

ISRAEL – Mushi Harush, AEA Aquatic Training Specialist, hosted a full-day aquatic educational conference at the Ranana Municipal Pool in Ranana, Israel on June 20, 2010. With over 150 in attendance, the event was a great success thanks to her hard work and that of her dedicated staff. AEA President, Julie See, offered two master classes and a workshop on abdominal training techniques. Mushi and Jean Hazout team-taught an energetic deep water class that incorporated water polo training techniques and lots of fun. Anat Gerber, also from Israel, presented a dynamic class, Core &

More. With her unique style of teaching – no verbal cues at all – Anat offered an intense training format that targeted the core muscles and much more! The day ended with a relaxing and informative hands-on program by Gilad Naaman Perry. His Movements in Pairs workshop was held outdoors and focused on communication through touch and movement. *For more on Gilad's program, see AKWA News page 30 this issue.* To learn more about aquatic fitness opportunities in Israel, please contact Mushi Harush at mushioram@gmail.com or visit the website at www.iaec.org.il ▶

