

WATERinMOTION® 38 & Platinum 17 Back to the Basics

Written and Presented
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ALMOST **10** CELEBRATING
YEARS

- Growth and change
- Celebrate and evaluate
- A fresh look at deck demonstration



Loading Down

- Everybody needs the practice
- Deck simulation of rebound
- Visual cue is the most effective



Loading Down Practical

- Bend your knees/lower your center of gravity
(when students land on the bottom of the pool)
- Lift your body/rise up on the balls of your feet
(when students are up in the water)
- Shift your body weight slightly forward
- Limit full rebound demo to 2-4 beats of music
- Be safe by using a mat



Categories of Movement

– One-footed rebound (hop or jog)

- Leg swings, soccer kicks, Jog, run, kicks, pendulum



– Two-footed rebound (jump)

- Jump rope, jumping jacks, moguls, tuck jumps

– Suspension (no contact with the pool bottom)

- Cross Country, Jacks, Shoot throughs



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Rebound: One-footed Moves

- Jog/Run
- Kick
- Karate Kick
- Leg Swing
- Pendulum
- Leap

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Rebound: Two-footed Moves

- Jump
- Jumping Jack
- Cross Country

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Neutral/Suspension Moves

- Cross Country
- Jack
- Flutter kick
- Seated kick
- Shoot-through

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Practice and Evaluation

- Practice each basic move, referring to the chart in the article and pictures
- Video yourself performing each basic move
 - Watch your video and evaluate the accuracy of your moves
- Video yourself teaching WATERinMOTION®
 - Watch your video and evaluate the accuracy of your moves



A group of people are in a swimming pool, performing water aerobics exercises. They are all wearing swimwear and have their arms extended horizontally.

Thank you!
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The waterinmotion logo, with the tagline "The new wave in aqua exercise" below it.



A woman is in a swimming pool, smiling and raising her arms in a V-shape. She is wearing a black swimsuit.



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