



SPLISH SPLASH

Aqua Fun For Everyone!

Carrie Ekins MA

TAKE A SPLASH!



A unique program that focuses on games, socialization, dance and FUN!

Aquatic exercise is making a splash in the fitness arena and not only consumers around the world are discovering the benefits of working out in the pool, fitness centers, spas, schools, athletic teams and rehabilitation centers are recognizing the benefits of Aqua programming. Weather they are kids, youth, older adults or athletes wanting to cross train, deconditioned participants to therapeutic application, water provides the perfect medium to enjoy the benefits of health and fitness in all walks of life independent upon age, health and or gender. Water exercise offers something all can enjoy, no matter what their swimming skills are.

Splish Splash - Aqua Fun is performed in the water and combines the components of fitness – cardiovascular, strength, flexibility and coordination along with the components of dance, rhythm and music to provide a program that is effective and most of all FUN!



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Goals:

The goals should be to encourage healthy activity and enjoyment in a liquid environment. Provide a format to improve health on multiple levels, teach skills, build teamwork and socialization develop long-term enjoyment for music, rhythm, movement and aquatic fun!

Success:

When individuals are successful, it translates into a better feeling of self worth, and provides them an opportunity for further creative and cognitive growth.

Socialization:

Group activities are designed to enhance the experience of working as a team to accomplish a goal.

Positive Environment:

In a non-judgmental and fun atmosphere, is essential to the growth process and is essential to the socialization process.

Fun:

- **Fun** is an important aspect of this program. It is important to adapt the program to fit the physical and maturational levels of the children while at the same time attracting them emotionally.



"No one should underestimate the importance of play!" - Sigmund Freud

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Guidelines:

- Obtain the proper qualifications and certifications for before teaching Aqua Fitness, swimming or similar programs in the water.
- Understand the components of an Aquatic Fitness.
- Know the physical laws applied to the aquatic environment and understand how do these laws affect the movement, action and equipment utilized?
- Know the pool depths, temperature and position or the safety equipment of each pool that you are teaching in.
- Water Temperature, water depth, tempo should be considered when developing your aquatic program.
- Follow the guidelines from ACSM and AEA for exercise prescription.
 - <http://www.acsm.org>
 - <http://www.aeawave.com/>
- Promote safety on all levels, beginning with equipment choice to game and rhythmical or moving skills.
- Understand emergency procedures and first aid assistance.
- Participants of any aqua programming must have the appropriate skill level for the class that is being offered. This particular class requires participants to be able to stand in chest deep water without fear of falling in the water.
- Participants must be able to recover from both a prone and supine position in the water as well as dive or submerge under water for a short period of time.
- Teach proper form and techniques to ensure safety.
- Growth and development characteristics of children and Youth, Male and Female are of utmost importance.
- Know your participants agility and fitness levels so you can make the appropriate movement and music selections.



Elements of Teaching:

- The choreographic and rhythmical patterns should be introduced one at a time from simple to more complex. It is advised to give the patterns names to help individuals remember each sequence in a cognitive manner.



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- Repetitions and frequently repeated sequences to provide security and a feeling of success.
- Support and reward creativity and participation.
- Provide movement skills that help promote a healthy body image which ensures a healthy self-image. Body image is dynamic and is ever-growing therefore adjusting the program according to the maturation and fitness levels of your students.
- Develop movement and rhythms that challenge the physical and cognitive level of participants.
- Use rhythms and movement to stimulate both alpha and beta brainwaves.
- Teach cross-over patterning to improve synchronization between the right and left brain hemispheres.
- Integrate proper pedagogic and cueing of teaching.
- Understand how to work and adapt your program for special populations.
- Provide Socialization and Teamwork opportunities.
- Foster a non-competitive environment.
- Think of *Land-Based Dance* moves, slow them down and adjust them to fit into a *Water Base* format. Get in the water and try the movements out personally before teaching your participants.
- Always give level options
- Alternate difficult moves with easier patterns both in intensity and difficulty
- Keep movement patterns simple and flowing. Increase intensity by increasing ROM of the movement
- Neutralize the movements first, before transitioning to a new move and before any directional change.
- Remember even small changes in hand position, ROM and speed can change the intensity level exponentially in the water.
- Depending upon the ability and fitness level of your participants perform jumping and leaping moves in a stationary position before you begin travelling rebounding movements.

carrie.ekins@wellnessconcepts.de
www.drums-alive.com
www.academic-beats.com