

CALA

Canadian Aquafitness Leaders Alliance Inc.
Handout

Choreography Deep/Chest Deep

Article by L. Marr published in CALA Wavelink newsletter Spring 1999



Note:

- Wear aqua belts throughout the whole class.
- Some of the moves will be used in chest deep and in deep water.
- Use whatever arms feel comfortable that compliment the leg moves.



Recommendation:

Travelling moves are "suspended" to avoid accidentally hitting the toes and/or feet on the bottom of the pool.

BLOCK #1 (Chest deep) Approx. 8-10 minutes including warm-up.

Combo IA

- 1/2 t narrow jogomarch (n j'om)
- 1/2 t wide jom (w jom)
- 1/2 t gluteus maximus j'om (glut j'om)
- 1/2 t n quad kick (n qd k)

Repeat entire sequence on tempo (t).

Combine the glut j'om and n qd k, 16, 8, 4, 2 repetitions of each then split them, right leg glut j'om, left leg n qd k. Then switch sides. Use t & 1/2 t for variation.

Combo 1B

- narrow tuck (n tk)
- 1/2 t LEAD LEFT w qd k
- 1/2 t pdl legs, arms: hook water and push it past the body
- 1/2 t stag pdl legs, Lt knee bent, Rt leg out (pdl) then do a 1/4 turn into a...
- 1/2 t reverse hobby horse (rev hob h), to
- 1/2 t rocking horse (r h); after 3 counts,
- while left leg is up, pivot turn with a n qd k left & repeat other side
- 1/2T swivel (sw) flamingo Rt & Lt/sw kick
- T w j'om/t n j'om



First travel move from chest deep to deep water: Prone Unison Doggie Legs: t pr uni dgi legs; Arms t alternating doggie arms

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Block #3 (Deep Approx 8 minutes)

Combo 2A

- 1/2 jumping jack legs with jj arms in opposition – as the legs abduct the arms adduct in front of the thighs, as the legs adduct the arms abduct to shoulder height.
- 1/T frog curl legs (uni glut j'om): Arms: unison scoop arms to lift body up in the propulsive manner
- 1/2T abdo jj, traveling backwards; Arms; reverse breast stroke arms
- 1/4T "modified" n qd k, push leg straight down (extreme glute work) travel forward



** Arms: breast stroke

- t n j'om/t w j'om

Combo 2B

- 1/2T w ham j'om, arms: flasher (slice and flat hand combo, focus on rotator curr)
- 1/2T t w j'om
- 1/2T t wide swivel (w sw) hands on hips, with elbows wide, rotate body
- 1/2T t n sw/flamingo Rt and Lt (arms: extended half circle in front)/sw kick
- 1/2T repeater leg swing Rt & Lt

Second travel move from deep to chest deep: Side Doggie (n j'om in a side lying position; with "Turbo arms")

Block #3

Combo 3A

- 1/2T side karate kicks punch both arms to opposite side of leg
- 1/2T skate ski (sk ski), uni fwd elb flxt
- 1/2T cross country ski (x ski); un x ski arms
- 1/2T ski stop; uni x ski arms with a stop at the hips with the stop in the legs
- Outward jj (out jj); uni x front jj arms
- 1/2T w ski stop, squeeze in the middle at the "stop"/ add propulsion, arms as above with the ski stop



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Combo 3B

- 1 T swm lead tiL t ibe arn sw Rt&Lt (travel in a "self circle" with one arm wrapped around yourself)
- 1/2T repeater leg swing Rt & Lt, start repeater back – behind with hip extension (15 and 16 count, "up and down" then switch leg)
- 1/2T n ham curl, arms; flasher (slice and flat hand combo, focus on rotator cuff(, travel forward)
- N tk, unison, forward flexions arms (uni fwd flxt(, travel backwards)
- W sw leading to: w sw hands on hips, rotate (anchored, neck deep)
- "in your face"
- Suspended sit uni ham curl, leading to:



Third travel move from chest deep to deep: Suspended sit uni ham curl, Arms JJ or uni lo swing pdl arms

Block #4 (Deep) Approx 8 minutes

Combo 4A

- 1/2T x ski, lo swing pdl arms, travel sideways (laterally)
- 1/2T w ski stop, 2xt x ski legs; flutter kicks in the middle
- 1/2T w / one arms sw Rt & Lt (travel in a "self circle")

Combo 4B

- 1/2T n ham curl, reverse breast stroke arms, travel forward
- N tk, unison forward flexions arms (uni fwd flxt), travel backward
- 2xt cross country ski: Flutter kicks; Arms: athletic x ski arms, strong and fast in the water
- 1/2T n j'om: Arms: alt. N fwd elb flxt (our regular j'om arms)
- 1/2t wide karate kicks: arms: uni w elb flxt (unch/reach both hands away from the kicking leg towards the side/wide position, this is a very powerful move, if done correctly it will work the spinal rotators – obliques abdominals)

Fourth travel move from deep to chest deep: Suspended sit uni n qd k, Arms: (uni fwd flxt), travel backwards. Cool down in chest deep watering using belts. Take belt off and buckle it up. Use the belt for the cool down. Choose dynamic stretches, keep the body moving.

- ** Combos can be repeated and/or use as "ad on". They can be mixed and matched. They can be altered to your liking.
- ** Travel moves can be repeated between chest deep and deep water segments.