

CALA

Canadian Aquafitness Leaders Alliance Inc.
Handout

Choreography Deep/Chest Deep

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 1A

- 1/2 t narrow jogormarch (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

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

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- 1/4T "modified" n qd k, push leg straight down (extreme glute work) travel forward
- ** Arms: break 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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