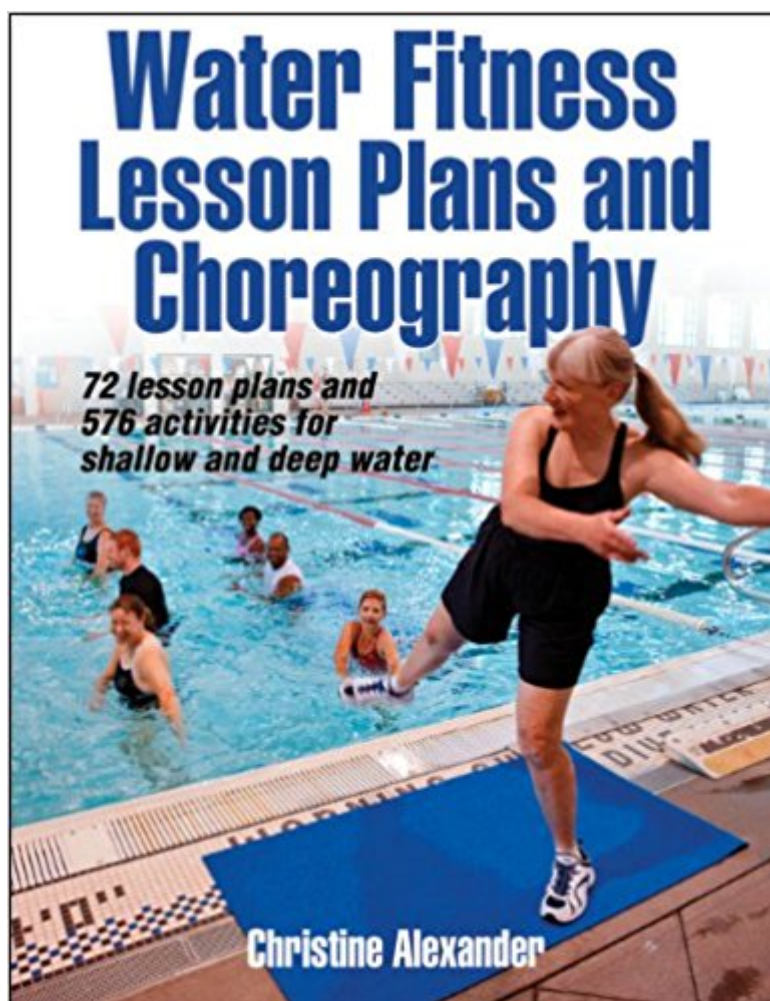




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# Water Fitness Lesson Plans And Choreography



## Synopsis

Water Fitness Lesson Plans and Choreography helps new instructors learn the basics of class organization and keeps veteran instructors out of the proverbial teaching rut. This reference contains 72 lesson plans for shallow and deep water—each including a warm-up and cool-down, variations, choreography, and modifications. A total of 576 exercises are described and accompanied by 253 photos that depict the key features and the corresponding choreography. The lesson plans are organized into two sections: shallow and deep water. Each lesson plan for shallow water has a corresponding lesson plan for deep water. All that instructors have to remember are the specific exercise modifications to take the routine from one end of the pool to the other. This allows instructors to learn, remember, and feel comfortable offering a variety of class formats. This book describes how to establish and meet class objectives through the three phases of any successful water fitness class: the warm-up, the conditioning phase (for cardiorespiratory fitness or muscular strength and endurance), and the cool-down. It includes other fundamental information as well:

- Four easy-to-use choreography styles to keep classes engaging
- Troubleshooting tips for creating a flowing and successful class
- Key differences between shallow-water and deep-water exercise to aid in selecting the best format to meet objectives
- Common names and anatomical terms for each exercise to help new instructors learn which exercises work what muscles
- Information on modifying the class to attract and cater to various populations
- Tips for cueing, choosing music, and preparing for each class

Over two million people participate in water fitness, so good water fitness instructors are in high demand. Water Fitness Lesson Plans and Choreography will help new and veteran instructors create well-organized classes so that participants meet their objectives, come back for more, and have fun!

## Book Information

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## Customer Reviews

Christine Alexander is a water fitness instructor for the City of Plano Parks and Recreation Department at Oak Point Recreation Center. She teaches additional classes for the City of Addison, the City of McKinney, and the YMCA. She is a nationally certified water fitness instructor and an instructor-trainer through the United States Water Fitness Association. She is also a certified water fitness instructor through the YMCA of the USA and an Arthritis Foundation Aquatic Program instructor. She has served as a board member for the Metroplex Association of Aquatic Professionals, including a three-year term as president of that organization. As an advocate for water fitness, Alexander regularly presents master workouts and has conducted her own introductory course for water fitness instructors. She also enjoys mentoring beginning water fitness instructors. Alexander lives in Plano, Texas, with her husband, Jim. In her free time, she enjoys weight training, cooking healthy meals, and organic gardening.

I read all the reviews on this book and was a bit dubious because I sensed that people were not altogether happy with it but bought it anyway. I live in another country, so postage was high. The quality of this book is not. If you have any knowledge as an aqua aerobics instructor, you don't need this book. The exercises are so basic, I think a class of 90 year olds would be unchallenged. The range of exercises is very limited and if you were 10 minutes in a pool and trying out different moves you would have covered the full range of these exercises without having to buy the book. She spent 2.5 pages on walking! The only equipment she uses is a noodle, and again there is only a very small number of exercises and they are really basic, not to mention obsolete. Who does squats and lunges in a pool anymore! She has black and white photos to demonstrate exercises but no photos for the list of alternative exercises that she gives and I found her explanations on how to do these alternatives exercises difficult to understand. And as for the lesson plans, I wouldn't have a class if I did those. I have never seen an aqua class in which there were such a limited range of exercises. But what she does go on about ad nauseum are lists of muscle that are being used. I am presuming that instructors have already done all the courses which tell us this anyway, and we don't need to have almost every line of the book focusing on something we already know. And then there are the

cueing tips - why did she waste the paper putting those in. Save your money, do not buy this book.

Very detailed and illustrated. Even gives cueing (if you teach water fitness, you'll know what I mean).

Great pictures, very helpful. Would recommend for anyone starting a class.

I just started teaching my first water aerobics class and this book saved my life. I watched tons of YouTube videos but when it came time to build my own routine this was the book I turned to. It has so much information and was so helpful!

I love this book!! I'm a new certified water aerobics instructor and this had everything I needed to help me have a successful teaching experience!!

Not quite what I thought.

helped me learn to teach water aerobics but would have liked to see more pictures and less workout plans, the workout plans did not explain how to do the added additions to each exercise.

The book is pretty well done. I like how it gives you so many complete class workouts, however I was looking for choreography a little more innovative and updated. I also wish it came with a dvd to better comprehend some of the movements.

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