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Activities Piscines Bernat Picornell

18th Annual Congress of the European College of Sport Science (26th-29th June)

INTRODUCTION

On June 26th begins the 18th Annual Congress of the ECSS and *Piscines Bernat Picornell* wants to collaborate in this great event together with the institution of *INEFC. Picornell* will offer to participants their Olympic equipments, offering an exclusive service to all attendees.

To access the facilities those who want to come will need an invitation. This invitation is on the Congress website and should be downloaded and printed for its presentation at the Picornell reception. The invitation can be printed or showed on any mobile phone.

It is important to know that daily it can be accepted a maximum of 100 invitations, subject to the capacity of the facilities.

The invitation includes the fitness room and the two Olympic swimming pools (indoor and outdoor) services.

In addition, Picornell will offer exclusive and free complementary activities in order to all the Congress's participants and guests enjoy physical activity. The activities have a capacity limit. To access, attendees must register at the reception.

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Timetable activities

START	FINAL	LOCATION	THURSDAY 27th	FRIDAY 28th	SATURDAY 29th	LOCATION	START	FINAL
9.30	11.30	Outdoor		MONTJUÏC WALKING		Outdoor	9.30	11.30
11.00	12.00	Outdoor Pool			AQUAGYM	Outdoor Pool	11.00	12.00
12.00	13.00	Sala Bike		INDOOR BIKE		Sala Bike	12.00	13.00
12.00	13.00	Outdoor Pool	AQUAGYM			Outdoor Pool	12.00	13.00
13.30	14.30	Sala Bike			INDOOR BIKE	Sala Bike	13.30	14.30
17.00	18.00	Sala 2	BODY TONIFICATION			Sala 2	17.00	18.00
18.30	20.00	Outdoor	MONTJUÏC RUNNING Level 1 Level 2	MONTJUÏC RUNNING Level 1 Level 2		Outdoor	18.30	20.00

BODY TONIFICATION

Date: 27th June (Thursday).

Duration: 1 hour.

Start Activity: 17:00 h

Final Activity: 18:00 h

Location: “Sala 2” Piscines Bernat Picornell

Capacity Activity: 20 people.

People minimum to do activity: 6 persons.

Activity Description: This activity involves exercises to strengthen all the muscles through strength-endurance accompanied by music.

Material necessary: Comfortable sportswear, towel.

Intensity: Medium

MONTJUÏC RUNNING

Date: 27th and 28th June (Thursday and Friday)

Duration: 1 hour 30 minutes.

Start Activity: 18:30 h

Final Activity: 20:00 h

Location: The meeting point will be the Piscines Bernat Picornell entrance.

Capacity Activity: 30 persons.

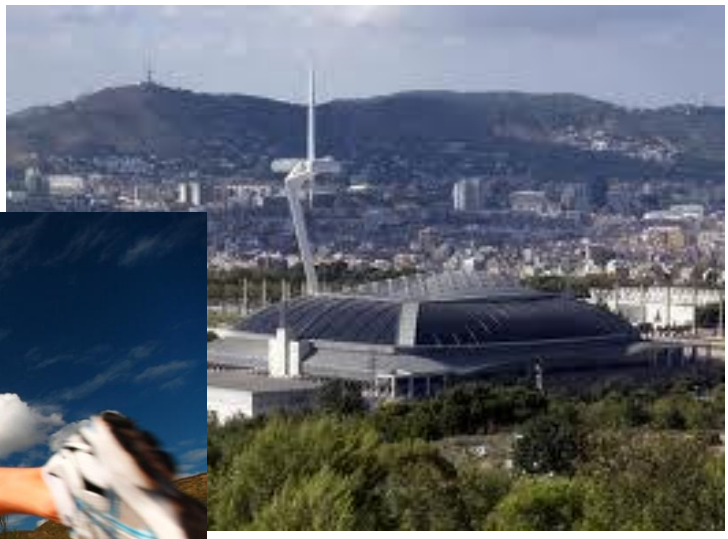
People minimum to do activity: 6 persons

Activity description: Experience the new trend of today. If you like running came to try it with a technician to do an activity in the heart of the Montjuïc mountain. It is aimed for all audiences who want to enjoy this sport. Realizing it, you will improve execution technique, aerobic capacity. You will muscle tone up and also you'll perform stretching exercises.

There will be two levels for this activity:

- Beginner **Level (1)**: For people who started running. The intensity will be intermediate. Duration of this level will be one hour.
- Advanced **Level (2)**: For experienced people. The intensity will be higher.

Material necessary: Comfortable sportswear, footwear.



MONTJUIC WALKING

Date: 28th June (Friday).

Duration: 2 hours.

Start Activity: 9:30 h

Final Activity: 11:30 h

Location: The meeting point will be the Piscines Bernat Picornell entrance.

Capacity Activity: 30 persons.

People minimum to do activity: 10 persons.

Activity Description: This activity takes place outdoor and it is aimed to all kind of audiences, which involves the movement of people taking the opportunity to enjoy and take advantage of the incredible Montjuïc mountain's view. A combination of health and adventure where you can develop many physical and mental abilities.

Material necessary: Comfortable sportswear, footwear.

Intensity: Medium.

AQUAGYM

Date: 27th June (Thursday) and 29th June (Saturday).

Duration: 1 hour.

Start / final Activity: Thursday 27th June 12 h -- 13h
Saturday 29th June 11h – 12h

Location: Outdoor Pool.

Capacity Activity: 30 persons.

People minimum to do activity: 6 persons.

Activity Description: Enjoy physical activity in a different environment: the aquatic environment, with great benefits for your body and without impact. You will do different exercises for toning different muscle groups using different materials and accompanied by music.

Material necessary: swimsuit, tower, slippers.

Intensity: Medium

INDOOR BIKE

Date: 28th June (Friday) and 29th June (Saturday).

Duration: 1 hour.

Start / Final Activity: 13:30 h – 14:30 h

Location: “Sala Bike” Piscines Bernat Picornell

Capacity Activity: 24 persons. (May vary depending on the bikes available).

People minimum to do activity: 6 persons.

Activity Description: Cardiovascular workout that is done on an exercise bike pinion fixed to work aerobic capacity and power of music through speed and endurance.

Material necessary: Comfortable Sportswear, towel.

Intensity: Medium