


WATERinMOTION 37
To Get In or Not To Get In:
That is the question!

Written and Presented
 by Connie Warasila
www.WATERinMOTION.com
water@scwfit.com
 847-562-4020




Jump in, the water's fine!

- Great way to connect
- Motivating to clients
- Saves deck wear & tear on your body
- Avoid overheating
- Experience the same physical sensations






Considerations Summary

- students' knowledge of the choreography
- attendance of new students
- temperature
- your ability to communicate
- management of group dynamics
- ease of getting out of the water
- equipment and sound system location
- managing the opening and closing of class.



Students' knowledge of the choreography

- Name the moves consistently
- Consistent terminology
- Consistent visual and verbal cuing
- Watch for signs of diminishing confidence

New Students

- “I’ve never done water before.”
- “What is WATERinMOTION?”

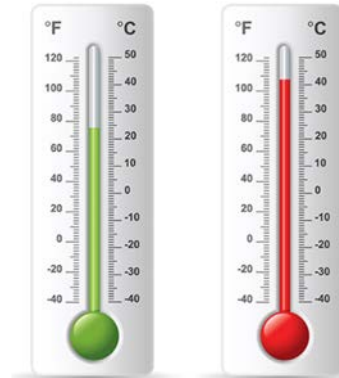


DECK TEACHING!

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Temperature

- Moderate air temps – more deck teaching
- Hot air temps – more water teaching



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Communication from the Water

- Rely heavily on verbal cues, arm signals, facial expressions
- Increase verbal cuing volume
- Move around



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Management of group dynamics

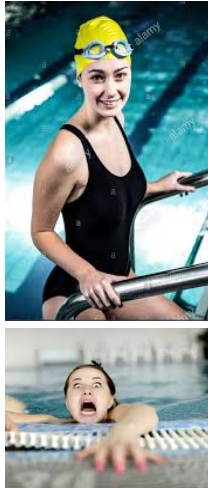


- If you notice the following, return to deck:
 - More talking among students
 - Reduced movement intensity
 - Lack of focus

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Returning to Deck

- Where are the ladders/stairs?
- Can you pull yourself up?
- Is it professional and graceful?



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Appropriate Water Wardrobe

- Be prepared to get in
- Avoid street clothes
- Remain professional when wet



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Microphone use

- Is your microphone waterproof?
- Maybe take it off
- Maybe stay on deck



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Beginning and Ending

- Warmup and Flexibility on deck
- Greetings and Farewells



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Thank you!
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The new wave in aqua exercise

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