

<b>WARM-UP</b>	
Check water temperature & music volume	Assess comfort of non-swimmers & Introduce yourself
Use easiest levels like slice & easy hop ...avoid propulsion	Use a mix of tempo (T) & ½ temp (1/2 T) moves
Use controlled dynamic stretching (never static stretching)	Prepare mind & body; cue proper body alignment
Increase joint lubrication	Do twisting & swivelling toward end
“On-the-spot” for at least 5min to generate stable, warm muscle temperature	Use sculling arms initially for new participants
Preview moves to use later in class (especially new ones)	Near end, add traveling at low intensity to prepare postural muscles for stabilization
Check all participants for proper water depth (i.e. shallow = tickle armpits; deep = collarbones out)	Use upbeat, peppy, fun music which the participants relate to (e.g. from 1920s-1940s for those 70+ yrs)
Use a variety of joint actions across all 3 planes of movement	Give permission to participants to work at own pace
Start with small movements and then increase ROM	Cue proper, regular breathing (i.e. in & out through nose or in thru nose & out thru mouth)
Gradually increase participants’ heart rates & breathing rates	Check Rate of Perceived Exertion, RPE (e.g. s/b 1 or 2 out of 5)
Required class component – for ALL classes	Choose daily, weekly, monthly themes (i.e. muscles 2b used, movement, ADL, fun, etc.)
Typically, 5 to 10 minutes (i.e. out of 45min – longer if colder water or for older participants)	

<b>CARDIO</b>	
Avoid over-use of already over-used muscle groups (i.e. e.g. hip flexors)	Stimulate mind-body-spirit connection thru interesting/different combos
Change moves regularly to avoid any muscle fatigue	Use large leg muscles to perform continuous, rhythmic movements
Work around body to change joints, joint actions & muscle groups used	Give participants intensity /movement options throughout (i.e. how to make move easier & harder)
Check Rate of Perceived Exertion, RPE (e.g. s/b 2 or 3 out of 5)	Use movements on & off spot with proper posture; use inertia & turbulence for intensity challenges
Challenge participants by changing SOM, SA, lever length, ROM, working position & movement direction	Use music with a motivating, steady, strong beat; songs that provide longer, continuous sets
Avoid extended periods of swivelling	Allow participants to practice identifying working level
Utilize/challenge all 3 energy systems (i.e. since all used in real life)	Optional class component – depends on water temp & clientele
Cue regular breathing pattern	Up to 35 minutes (i.e. out of 45min)

## MUSCLE STRENGTH & ENDURANCE (MSE)

Select muscle groups NOT targeted in other components AND not already over-worked	Educate participants about names & functional significance of working muscles
Enforce regular deep breathing (i.e. focus on exhaling during "exertion" phase)	Have participants maintain strong mental focus – focusing on muscle & technique
Frequently cue proper exercise technique & safety measures	Change exercise before or as when participants' technique begins to diminish (i.e. near fatigue)
Repeatedly cue proper body alignment & use of stabilizers	Use "synergistic" (coordinated leg or arm) movements to keep warm & assist with balance
Check Rate of Perceived Exertion, RPE (e.g. goal = 3 or 4 out of 5)	Give permission to work at own pace
Avoid extended periods of swivelling	Identify how the working muscles relate to daily life
Optional class component – depends on water temp & clientele	Adding equipment for participants who are ready for increase in muscle intensity
Length of time depends on the water temperature & class purpose (could be 10 to 15 min out of 45 min)	Can be interspersed as intervals inside of cardio portion

## COOL & STRETCH

If cold water, move stretch to warmer water/area (i.e. teach pool, sauna, hot tub... location based on participants & facility)	If cold water, suggest extra stretching on land (e.g. additional stretching class/training)
Create a relaxing, calm atmosphere (go ahead & use yoga ideas here)	Use equipment, wall/ bottom or gravity (i.e. move to shallower water) to increase effect of static stretches
Add movement between stretches to maintain muscle warmth	Use a mix of dynamic & static stretches (i.e. movement between static stretches)
Required class component – for ALL classes	Gradually decrease effort to prevent muscle cramping
Stretch muscles used in class 1x	Stretch generally tight muscles at least 1x (i.e. so if you use a tight muscle in class, stretch them 2x at least)
Use relaxing gentle music to connect with participants' spirit	In cooler water, stay on the spot for entire time (hint: warm muscles stretch, cold muscles tear!)
Depending on water temperature, 5 to 10 minutes (i.e. out of 45min – could be longer for older)	