

GET YOUR AQUA FIX IN 96

UNIVERSITY OF GUELPH
MAY 23 - 26, 1996

DEEP WATER WALKING & WHEELING

with Gaye Barter & Rebecca Boyd

Warm Up:

<u>Tempo</u>	<u>Location</u>	<u>Leg Action</u>	<u>Arm Action</u>
T	S	Narrow Jog or March	slice hands/push front
T	S	Wide Jog or March	slice hands/push front
1/2T	S	Wide jog or March	pendulum pull
1/2T	S	Wide Jog or March	alt. horizontal sweep
1/2T	S	Cross Jog or March	Cross punch
1/2T	S	Cross Jog or March	Dble 45 degree arm press front
1/2T	S	Cross Quad Kick	Dble 45 degree arm press front
1/2T	S	Narrow Quad Kick	Alt. Shoulder Flexions
1/2T	S	Narrow Jog or March	Bicep curl -fist or slice
1/2T	S	Hamstring jog or March	Bicep curl
1/2T	S	Hamstring jog or March	Double press frwd
1/2T	S	Narrow Jog or March	Alt. press frwd.
T	S	Narrow Jog or march	Alt. press front

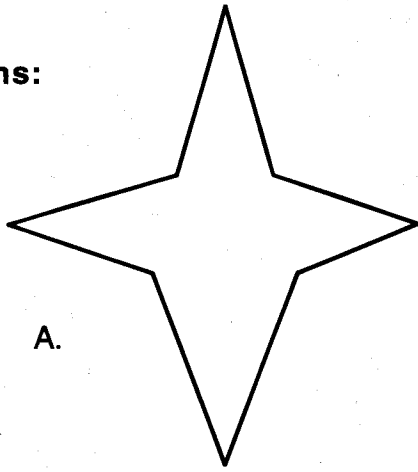
Cycle:

T	F	Cycle	Alt. Cross heart arms
T	F	Plow (Change legs after 2 points)	Dble scoop down
T	B	Reverse cycle	Reverse dble scoop
T	F	Bulldozer (change legs after 2 points)	Dble. scoop down

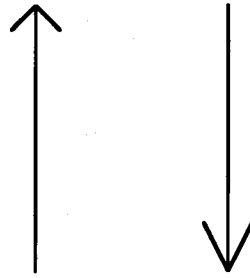
T	B	Reverse cycle	Reverse dble scoop
T	S	Narrow Jog or March	Alt. punch front
T	S	Wide Jog or March	Alt. punch side
1/2T	S	Wide tuck	Dble side punch
1/2T	S	Double Frog with lift	Dble. horizontal scoop
T	S	Wide Jog or March	Side punch
Jog:			
T	S	Narrow Jog Or March	Punch front
T	F/B	Dog Paddle	slice/scoop
T	F/B	Wide Dog Paddle	Slice/scoop
T	S	Wide Jog or March	Side punch
1/2T	S	Wide Jog or March	Alt. side pull
1/2T	S	Wide Quad Kick (alt.)	45 degree push away
1/2T	B	Wide Quad Kick (dble)	45 degree push away
1/2T	F	Wide Reverse Quad Kick (dble)	Dble horizontal shoulder abduction/adduction
T	S	Wide Jog or March	Hammer hands (alt)
T	S	Narrow Jog or March	Hammer hands (alt)
1/2T	S	Narrow Jog or March	Shoulder Flexentions
1/2T	S	Narrow Quad Kick (alt)	Shoulder Flexentions
1/2T	B	Narrow Quad Kick (dble)	Reverse scoop
1/2T	F	Reverse Narrow Quad Kick	Forward scoop
Patterns			
T	S	Narrow Hamstring Jog or March	45 degree punch
T	S	Narrow Hamstring Jog or March	Bicep Curl
1/2T	S	Narrow Hamstring Jog or March	Dble bicep curl
1/2T	F/B	Narrow Hamstring Jog or March	Dble. shoulder flexentions

T	S	Narrow Jog or March	Dble punch front
1/2T	S	Narrow hamstring Jog or March	45 degree punch front
1/2T	F/B	Narrow hamstring Jog or March	Alt. reverse scoop
1/2T	S	Narrow Hamstring Jog or March	45 degree hands
1/2T	S	Narrow hamstring Jog or March	45 degree (dble)
T	S	Narrow Hamstring Jog or March	45 degree (dble)
T	S	Narrow Hamstring (dble)	45 degree push/pull (dble)
T	S	Narrow Hamstring Jog or March	45 degree punch (alt)
T	S	Wide Hamstring Jog or march	45 degree single
T	F/B	Wide Hamstring Jog or March	Alt. Horizontal sweep
T	S	Wide Jog or March	Side punch on 45 degrees
T	S	Narrow Jog or March	Front punch
1/2T	S	Sartorius Jog or March	Front punch
T	S	Sartorius Jog or March	Pendulum arms
T	S	Hopscotch	Front pendulum arms
1/2T	S	Hopscotch	Front Pendulum arms
1/2T	S	Hamstring Jog or March	45 degree front punch
1/2T	S	Narrow Jog or March	Shoulder Flexions
T	S	Narrow Jog or March	Front punch

Patterns:



B.



C.

**Narrow Dog
Paddle**

Shrimp

**Wide Dog
Paddle**

Wide Quad Kick

