

SPLASH SENSATION: FOR POOL ADMINISTRATORS & PROGRAMMERS

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If you are responsible for setting the agenda at your pool, the following ideas may be of benefit. The ideas will help you make more productive use of pool space, save wear and tear on instructors, and result in a more satisfied clientele. Who could ask for more?

First, if you are not already doing so, consider offering 45 minute, rather than 55 or 60 minute aquafitness classes. This time span offers more flexibility in scheduling and has many advantages for the client as well. Be sure to explain to your aquafitness participants the benefits of this class length. The article included in this issue of Wavelink, is entitled: Why 45 minutes? It will be useful for to educate staff and clients.

Second, we know that the effectiveness of aquafitness training depends upon proper movement execution and participant effort. Often, in large classes, instructors have difficulty assessing and coaching new clients effectively. A learning period is required, and this is best accomplished in a small group or one-on-one with a CALA certified instructor. New participants need to see how movements in water look, when demonstrated by the instructor on deck and when executed properly in the water. Visual and verbal cues can be demonstrated and explained during this learning period. Further, novice 'aquafitters' benefit from being carefully observed and kindly corrected as they attempt stable, purposeful aquatic movement. An intimate, small group setting allows new participants to share health information and ask questions while the instructor gets to know their name and learning style. This is important for safety, as well as client retention.

How do you accomplish valuable contact between instructors and clients?

Create an 'Introduction to Aquafitness' class! You might have a more interesting name, like: "Getting Your Feet Wet"; "Splashing With Purpose"; "All the Right Moves"; "Seahorse Riding Lessons"; "Making Waves"; "Drive Don't Drift"... let imagination and the clientele be your guide. This class would ideally be offered frequently at the start of each new program session and occasionally throughout

the aquafitness program. It could be scheduled a number of different ways:

- * **Aqua Personal Training***
This could involve a booking system where by a client schedules a private session with a qualified, certified instructor.
- * **Introduction to Aquafitness Class***
Small groups of individuals may sign up for this special class.
- * **15 Minute Splash & Learn** or **Technique Quick Tip Splash & Learn***
This mini class could be offered just before a regular aquafitness class starts. Try offering this mini session on a daily basis during the first week of the session, and during specified classes after that. This 15 minute time block will be available if your facility is offering 45 minute aquafitness classes.

Both clients and instructors will benefit from this preparatory training, making the facility run smoother. Happier clients, and happier instructors create a thriving environment.



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