

# WELCOME TO THE MARCH ON WATER - A SILVER SPLASH EXTRAVAGANZA!

*by Marg Stewart, CALA & CanFitPro certified*

Marg Stewart has been teaching group aquatics for 10 years with Goodlife. Marg is currently the coordinator of a very successful Aquatics program; as well as Group Exercise Coordinator, Instructor and Personal Trainer. Marg is most proud of the Aquatics program that facilitates a 'Can Do' attitude - EVERYONE can do it - EVERYONE can benefit from it! Following is an introduction to "A Silver Splash Extravaganza" class that Marg teaches including an exciting warm up.

## Introduction

We have a very large group of older adults that participate frequently in our Group Aquatics program. They are an extremely dedicated, energetic, social group that have voiced that they need classes that are geared towards them. In working with them over the past two years I developed the "Silver Splash" program and discovered that the music is what creates the perfect atmosphere in which they will challenge themselves to work, while still having fun. The day I first used the 'Marching with the Masters' cassette tape, I could not believe my eyes; their energy increased one hundred fold! Laughing and singing along to the music that was so familiar to them, they worked harder for a longer period of time without even realizing it; proving that attitude is everything! The participants later expressed to me the difference they felt in their workout and pleaded to have the tape on a regular basis.

Our pool is chest deep from end to end; and kept at a very warm 84 to 86 degrees (Fahrenheit), (unless the heater is on the 'fritz' and we have to improvise and make changes to class design somewhat). The pool holds a maximum of 19 people. This Master Class is designed to suit the 'Moving with the Masters' cassette tape, and is 45 minutes in duration.

The goal of the class is to provide a longer warm up (7 1/2 minutes) that includes the CALA base moves, in order to prepare the participants for the workout which lies ahead.

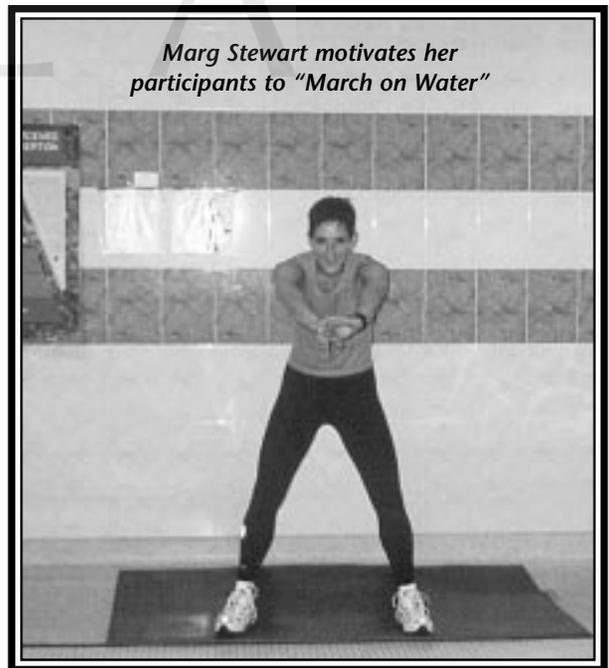
The cardiovascular component (28 minutes) consists of the repetition of the base moves they need (as expressed by the participants) without the quick change choreography that is found in our "Aqua Works" classes. The cardio section includes a variety of movements to create muscle balance, and challenges participants to modify their own workout by using the various resistance (slice, fist, flat hand, long lever) and buoyancy (light bounce, anchored, propulsion and suspension) options. The goals for the cardio section are:

- 1) to elevate the heart rate up to a steady state with a perceived exertion that they are working fairly hard (5-7 on a scale of 1-10 perceived exertion) and,
- 2) to maintain the feeling of working at this rate of perceived exertion for the duration of the cardiovascular section.

The muscular strength and endurance component (5 minutes) focuses on core strength (I vary the focus from class to class, but a focus on abdominal strength and stability is a favorite among participants). The pool is very warm so we are able to slow down at this section, and use the natural resistance of the body to functionally train the core muscles. I have found that this attention and time spent training the core muscles also helps the members to improve their performance in the water on a regular basis, enabling them to stabilize themselves more efficiently.

The stretch and relaxation component (5 minutes) is designed to give the participants time to recover from the cardio and muscular conditioning (the workout) phases. I emphasize lengthening muscles to improve flexibility and relaxing the mind to decrease and release stress. Everyone is encouraged to continue their stretch either in the hot tub, or shower (depending on their balance, as some use canes) and to attend land based classes such as our "Beginner Yoga" and "Fish Out of Water" for cross training benefits ..... AND THAT'S ALL SHE WROTE! :0)

Following is a list of common cues that I use in my classes with a legend that I use so that I save myself time when planning and recording my class design.



*Marg Stewart motivates her participants to "March on Water"*

## Key to Common Cues

- \* pp: Power posture : long neck - brains over body (chin retracted), long spine, activated abdominals, level pelvis, open chest, shoulders down and shoulder blades to spine, ZIP IT ALL UP!
- \* uj Unlocked joints
- \* tbh: Toe ball heel landing
- \* b: Breathe
- \* T: create a lot of turbulence (white water) around you

### Resistance cues:

- \* S: slice (easy)
- \* FF: fist or fold (intermediate)
- \* F: flat (advanced)
- \* CH: choose a hand position that best suits your fitness level and needs
- \* pf: plantar flexion, gently point the foot
- \* df: dorsi flexion, gently pull the front of the foot towards the shin
- \* CF: choose a foot position that best suits you
- \* sl: straight lever, long lever
- \* bl: bent lever, short lever
- \* CL: choose a lever length that best suits you

### Impact (level) cues:

- \* L: light bounce (high or low intensity)
- \* A: anchored (high or low intensity)
- \* P: propulsion (high intensity - higher impact)
- \* CI: choose an impact level that best suits your needs - modify the intensity and level of impact to fit your needs

Note: I always allow the members to modify their range of motion, hand position, impact and lever length. I cue the action, show my preference and then remind and/or show the options. This gives them permission to protect themselves from injury or to work out harder or relax in the class.

These cues can be found in the choreography, bracketed following the tempo cues.

## THE WARM UP

- \* Please note the subtle changes in leg work followed by upper body; this group prefers repetition and slower, subtle changes as opposed to complex choreography.

Music: 'Movin With the Masters':

Songs for Warm Up:

The Thunderer (123 bpm)

The Washington Post (123 bpm) in part

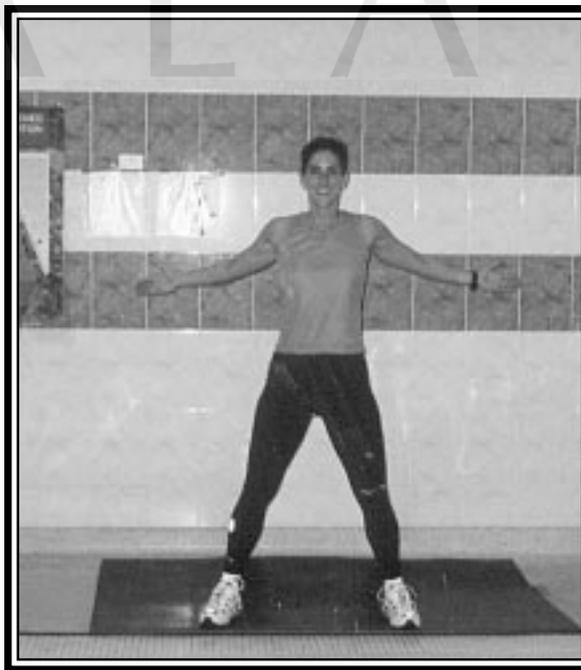
Total time : approx. 7 1/2 minutes



The Cues: pp, tbh, uj, b, S, L \* Remind consistently throughout warm up

The Moves: The Tempo: The counts: The specific cues:

- *n j'om / alt n fwd elb flxt T x 32 counts*
- \* cue focus on pectorals and traps, biceps and triceps, warming up hip flexor and lengthening through gluteals
- *n j'om / alt n fwd elb flxt 1/2 T x 16 counts*
- *n j'om / alt n fwd elb flxt T x 32 counts*
- *n j'om / alt n fwd elb flxt 1/2 T x 8 counts*
- *w j'om / alt n fwd elb flxt 1/2 T x 8 counts*
- *w j'om / alt h tzn 1/2 T x 16 counts*
- \* cue shoulder blade squeeze to keep elbows at chest height and elbows pointing out to sides - activate biceps and triceps, open up through hip
- *w j'om / alt h tzn T x 32 counts*
- *w j'om / alt h tzn 1/2 T x 8 counts*
- *glut max j'om / alt h tzn 1/2 T x 8 counts*
- *glut max j'om / alt fr ww 1/2 T x 16 counts*
- \* cue keep elbows fixed just below shoulder height - flex at elbow and reach hands alternately to ribs - shoulder blades down and back, warming up gluteals, keeping hips turned out
- *glut max j'om / alt fr ww T x 32 counts*
- *glut max j'om / alt fr ww 1/2 T x 8 counts*
- *w ham j'om / alt fr ww 1/2 T x 8 counts*
- *w ham j'om / alt tri kbk 1/2 T x 16 counts*
- \* cue elbows fixed pointing straight back, upper back long, focus on elbow extension - warming up triceps, hamstrings, lengthening through quadriceps
- *w ham j'om / alt tri kbk T x 32 counts*
- *w ham j'om / alt tri kbk 1/2 T x 8 counts*
- *x ski / alt tri kbk 1/2 T x 8 counts*
- *x ski / uni x ski arms 1/2 T x 16 counts*
- \* cue focus at shoulder joint reaching forward just below surface of water and back, warming up shoulder and hip joints
- *x ski / uni x ski arms T x 32 counts*
- \* cue shorter range of motion
- *x ski / uni x ski arms 1/2 T x 8 counts*
- *jj / uni x ski arms 1/2 T x 8 counts*



- *jj / uni jj arms 1/2 T x 8 counts*
- \* cue focus on warming up shoulder and hip adductor and abductors
- *jj / uni jj T x 16 counts*
- \* cue shorter range of motion
- *jj / uni jj 1/2 T x 8 counts*
- *n swivel / alt hi tzn 1/2 T x 16 counts*
- \* cue abs tucked, no twisting from waist - but swivel entire torso, protect lower back by avoiding over turning
- *jj / uni x fr jj 1/2 T x 4 counts*
- *n swivel / alt hi tzn 1/2 T x 8 counts*
- *jj / uni x bk jj 1/2 T x 4 counts*
- *n swivel / alt hi tzn 1/2 T x 8 counts*
- *jj / hug n sqz 1/2 T x 8 counts*
- \* cue focus on pectoral and shoulder activation (hug) and upper back activation (blade squeeze)
- *n ham j'om / uni hh 1/4 T x 8 counts*
- \* cue preparation for n ham tk for next round - both legs hamstring curl in unison - no need to jump, just squeeze hamstrings and curl together / member may choose to continue alternate curls instead (we will be using this move in work phase)

- *jj / hug n sqz 1/2 T x 4 counts*
- *n ham tk / uni huh 1/2 T x 4 counts*
- *jj / hug n sqz 1/2 T x 4 counts*
- *n ham tk / uni huh 1/2 T x 4 counts*
- *\*\*n swivel / alt hi tzn 1/2 T x 8 counts*
- *jj / hug n sqz 1/2 T x 2 counts*
- *n ham tk / uni huh 1/2 T x 2 counts*
- \*\* Repeat 3 times

Show neutral move (n move) to be used in work phase: Feet together, tiny hops on floor of pool (tbh) or pulse squat without lifting feet from pool bottom (A). Upper body is either uni br strk or uni rev br strk as indicated.

While I am demonstrating 'n move' I ask them if they're ready to MARCH! I let them know that we are heading into the work phase (they want to know this especially); and explain the different hand positions and LAPS options.

Stay tuned for the workout phase of Marg's class in the next issue!

## DO YOU KNOW WHEN A PARTICIPANT IS HAVING MEDICAL PROBLEMS?

by Patsy Parker, CALA Certified, Alberta

Many people often have difficulty in recognizing participants who may be experiencing medical problems. Even participants themselves may not know when they are having a heart attack, stroke or another potentially serious medical problem!!!

### Heart Attack and Angina Attack:

The signs and symptoms of heart attacks and angina attacks vary widely. However, the most common symptom (what the participant will tell you) is denial. Often, the person who is experiencing a heart attack or angina attack will insist that the pain or discomfort is just indigestion and that the pain will soon go away. It is important for the Aquafitness Instructor to be aware of potential medical problems which may occur while leading classes. Other signs and symptoms include:

- heavy feeling in the chest (this feeling may come and go);
- crushing or squeezing pain in the chest (the pain can be mild to severe);
- pain radiating to shoulders, arms, jaw or neck (men tend to have left arm pain, whereas women tend to have jaw and neck pain);
- pale, cool, clammy skin;
- nauseated feeling that may or may not cause vomiting;
- shortness of breath or difficulty in breathing.

A heart attack happens when one of the arteries that supply blood to the heart muscle becomes blocked. An angina attack shows the same signs

and symptoms as a heart attack. An angina attack is one of the first signs of heart disease. Heart attacks or angina attacks may occur when a person is:

- physically active;
- excited or under stress;
- exposed to cold; or
- has eaten a large meal.

### How to react if you are confronted with a medical emergency during an aquafitness class:

- **Stop the class, notify lifeguard, assist participant to side of pool, (DO NOT ASSIST THE PARTICIPANT ALONE, YOU COULD SERIOUSLY INJURE YOURSELF IF YOU DO!!!)**

If a participant exhibits any of these signs or symptoms, stop your class immediately and contact the lifeguard. Assist the participant to the side of the pool. DO NOT have the participant get out of the pool on their own (i.e. ladder, etc.). This participant must be removed from the water with the use of a lift or spine board. (The physical effort to get themselves out of the water may cause the participant to go into a full cardiac arrest.)

- **Determine if medication is at hand.**

Ask the participant if they have ever experienced this type of pain before and ask if they have medication for the pain.

- **If medicine is available, assist participant with use, following directions.**

If a participant has previously had angina attacks, a medication called nitroglycerine will have been prescribed for them. Assist them with their medication according to the directions.

- **Call Emergency Medical Services if pain persists.** If the medication does not relieve the pain within five minutes or if they have never experienced this type of pain before call emergency medical services or 911.

Note: As long as the participant is conscious and has a pulse, CPR is not required.

Get to know your participants. Par-Q forms are an excellent source to identify people who have a prior history of medical conditions that may occur in your classes. Know the risk factors for cardiovascular disease. People who are at a greater risk of cardiovascular disease:

- a) are smokers;
- b) have high blood pressure;
- c) are overweight;
- d) have diabetes;
- e) are physically inactive (\*Watch for new participants in September and January. These are times when people who have been inactive may begin a new exercise program);
- f) have high triglycerides;
- g) are advancing in age; or
- h) have a family history of coronary artery disease.

While waiting for Emergency Medical Services to arrive, place the participant in the most comfortable position (usually a semi-sitting position), monitor them and stay with them until EMS arrives. Be available to assist the paramedics with the details about the particular activities that the participant was doing during the class.

**Another potential medical problem that could occur in your class: Stroke or brain attack:**

A stroke or brain attack occurs when the flow of blood to some part of the brain is blocked or when a blood vessel supplying the brain bursts. The people who are at great risk of a stroke are the same as those who are at risk for heart attack and angina. Signs and symptoms of a stroke or a mini-stroke (Transient Ischemic Attack) are:

- a) visual problems;
- b) slurred speech or difficulty speaking;
- c) dizziness;
- d) tingling or numbness of the face, arm or hands;
- e) feeling weak, heavy or clumsy on one side of the body;
- f) difficulty understanding speech;
- g) unsteadiness or a sudden fall;
- h) severe headache; or
- i) loss of consciousness.

**How to react, what to do:**

- **Call Emergency Medical Services**

These symptoms may last a few minutes or hours. It is very important to get medical attention right away. Call EMS immediately.

- **Stop the class immediately, notify the lifeguard, assist participant (DO NOT ASSIST ON YOUR OWN!!!)**

The Aquafitness Instructor should stop the class and notify the lifeguard. The participant may need assistance out of the pool.

- **Place patient in a comfortable position.**

While waiting for EMS, place participants on their affected side, keep them warm and reassure them.

In summary:

As an Aquafitness Instructor on the deck, it is easy to monitor your class and to note any signs and symptoms. If a participant gets out of your class early or during class, be sure to discreetly find out if they are feeling okay – **you may save their life.**

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