Equipment:
1 pair small Hydrofit buoys, or empty Chlorox plastic bottles
optional: webbed gloves, kickboards, water woggles,
optional: Aquasocks or Aquashoes

General Hints and Tips
• water level should be between umbilicus and armpit, the deeper, the less impact and the more calories burnt
• always land on ball of foot, roll onto whole foot (heel touches down!), push off with ball of foot
• to lower impact, bend knees on landing
• never ever lock any joints
• arm movements stay completely in or completely out of water, don’t change medium halfway
• students should have all equipment handy (spur of the moment teaching)
• I give lots of verbal cues, therefore:
  ▪ no talking
  ▪ no music
  ▪ same vocabulary
• new class or lots of new students: from deck, else I get in myself
  ▪ to protect my body
  ▪ to be among my students (we, not you)
  ▪ to share my students’ workout
  ▪ to set pace (no music)
  ▪ to stay aware of difficulty/problems with transitions etc.
• new students are invited to be close to me to watch, to also see/hear me better, and I see them better…..

Structure of Class:
• warm-up: easy, short lever moves, large muscle groups
  ▪ to get feeling for being in the water
  ▪ socializing
  ▪ exchange of news/info
  ▪ set up posture
• dynamic stretches: longer lever moves, some part of body keeps moving while other parts are stretched
• cardio section
  ▪ aerobic warm-up (more short lever moves, arrive in target HR zone)
  ▪ aerobic/circuit/interval training at various intensity levels
    (various choices from categories below)
  ▪ cardio “cool-down” (gently lower HR, but prevent cooling out or pooling blood)
• abdominal work in suspension (“horizontal”/“V-sit”, with floating device, feet don’t touch bottom anymore)
• static stretches/relaxation
Intensity

• intensity levels without equipment:
  ▪ 4 levels of effort:
    ▪ 25%
    ▪ 50%
    ▪ 75%
    ▪ 100%
  ▪ 3 levels of intensity:
    ▪ bounce
    ▪ lower body until shoulder deep, touch bottom but don’t bounce
    ▪ suspension (= “deep water”, feet don’t touch bottom)
  ▪ travel
    ▪ forward
    ▪ backward
    ▪ sideways
    ▪ grapevine (feet alternately cross in front and behind)
    ▪ in circles (in place, but change direction faced)
    ▪ whirlpool
  ▪ ladder
    ▪ upward (alternate 2 exercises, do 2,4,6,8,etc. reps each)
    ▪ downward (as upward, but start with larger number of reps)
  ▪ hard/easy:
    ▪ 20/20” (20” on, 20” off)
    ▪ 30/15”
    ▪ 1”/1”
  ▪ square:
    ▪ do one move ~ 8 x in each of four directions
    ▪ do second move, then first move in N, then E, S, W direction
    ▪ add yet another …..

variety with equipment:
• buoys, bottles, paddles
• water woggles
• kick boards, balls
• wall
Selection of Moves

**jogging - regular** (high knees, roll from ball of foot onto heel [whole foot], push off with ball of foot)

- **wide legs** (football tires)
  - regular arms (alternately up and down along sides, reach for same knees)
  - arms stretch side to side close to surface of water
  - side to side, palms up shoulders under,
  - reach down across, touch ankles alternately/simultaneously (frogkick)
  - reach behind, touch heels same side / opp side
  - “hackysack” - ankles come up center close to hips (watch out for knees)
  - “Charleston” - ankles come up outside, (knees stay together) try to touch with same side hand (watch out for knees)
- Russian Dance, legs up in front or at angle to outsides
- with a clap under alternate knees
- ballet leaps
- push out in front
- squeeze shoulderblades (elbows go back, pulse, or touch buttons in front)
- breaststroke circles
- reversed breaststroke circles
- push-pulls
- arms "tic toc" (body sidebends, arms stay still, no movement at shoulders)
- arms do circles to sides (out, down, in, and up) alternately, also other direction
- arms do circles in front of body (out, down, in, and up) alternately, also other direction
- arms do circles to sides (clockwise, anticlockwise) simultaneously, at various angles
- arms do circles in front of body (clockwise, anticlockwise) simultaneously, at various angles
- arms in back move buoys up & down spine alternately, also doubles (simultaneously)
- jumprope both directions

**arms stay above water:**

- Marionette (elbow to same knee)
- standing crunch: hands on shoulders, opp elbow to opp knee
- straight arm in large circle from ceiling to touch opp foot kicking to the surface
- screw lightbulbs in ceiling, doorknob out to side, out in front
- pull rope from ceiling, from the right, from the left, from in front
- touch shoulders, extend to sides, extend to front, extend to ceiling
- high elbows, touch neck/extend to ceiling
- small wrist crosses, travel in front from surface of water to ceiling and back
- arms straight out to side, or out to front, or up to ceiling, small circles, both directions
- pec fly (elbows at right angle, open and close)
- also, elbows submerge (arms form V), churn water
- “lat pull-down” - same arm position (in open), lift and drop elbow
- upright crunch - elbow to opp knee (hands on shoulders)
- cossack kick with arms crossed at chest

**cross-country - regular** (long straight legs, straight arms)

- then **add** a twist at waist
- let arms hang down, roll at shoulder (hunch shoulders, open chest, doorknob at thigh)
- straight leg toe touch (opp hand)
- toes to surface kick, arms stabilize in back
- “Rockettes” high but diagonally across
- small and fast ("speed walk")
- bent-knee cross-country
- pulse in bent-knee position
- rocking horse, change leg
- ballet leap, change leg
- slightly lean forward, kick out behind
- scissors legs (similar to cross-country, but arms over same leg, do several on same side)
- go scissors one leg, jumping jacks, scissors other leg, descending (8-6-4-2-1)
- "karate kick" one leg to front, to side, to back, body stays straight, other leg down, do one leg first, then other, or do each kick with both legs

**hurdler**

- regular arms
- arms out to side, rotate buoys (doorknob)
- arms swing at sides, palms lead (flip in front and back)
- arms swing at sides, backs of hands lead, flip
- both arms out in front, palms down, then simultaneously swing back and forth, no flip
- both arms out in front, palms up, then simultaneously swing back and forth, no flip
- elbows pull back (open chest), pulse / go forward diagonally
- hold a "ball", twist it, figure 8?
- reach across and touch opp buoy (repeat same arm, then switch side)
- interlock buoys, go side to side
- add a twist in torso, back buoys touch back ankle

**X-legs** (arms over same leg, at 10 & 4/ 2 & 8 o’clock)

**jumping jacks**

- regular, with regular arms
  - with buoys touching in front of body
  - with buoys touching in back
  - with buoys touching alternately in front, (center,) and in back
  - arms outside of water
- pendulum, like sideways rocking horse
- grapevine, same leg crosses over in front, in back, alternately, (travel)
- arms out to side, palms up, pull them down to thigh (squeeze elbow to waist)

**reverse** (when legs open, arms close & vice versa), various arms (as above)

with **cross overs**, opposite arms cross over alternately, too
- with a twist (look at sides, look back)

**small straight leg crosses** (small and fast)
- with arms palms down out to side on surface of water
- with palms up / roll from palms up to palms down
- elbows pull back

**closed stance**

- feet together, rock forward onto toes, back onto heels, arms scoop opp direction
- heel taps forward (opp arm push forward)
- heel/toe twist (heel tap toes point outward, then toe tap toes point inward, then other leg), use Marionette arms
- hip rolls, both directions
- twist: shoulders in water, hands on hips, twist torso against resistance of water, legs may come up, or not
- Masaaai jumps (really high)
- moguls - (double leg kick with hip twists)
• kick down at sides, kick up in middle
• kick up at sides, kick down in middle
• add arms (opposite side pushes down, then both simultaneously (to same side))
• twisty moguls
• single knee lift ctr, hands clap under knee, then dble knee lifts
• “bunny hop” forward hops dble legs, arms up, high knees (alternate with frog?) travel both ways

sitting position
• leg extension single arms button up & down spine
• squeeze knees and arms behind back
• bent leg cross
• cossack alternate legs, single monkey arms
  • do same leg several times, then switch
  • both legs simultaneously, double monkey arms

ab work (pike position)
• small Xovers ascending/descending
• in pike position, leg squeezes, toes just break surface
• leg circles, & change direction
• ankle circles, change direction
• legs up, point toes, flex foot
• single leg lifts
  • straight up
  • hip turned in "across" other leg
  • hip turned out "away from center"
• crunches:
  • regular / rowing / touch buttons underneath bent knees
  • buoys touch ankles
  • with straight legs, together, or straddle
  • twist at waist, shoulders square, crunch sideways
  • elbow to knee
  • legs straighten on side, crunch in center switch side to side
  • diamond/bell (hips turned out, knees out, soles of feet together, pull heels to butt)
  • hip dips (one hip up, other under) = "ankles cross & roll side to side"
• shoot throughs (kick in front/tuck, flip on stomach/kick back), (fishflops)
• shoot throughs (side to side, tuck in ctr), bent knees, straight legs, (floating rodeo kick)
• on back, L foot aims across body at R hand, vice versa
• bicycle, seated, forward, backward, travel, spin, both sides
• bicycle, lying on side, forward, backward, travel, spin, both sides, change direction big clock circle
• straddle throughs to stretch abs
• wagon wheels

water waggles/noodles (variations)
• hold shoulderwidth in front
  • press down with jog
  • various abdominal exercises
  • lean forward at angle, hamstring (heels to butt)
  • lean forward at increasing angle, push-ups (or rather, push-downs)
    • position 1: lunge, 2: both feet back, on toes, 3: both legs float up
• hold wide in front
  • push side to side with rocking horse sideways
  • with lunge to one side, sway from side to side
• hold across back (under arms)
• various abdominal exercises  
• sit as on swing, or sit in straddle  
• various "sitting" exercises  
• with partner, face each other:  
  • cross country, pull on other's noodle  
  • jumping jacks, noodles on surface out and in, up and down  
  • noodles under water out and in  
• with partner, face away from each other  
  • try to run forward (tug o' war)  
• hold wide in front at ends, stretch up and overhead down back as far as comfortable  
• stand on it, one foot then both, for balance and footmassage  

on wall  
• hang on, on stomach, flutterkick, also dble time, also straddle and close, also wide leg flutter  
• back to wall, flutterkick, also dble time, also straddle and close, also wide leg flutter  
• scissors, switch side  
• face wall, one knee up to side, hop to other  
• one arm biceps circles  
• one arm triceps circles, or triceps push downs all with same arm, then switch  
• tuck, sweep all the way out & open chest  
• modified push-ups (stand at angle, lean into wall)  
• push-ups (arms narrow, regular, wide, 8 each)  
• backwards push-ups  
• belly against wall, fanny kick  
• donkey-kicks (foot high up in front, then high up in back), same leg, then switch  
• chorus-line (foot high up at side, small leg cross behind), same leg, then switch  
• back to wall, one knee bends, circle inward, then outward (fig 8?), other leg  
• fire hydrant  
  • in up position leg extension  
• figure eight with bent knee  
• side to wall, 1 foot touches wall knee high in front, goes out & around, touches wall in back  

combination moves  
• 2x seated leg squeezes, shoot through onto stomach, roll onto back, 2x seated leg squeezes  
• one scissor one leg, jumping jack, one scissor other leg  

stretches  

torso:  
• R side close to wall, R hand holds gutter, reach out to L, L ear on arm  
• L arm reach over head to R, L hip push out  
• come to ctr, L hand holds gutter, R hand reaches overhead to L, hip at wall  
• back to wall, one foot flat on wall, knee across body to opp side, try to touch wall, then other leg  

legs:  
• calf, achilles  
• quads & hip flexors (hold your ankle, knee down, or in a lunge)  
• ankle on knee  
• hamstrings (hold on to gutter, V, toes at surface, side to side pull and stretch), or  
• pull leg out to back  

upper body:  
• tall overhead,  
• triceps  
• across the chest  
• away from wall  
• open chest  
• wrist circles, piano  
• shoulder circles  
• shoulder shrug to ear  
• head rolls