

CALA

Canadian Aquafitness Leaders Alliance In
Handout



Warm-up Tips

Introduce yourself and welcome newcomers to the class.

Check water temperature and participants comfort with it. Adjust the length, intensity and movement patterns of the warm up to suit the environmental and facility conditions and the fitness level and age of the participants.

In chest deep water, check to see that participants are working at the depth correct for their height. Ask them to move to a depth at which the water reaches their armpits. For participants who are anxious in water, allow them to exercise in shallower water until they gain 'water confidence', or pair them up with another participant who will reassure them and put them at ease.

In deep water classes, assess the comfort level of non-swimmers as well as the proper use of flotation equipment by all participants.

Ensure participants have selected the correct size flotation belt, with the appropriate amount of buoyancy and have put the belt on properly.

Use up-beat and "peppy" music in the warm up to motivate and inspire.

Integrate both 'on tempo' and 'half tempo' movements to activate the muscles, generate body heat, and lubricate the joints with comfortable full range of motion movements.

Cue the slice position of the hand, the easiest foot position and/or shorter lever length to decrease the exercise intensity and allow time for the cardiovascular and respiratory systems to warm up.

Gradually increase the intensity of activity as the warm up progresses.

Give permission to participants to work at their own pace and teach them how to modify the movements to suit their needs

Avoid static stretching movements during the warm up. Instead do dynamic stretching which involves moving limbs through their full range of motion while maintaining muscular activity (large, 1/2 tempo movements). Save static stretching for the stretch and relaxation phase of the class.

Use a variety of movements, which involve different joint actions (For example: hip joint abduction and adduction: 'jumping jack' or 'pendulum' moves, as well as hip joint flexion and extension: 'jogging' or 'cross country ski' moves)

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Preview some of the arm and leg combinations or movement combinations to be utilized during cardiovascular: workout phase of the class.

Teach visual cues which will be used in the class and may be unfamiliar to participants

Do twisting and swivelling movements only at half tempo and toward the end of the warm up.

Avoid propulsion movements at the beginning of the warm up. Use light bounce, suspended or anchored moves.

Many movements utilized during the cardiovascular/workout phase of the class can be modified to suit the warm up phase of the class by manipulating the factors which affect exercise intensity including: slicing the hand, shortening the lever, using a light bounce, moving at half tempo.