

Katrien A Lemahieu

Bachelor in Physical Education and Movement Recreation

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AEA International Trainer Specialist
CEO of Kataqua (International Institute for Aquatic Certification)
AEA International Trainer Specialist
Founder President of Kataqua for Belgium & The Netherlands
AEA & ATRI (certified) Lecturer and Presenter
Aquatic Fitness, Therapy & (Survival)Swimming Educator
Special Movement Education
Hydrotherapy & Otago (Balance & Fall Prevention) Instructor
AiChi Master Trainer
Founder of Psychaviour,
Co-designer of BioExercise,
Child Psychology Certification

Katrien has 25+ years of experience in the fitness and aerobic field, with speciality in aquatics. Since 10+ years she devoted her time to rehabilitation and overall health. After her Bachelor in Physical Education with Movement Recreation, she graduated with a Special Movement Education Level for Motorical Remedial Teaching and Behaviour Specialist for pediatrics.

Katrien likes to expand and explore: as well (aquatic) fitness as (aquatic) therapy is her main focus on a teaching level worldwide. She is an International Trainer Specialist for AEA, member of the Advisory Committee of AEA, an AiChi MasterTrainer, has several post-bachelor certificates in aquatic therapy through NPI (Europe) and is ATRI Certified (USA).

She developed 3 e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of the worldwide known educational institute of Kataqua for Aquatic Fitness & Therapy. She is the organizer of European Aquatic Fitness Conference (EAFC), where knowledge and experience come together. She is the HeadTrainer of Aquastrength Europe and developed a new and exciting program, called BioExercise, that has a focus on ‘Sharpen the Mind, Strengthen the Body’, together with Laurie Denomme (WeCoach, USA). She co-designed the new HydroRevolution Program, which is a Strong and high intens program with resistance equipment.

Her newest program focuses on ‘Psychaviour’, a mental focused movement format for aquatics and health. Katrien holds 2 European AquaEmma Awards for ‘best lecturer at EAFC Germany’, was selected as ‘best presenter’, also awarded with a Tsunami Spirit Award by ATRI (June 2018), ended in the top3 ‘personality of the year’ in 2017 & 2018 & won in 2019. Her AEA ‘Aquatic Professional of the Year award’ is one of her biggest accomplishments, as that is one of the most prestigious awards.

Katrien also has several speciality certificates such as ‘Child Psychology’, ‘Otago Balance and Fall prevention’, ‘Halliwick ‘ and ‘TRX’ which gives her a wide range of possibilities. She works

in both pools and land fitness, teaches several classes every week, including eg Strong Nation & MovNat.

Katrien is known for creativity, charisma and organization skills. She is talented in both the practical (aquatic therapy & aquatic fitness) and the business field and is loved around the world by many.

Her goal is to connect people through training, with a focus on looking for possibilities and searching challenges. «It is my job to help you enjoy everything that's right with your body, rather than teach you to fear everything that might go wrong. Train for better health and seek the best

