

## AQUA BOX/CLASSICS LESSON PLAN

### WARM UP (5 MIN.)

LEG SWINGS-RIGHT LEG FRONT TO BACK - 10  
LEG CROSSOVER-RIGHT LEG IN FRONT - 10  
LEG CROSSOVER-RIGHT IN BACK - 10  
HALF MOON SWING-RIGHT (DOWN LOW) - 10  
HALF MOON SWING-RIGHT (MID HEIGHT) - 10  
REPEAT WITH LEFT LEG  
HEEL-TOE ROCKING WITH PALMS UP & DOWN - 10  
SHOULDER ROLLS FORWARD - 10  
SHOULDER ROLLS BACKWARDS - 10  
CLIMB THE ROPE - 25  
HULLY GULLY - 25  
TUG OF WAR TO THE RIGHT - 25  
TUG OF WAR TO THE LEFT - 25

### BOXING -

HIGH KNEE JOG & BOX - 50  
UPPER CUTS RIGHT ARM - 50  
UPPER CUTS LEFT ARM - 50  
RIGHT/LEFT UPPER CUTS (RAPID PACE) - 30 SEC  
CROSS OVER JABS WITH SCISSOR LEGS RIGHT ARM - 50  
CROSS OVER JABS WITH SCISSOR LEGS LEFT ARM - 50  
RIGHT/LEFT CROSS-OVER JABS STANDING IN PLACE (RAPID PACE) - 30 SEC  
RIGHT LEG KICKS - 25  
LEFT LEG KICKS - 25  
RIGHT LEG KICKS - 25  
LEFT LEG KICKS - 25  
RIGHT/LEFT KICKS - 25

### HALF JACKS - GET WATER

### CLASSICS-

LEAP FROGS - 25  
PENDULUM SWINGS HANDS IN WATER (ARMS OPPOSITE SIDE) - 25  
PENDULUM SWINGS HANDS OVER HEAD (ARMS OPPOSITE SIDE) - 25  
BABY FROGS - 25  
POGOS - 25  
CROSS COUNTRY - 25  
ROCKING HORSE-RIGHT LEG - 25  
ROCKING HORSE-LEFT LEG - 25  
ELBOW TO KNEE OPPOSITE SIDE - 25  
ELBOW TO KNEE SAME SIDE - 25

HALF JACKS – GET WATER

MAMA FROGS – 50

LEMON PUSHERS – 50

STRAIGHT LEG KICKS (REACHING FOR OPPOSITE TOE) – 50

WASHING MACHINE – 50

CROSS COUNTRY TUCK & GLIDE - 50

PAPA FROGS – 50

LEMON SQUEEZERS – 50

REVERSE POWER JACKS – 50

FUNKEY CHICKENS – 50

ALTERNATING STRADDLE KICKS – 50

HALF JACKS THEN SIDE LUNGE TO END OF POOL TO GET NOODLE

RIDE NOODLE TO END OF POOL (NO HANDS)

RIDE NOODLE BACK TO END OF POOL (BACKWARDS-NO HANDS)

FROG CRAWL ON TUMMY WITH NOODLE EXTENDED OUT TO END OF POOL

FROG CRAWL ON BACK WITH NOODLE UNDER ARMS TO END OF POOL

SWITCH TO BELLS

PUMPING OIL FRONT - 50

PUMPING OIL BACK – 50

BICEP CURLS RIGHT SIDE – 25

BICEP CURLS LEFT SIDE – 25

REST ARMS (DO EITHER TRAFFIC COPS OR PLAY PIANO)

PENDULUMS WITH BELLS TOGETHER (OPPOSITE SIDES) – 25

CROSSCOUNTRY WITH BELLS – 25

REST ARMS (DO EITHER TRAFFIC COPS OR PLAY PIANO)

OVERHEAD BELL TAPS TOGETHER – 25

OVERHEAD BELL TAPS OPPOSITE – 25

CLEOPATRAS

PULL THROUGH

SIDE LUNGE TO PUT BELLS BACK

SPIDER WALK STRETCH TO FAVORATE SPOT IN POOL

STRETCH UP ON TOES ARMS UP

BENDING TREE STRETCH TO RIGHT

BEND TREE STRETCH TO LEFT

BENDING C STRETCH

FLAT FOOT BASEBALL SWING

SCREEN DOOR RIGHT LEG – 3 TIMES

SCREEN DOOR LEFT LEG – 3 TIMES