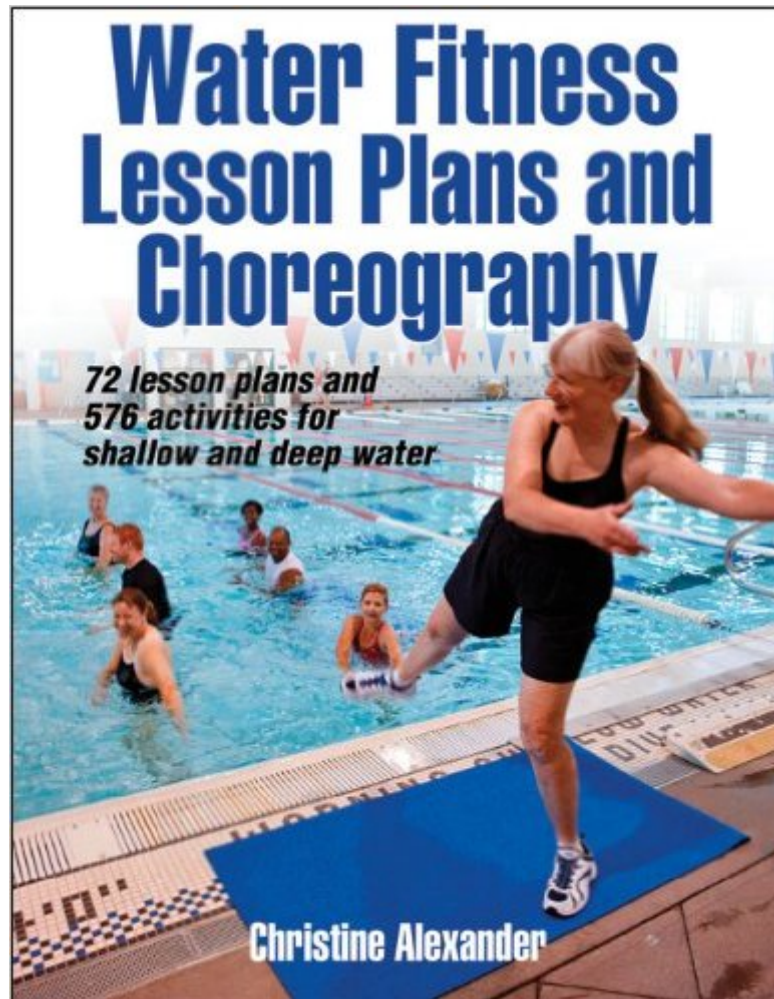


The book was found

# 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! v

## Book Information

Paperback: 200 pages

Publisher: Human Kinetics; 1 edition (December 20, 2010)

Language: English

ISBN-10: 0736091122

ISBN-13: 978-0736091121

Product Dimensions: 8.5 x 0.6 x 10.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #373,530 in Books (See Top 100 in Books) #20 in [Books > Arts &](#)

Photography > Performing Arts > Dance > Choreography #41 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #122 inÂ Books > Education & Teaching > Schools & Teaching > Curriculum & Lesson Plans > Lesson Planning

## **Customer Reviews**

These days it is so hard to find good books with lesson plans to teach our Water Fitness Classes! This is a excellent resource! Money is tight we can't always attend classes,conventions...this is a great book to make up your own routines!

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.

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!

Very good for someone who is starting out and don't know the moves yet. Use this book when I travel, at hotel pools. Many options so it doesn't get boring.

Excellent. Exactly what I wanted. I am a former Aqua Aerobics Instructor and needed a refresher, Just what I was looking for!!!

Just what you need for great choregrapy in Aqua. I used new routine today they loved it!! Can't wait to do more!

Lots of different routines presented. The only con is that it is sometimes difficult to match the exercise to the routine since they are in different locations.

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!!

[Download to continue reading...](#)

Water Fitness Lesson Plans and Choreography Belly Dance Beyond Moves, Combos, and

Choreography 82 Lesson Plans, Games, and Exercises to Make Your Classes Fun, Productive and Profitable Water Is Water: A Book About the Water Cycle African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy) Nursing Care Plans: Nursing Diagnosis and Intervention, 6e (Nursing Care Plans: Nursing Diagnosis & Intervention) Tiny Houses: Tiny House Plans, Woodworking on a Tiny House and Living Mortgage Free (Tiny Houses, Tiny House Living, Tiny House Plans, Small Homes, Woodworking Book 1) 1295 Best Selling Home Plans (Country & Farmhouse Home Plans) Ultimate Book of Home Plans: 730 Home Plans in Full Color: North America's Premier Designer Network: Special Sections on Home Designs & Decorating, Plus Lots of Tips Lowe's Best-Selling House Plans (Home Plans) Designer's Best One-Story Home Plans: Over 300 Best-Selling Plans Basement Home Plans: 100 Home Plans That Grow with You Delmar's Pediatric Nursing Care Plans (Pediatric Nursing Care Plans (Delmar's)) No Standing Around in My Gym: Lesson plans, games, and teaching tips for elementary physical education The 1st Three Years of Dance: Teaching Tips, Monthly Lesson Plans, and Syllabi for Successful Dance Classes The Giant Encyclopedia of Lesson Plans for Children 3 to 6 (GR-18345)

[Dmca](#)