

WATER AEROBICS

(Monday/Wednesday/Friday)

9:00 A.M. -9:50 A.M. updated on 8/2/2023

Equipment: Noodles, clock, Music

Warm up/Stretching

1. Feet shoulder width apart lunge side to side x2
2. Take chin down chest and then up to the sky
3. Now rotating only to the front take chin to your right shoulder then middle then left x2
4. Shoulder rolls- with your thumbs up like hitchhikers roll arms back x5 then go forward x5
5. Arm stretch-bring right arm across chest move wrist to the right 5 times then to the left. Repeat with your left arm across. Now take your right arm behind you, with your left hand gently push down on your right elbow. Repeat with left side
6. Put both feet together and clasp your hands in front of you and roll up like a cat, now stand up and put your hands behind you and grab fingers and pull down.
7. Bring right knee up to your chest roll ankle to right than left, cross leg over and sit down on edge of chair. Repeat with left leg
8. NOW BEGIN AEROBICS THE NEXT STRETCHES YOU DO AT THE END OF CLASS
9. If you can bring right leg up to bottom left arm come out for balance, repeat with left leg
10. Stand with feet shoulder width apart and take a deep breath in while raising arms over your head slowly release breath REpeat X2

BEGIN AEROBICS

(have them jog in between exercises)

1. Rocking Horse-go forward on right leg back on left, bring hands forward and back in water x25 repeat with left leg forward.
2. Frog jump-have legs in frog position and brings heels up to your bottom, for more cardio you can bring elbows up out of water x25
3. Jumping jacks-arms and legs do the same thing-arms out to side feet out then bring arms in front of you and feet come together.Now arms are out to the side feet out and then arms go over head and feet together repeat x25
4. Heel touch-opposite side hand to ankle x25 then go behind opposite hand to heel x25, put it together four in the front and four in the back x25
5. Cross Country Skiers-opposite arm opposite leg. Right arm/left leg than Left arm/Right leg like you're skiing up a mountain pushing off the bottom of the pool. (THIS IS THE ONLY TIME WHEN YOUR LEG IS BEHIND YOU YOU DON'T PUT YOUR HEEL DOWN)
6. Kick boxer's-kick R. leg to the side then pull it back down to L leg repeat with then L. leg, arms punch out in front of you for more cardio. when your bring your arms back squeeze your biceps x25
7. Football Fast Feet-for 1 minute have them run in place as fast as they can feet apart for 4 then feet together for 4. Arms by your side moving back and forth. After 1 minute rest for 10 seconds while jogging. Repeat twice for a total of 3 sets.
8. Run forward then backwards- doing high knees go forward 8 steps then go backwards 8 steps doing butt kicks X4.(HALF THE CLASS WILL COME TOWARDS AND THE OTHER HALF WILL GO BESIDE YOU) Now have them go backwards shoulders under water bringing your arms in front of you doing circles your just jogging backwards 8 steps Now turn around and go back X4
9. Check Pulse-x 15 seconds. Tell them to x that by 4. They should be working towards doubling their resting heart rate.
10. Bicycling -have them grab a noodle and go from the stairs to the deep end . Have them put their hands in the air. x
11. Arm circles
 - big circles going forward x 15 seconds
 - small circles going forward x 15 seconds

- repeat-one more time each
- big circles going backwards x 15 seconds
- small circles going backwards x 15 seconds
- repeat-one more time each

Ab workout-* they will stay right where they are*

1. Ab crunches-lay on back brings your knees up to chest x25. Turn on R side repeat x25 then L side x25
2. Upper Abs-cross your R leg over L leg bring knees up to chest, now do upper crunches x25, turn on R side repeat x25, then turn to L side repeat x 25
3. Stretch Abs-lay on stomach arch back, take a deep breath in and slowly blow out
4. Diamonds- lay on back put heels together bring legs up to make diamond then push legs straight x25
5. Sit and shoots- bring knees to chest with legs together shoot to the R side then the L side x25
6. Seated scissors-make a large triangle with your legs pull right over left, then left over right x 25
7. Tread water for 30 seconds-they can use their noodle or for more cardio they can let go of their noodle.
8. Mermaids- Lay on your back legs straight bring knees to chest roll forward onto stomach now bring knees up to chest and squeeze and pull to get back onto your back x25
9. Stretch Abs- lay on stomach arch back take a deep breath slowly blow out X2
10. Have everyone go back to the deep end and have them in put their feet up out of water and only use their arms to get back to the shallow end(we kind of do this has an fun race

Noodle/arms-legs

1. They might want to change out noodle- the bigger the noodle the more work out
2. Arms-put noodle in right hand, have hand in the middle of noodle bring the noodle down your thigh x15
3. Now take R. hand and go straight down your side x15
4. Repeat on L side
5. Put noodle in front of you both hands on noodle, bring noodle down to thighs up to top and repeat x15-(like your rowing)
6. Put noodle behind you-push it down x15-now take feet off the bottom of the pool bicycle and continue to push it down X15
7. Make the letter U put your R foot on the middle of the U- push foot down x15 then turn leg out to side repeat x15
8. Repeat on L leg

TURN NOODLES IN AND STAY AT THE EDGE OF POOL TO START COOL DOWN (BEFORE YOU START THE COOL DOWN YOU DO ONE MORE EXERCISE CALLED THE CIRCUIT -YOU TREAD WATER AND HAVE YOUR LEGS GO FORWARD , THE BACK, THEN RIGHT SIDE, THEN LEFT SIDE X 1 MINUTE)

NOW START COOL DOWN:

1. Put both feet up to edge of pool and hands on edge sit down like your sitting on the edge of a chair X2
2. Take one step back with both feet and push keep hands on edge of pool and push forward (getting a great stretch in your calves)
3. Now bring R. foot to edge, keep L foot back and push against edge (stretching calves again repeat with L. leg)
4. Put both feet up on wall of pool and try to straighten legs
5. Now repeat warm up exercises to finish class.