drinks are included in the registration price.
- Information about arrival, registration at the event, etc. will be sent by e-mail to all participants before the event.
- There will be a photographer at the event (participants are not allowed to take photos and video). With your registration, you agree to participate in video and photos that will be used for marketing purposes by LML SPORT.
- We maintain the right to change the class program or create class packages depending on the number of participants.

**REGISTRATION: [WWW.LML-SPORT.DK](http://WWW.LML-SPORT.DK)**

	<b>1: SPRING BASIN</b>	<b>2: HEIGHT ADJUSTABLE BASIN</b>	<b>3: COMPETITION BASIN</b>	<b>4: HOT WATER BASIN</b>	<b>5: ACTIVITY BASIN</b>
<b>TIME</b>	Depth: 4.00 m Temperature: 26°C 40 participants	Depth: 1.25 m Temperature: 26°C 50 participants	Depth: 2.00 m Temperature: 26°C 10 participants	Depth: 1.17 m Temperature: 26°C 20 participants	Depth: 1.17 m Temperature: 26°C 20 participants
09.15-09.45	<i>Joined warm up</i> Circuit training 3 x 8 minutes <b>/Liselotte, Leila and Deedra</b>				
10.00-10.30		<i>Aqua Focus</i> Effective upbeat total body workout <b>/Nuno</b>		<i>AquaPunkt</i> Exercises from AquaPunkt and AquaMama <b>/Leila</b>	<i>Kick'n'Burn</i> Focus on strength and endurance with AquaTwins <b>/Liselotte</b>
10.45-11.15	<i>H20FitRun</i> Refine your aqua running technique <b>/Mariano</b>		<i>BEboard Relaxed</i> Combination of yoga and pilates on BEboards <b>/Mariana</b>	<i>Aqua Mat Work</i> Focus on postural mobility, stability and flexibility <b>/Nuno</b>	<i>Step Up</i> Circuit training using step benches <b>/Lonnie</b>
11.30-12.00	<i>Deep water fitness</i> Total body workout using swim gloves and leg floats <b>/Deedra</b>		<i>BEboard Hiit</i> Effective cardio, balance and core exercise on BEboards <b>/Leila</b>	<i>MoveBetter</i> Functional training to master your body <b>/Mariano</b>	<i>Balance &amp; Strength</i> Training using DynaPads <b>/Liselotte</b>
12.15-12.45		<i>BEtomic</i> Strength endurance training of the upper body <b>/Ina</b>		<i>Intro to babyswimming</i> Babyswimming for ages 0-1 years <b>/Deedra</b>	<i>Aqua Cross Training</i> Effective and motivating training <b>/Nuno</b>
13.00-13.30		<i>BEcombat</i> Martial arts and boxing combined <b>/Mariano</b>		<i>AQUAfaszination</i> A new approach to aquafitness with new BECO tools <b>/Ina</b>	<i>Step Up</i> Circuit training using step benches <b>/Lonnie</b>
13.45-14.15	<i>Deep water fitness</i> Total body workout using balls and swim fins <b>/Deedra</b>		<i>BEboard Active</i> Dynamic cardiovascular training on BEboards <b>/Ina</b>	<i>Ai Chi</i> Training with a positive effect on fatigue, pain and stiffness <b>/Mariana</b>	<i>Joint Mobility</i> Focus on stimulating joint mobility <b>/Nuno</b>
14.30-15.00		<i>Aqua Combat</i> Intense and challenging training inspired by martial arts <b>/Nuno</b>		<i>Stretching</i> Dynamic and static stretching <b>/Mariano</b>	<i>Hiit</i> Circuit training with focus on strength and endurance <b>/Deedra</b>
15.15-15.45	<i>Towel Workout</i> Fun and challenging workout using towels <b>/Leila</b>		<i>BEboard Relaxed</i> Combination of yoga and pilates on BEboards <b>/Mariana</b>	<i>AquaPilates</i> Pilates in the liquid environment <b>/Mariano</b>	<i>BEflex</i> Endurance training with deep stabilization <b>/Ina</b>

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**[M] SPORT**

**DANSKE  
SVØMMEBADE**



**BECO**

**DATE:** AUGUST 23rd, 2022

**TIME:** 9.00 - 16.00

**PLACE:** SVØMMESTADION DANMARK,  
ESBJERG, DENMARK

**REGULAR PRICE:**

1695 DKK (ca. 228 EUR)

**PRICE FOR DANSKE SVØMMEBADE MEMBERS:**

1495 DKK (ca. 200 EUR)

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