

A LETTER FROM BETTINA HEINRICH

Berlin, Germany, Spring 2003

Hello dear Aquafitness enthusiasts,

I can hardly wait to come back to present at the CALA conference this year. I presented in Canada from 1996 to 1999. It was so much fun presenting and learning from others: I returned home with lots of new ideas!

I would like to share my favorite deep water combos with you:

Do you notice something missing? Yes, you are right, the complementary arm movements are not there! This turns the entire choreography into a fun challenge! By attending the Aqua Choreography session at the CALA Conference on Friday May 30 from 4 to 6 pm) you will not only discover the missing arm movements, but will also learn special teaching techniques that will help you overcome stumbling blocks that can sabotage your class flow.

See you soon!



PS: I will also present Aqua Flow (Saturday May 31 from 2 to 4 pm)

Deep Water Choreography

(suggested beats per minute: 120-126 bpm)

CALA Move	Counts	Tempo Choice
Block One:		
Ski Stop 2 rt : 2 lt	1-8	on tempo
Narrow Tuck 4 x 1/4 turn	9-16	on tempo
Ski Stop 2 rt : 2 lt	17-24	on tempo
Narrow Tuck 4 x 1/4 turn	25-32	on tempo
Block Two:		
Jumping Jack (jj) 8 x	1-16	1/2 tempo
2 rt / 2 ctr / 2 lt / 2 ctr	17-32	on tempo
Block Three:		
Jumping Jack 8 x	1-16	1/2 tempo
2 lt / 2 ctr / 2 rt / 2 ctr	17-32	on tempo
Block Four:		
Tuck Jack 4 x	1-16	1/2 tempo
Tuck Jack 8 x	17-32	on tempo
Block Five:		
w ham j'om	1-8	1/2 tempo
w ham j'om	9-16	on tempo
w ham j'om	17-24	1/2 tempo
w ham j'om	25-32	on tempo
Block Six:		
Wide Cross Country Ski	1-16	1/2 tempo
Wide Cross Country Ski	17-32	on tempo
Block Seven:		
Wide Tuck	1-8	on tempo
Froggy Tuck	9-16	1/2 tempo
Wide Tuck	17-24	on tempo
Froggy Tuck	25-32	1/2 tempo
Block Eight:		
Wide Swivel	1-8	1/2 tempo
Narrow Swivel	9-16	1/2 tempo
Hip Flexor Swivel	17-24	1/2 tempo
Hip Flexor Chair	25-32	1/2 tempo
Block Nine:		
Hip Flexor Chair	1-8	on tempo
Hip Flexor Pacman	9-16	on tempo
Hip Flexor Chair	16-24	on tempo
Hip Flexor Pacman	24-32	on tempo
Block Ten:		
Hip Flexor Pacman	1-16	on tempo
Hamstring Pacman	17-32	on tempo
Block Eleven:		
Hamstring Swivel	1-16	1/2 tempo
Hamstring Chair	17-32	1/2 tempo
Block Twelve:		
Jumping Jack	1-16	1/2 tempo
Jumping Jack	17-32	on tempo

LEGEND

rt: right
 lt: left
 ctr: centre
 w ham j'om: wide hamstring jogormarch