

IFC Aquafit Addendum To Evaluation Performance Standards

I. Warm Up

- ◆ Introduces self, class type, class length.
- ◆ Inquires as to water shy, non-swimmers etc.
- ◆ Information as to drop off to deep end and meds on deck.

II. Aerobic Conditioning

- ◆ Muscle conditioning may be mixed throughout the cardio to prevent quick cooling during prolonged periods of muscle isolation.
- ◆ Arms are in the water (chest and deep) except for very brief choreographed exercises. ie. a hand clap, finger snap, etc.
- ◆ Smooth transition into muscle conditioning work.
- ◆ Shows how to modify: resistance using different hand positions, turbulence by using postural moves to stabilize the body, and buoyancy by using different levels of impact.

III. Muscular Conditioning

- ◆ Performs safe and effective exercises for the abdominal muscle group. May be integrated into cardio work.

IV. Cool Down

- ◆ Provides options for those who cool too quickly to complete this component in the pool or shower area.
- ◆ Relaxing climate.

V. Leadership

- ◆ Specific cues for foot position (not on toes) and breathing (do not hold),
- ◆ Teaches exercises or movement patterns using a combination of learning techniques; facing class, back to the class, on deck, in the water, uses a chair or pool ladder.
- ◆ Demonstrates suspended moves when appropriate (optional).
- ◆ Can work on tempo or ½ tempo to provide variety.

VI. Personal

- ◆ Dresses appropriately and safely - bathing suit, tights or shorts, shoes are recommended.
- ◆ Educational component.

Updated: January 2004

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YMCA-YWCA of d'Ottawa-Carleton