

AQUA WIZARDRY

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The deep and chest deep water workout ideas that follow were presented at the CanFitPro conference in 2002. This information will provide you with choreography that can fit directly into your existing classes. The first part of the class is performed in either the deep or the Chest deep end of the pool, and then repeated in the other depth.

TECHNIQUE TIPS FROM DOWN UNDER:

- Teach from pool side (on deck): you will find that participants can see the moves clearly and follow non-verbal cues for body position and body posture
- Make sure your pool side (on deck) speed of movement is the same as the speed at which the moves are executed in the water
- Keep communication cues constant, using both verbal and non-verbal cues
- Watch clients and give them positive feedback throughout the session
- Correct when necessary
- Use equipment when necessary and keep it out of the way, so as not to obstruct the working area



Tamara and Charlene

CHOREOGRAPHY:

The idea of choreography can be frightening to many aquatic instructors. When each move is broken down to a base move, however, the choreography becomes much simpler and more fun. Keeping in mind the following points will ensure that the choreography meets the participants' needs:

- Select a type of music the participants will enjoy, and experiment with it in the water
- The class is medium to hard intensity, remind participants to always work at their own level
- Modify the moves to add a travel component or to remain on the spot
- Select moves that work in both deep and chest deep water

TRANSITIONS:

- Ensure that everything connects and the combinations flow
- Use a 'two-foot bob' in place before changing to a new move
- Set up moves so the participants start with their right foot
- Position the leg properly to change to the next move eg. rocking horse into a jog, rather than a kick

Finally, experiment in the water, and make final changes before introducing the choreography to the class. Do a final review of exercise selection and muscle balance to ensure safety.

FORMAT:

- Have a structured and adequate warm up
- Perform full range of motion movements in control to protect the joints
- Monitor intensity over 6 seconds using the water adjusted target heart rate
- Focus on using the water for maximum benefits of resistance to target muscular endurance rather than using equipment



BLOCK 1

Kiwi Terminology

Flick Twist traveling forward
Side steps to the right
Knee Tucks backwards
Side steps to the left
(You have just completed your first 'square' pattern)

CALA terminology

crossover quad kick travel forward
side step squat travel to right
narrow tuck travel backward
side step squat travel to left

Learning Curve = Link Style Choreography

BLOCK 2

Kiwi Terminology

Cross Country Traveling forward
Scooter to the right
Straddle cross overs backward
Scooter to the left
(You have just completed your second 'square' pattern)

CALA terminology

cross country ski travel forward
right stag pendulum travel right
cross over jumping jack travel backwards
left stag pendulum travel left

Learning Curve = Link Style Choreography

BLOCK 3

Kiwi Terminology

Hamstring curls traveling forward
Hip extension traveling backward
Combine ham and hip
Side straddle/ Cross country 8 reps x 1
Side straddle/ Cross country 4 reps x 2
Side straddle/ Cross country 2 reps x 4
Side straddle/ Cross country 1 reps x 8

CALA terminology

wide hamstring 'jog or march' travel forward
skate ski travel backwards
combo: one leg w ham j'om/other leg: sk ski
combo: jumping jack/ski stop x 8: repeat 1x
combo: jumping jack/ski stop x 4: repeat 2x
combo: jumping jack/ski stop x 2: repeat 4x
combo: jumping jack/ski stop x 1: repeat 8x

Learning Curve = Link and Pyramid Style Choreography

BLOCK 4

Kiwi Terminology

Flys
Abduction/Adduction (straddle legs)
Shoulder Flexion/Extension
Elbow Flexion/Extension

CALA terminology

chest hug blade sq. arms with cross country legs
jumping jack arms and legs
alternate cross country ski arms and legs
unison hi tarzan arms and alt. narrow cycle legs

Learning Curve = Linear Progression Style Choreography

C
H
O
R
E
O
G
R
A
P
H
Y

"Above all, do not lose your desire to walk; everyday I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill ... thus if one just keeps on walking, everything will be all right."

- Soren Kierkegaard, 1847

AQUA WIZARDRY WORKOUT - PART ONE

Thanks to Trudy Rivard (CALA certified leader and workshop attendee) for taking notes and sharing her interpretation of the choreography with CALA members. This routine has been modified to add arms and legs, traveling patterns and to use as much as possible the 32 count block.

BLOCK A t n j'om with alt n fwd elbow flxt on the spot (slice hand position), 8 cts
 t n j'om travel forward with alt. n fwd elbow flxt, 8 cts
 t n j'om with alt hammer hands on the spot, 8 cts
 t n j'om travel backward with alt hammer hands, 8 cts

BLOCK A - repeat x 2

BLOCK B t w j'om with alt w elb flxt on the spot, 8 cts
 t w j'om travel to right with alt w elb flxt, 8 cts
 t w j'om with alt w elb flxt on the spot, 8 cts
 t w j'om travel to left with alt w elb flxt, 8 cts

BLOCK B - repeat x 2

BLOCK C 1/2 t n ham j'om with alt x ski arms, 4 cts
 1/2 t n ham j'om with uni x ski arms, 4 cts
 1/2 t n ham j'om with alt x ski arms, 4 cts
 1/2 t n ham j'om with uni x ski arms, 4 cts

BLOCK C - repeat x 2

BLOCK D 1/2 t w ham j'om with alt x ski arms, 4 cts
 1/2 t w ham j'om with uni x ski arms, 4 cts
 1/2 t w ham j'om with alt x ski arms, 4 cts
 1/2 t w ham j'om with uni x ski arms, 4 cts

BLOCK D - repeat x 2

BLOCK E t n sw with alt hi tzn arms, 8 cts
 t n tk with uni bi-tri curls, 8 cts
 combo: n tk (ct. 1)+ hp fl sw Rt (ct. 2)
 hp fl sw Lt (ct. 3) touch pool bottom
 (ct. 4): repeat x 4

BLOCK E - repeat x 2



On the beach of Carcross, our first Yukon-Baby, Asher Joseph Branet "Course participant" May 2002



Tamara and Trudy

BLOCK F 1/2 t n qd kick on the spot, 8 cts
 1/2 t pdl on the spot, 8 cts
 Repeat above each for 2 cts
 1/2 t n j'om with uni br str arms, travel forward 8 cts
 1/2 t n j'om with uni rev br str arms, travel backward 8 cts
 Repeat above each for 2 cts

BLOCK F - repeat x 2

BLOCK G x ski for 2 cts, then pulse and hold on ct 3, 4 with alt x ski arms: repeat x 4
 x karate kick (anchored) with alt x ski arms, travel forward: 16 cts
 n tk with unison reverse scoop arms, travel backward: 16 cts
 n tk with unison scoop arms, travel forward: 16 cts

BLOCK G -repeat x 2

BLOCK H side step squats with alt br str arms, travel left, 16 cts
 x n kk with uni upper cut arms, travel forward, 16 cts
 side step squats with alt br str arms, travel right, 16 cts
 n tk with cross front jj arms (hands clap under legs), travel backward, 16 cts

BLOCK H -repeat x 2

BLOCK I x ski with unison tricep kickback arms, travel forward, 16 cts
 jj with x back jj arms, on the spot, 16 cts
 adduction jj, cross one leg in front of the other, once
 (with propulsion) on the spot, 16 cts
 adduction jj, cross one leg in front of the other, twice
 (with propulsion) on the spot, 16 cts
 jj with x front jj arms, on the spot, 16 cts
 x ski with alt x ski arms, on the spot, 16 cts
 x ski with alt x ski arms (with propulsion), on the spot, 16 cts
 x ski with alt x ski arms, travel backwards, 16 cts
 stag pdl, with reach and pull arms opposite to legs, travel right, 16 cts
 stag pdl, with reach and pull arms opposite to legs, travel left, 16 cts

BLOCK I - repeat x 2

