



Water Fitness Lesson Plans and Choreography

Christine Alexander

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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!

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Typically the book Water Fitness Lesson Plans and Choreography has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. This articles author makes some research just before write this book. This book very easy to read you can obtain the point easily after reading this article book.

Inge Reader:

Exactly why? Because this Water Fitness Lesson Plans and Choreography is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who else write the book in such amazing way makes the content interior easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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