

Lesson Plan for Classics Class -- submitted by Jean K. Greuel

Warm-up:

- Slow jog and punching to the front.
- Figure 8 with arms to the side while still doing slow jog.
- Swinging your arms at shoulder height side to side in front of your body.

Stretching and loosening up:

- Roll shoulders back, roll shoulders forward.
- Stretching out neck – leaning right ear to right shoulder and then left ear to left shoulder and then dropping chin.
- Alternately reaching up with each arm to the ceiling.
- Alternately reaching with each arm across the front of the body.
- Opening arms wide to the back.
- Circling hips one way and then the other way.
- Swinging right leg back and forth, circling right leg in one direction and then the other direction, swinging right leg out to the side, hugging knee and circling ankle one way and then another way, with knees together lifting leg to the back and holding ankle – quad stretch. Then repeating all these moves with the other leg.
- Reaching to the ceiling with both arms stretched up to the ceiling, standing on tip-toes. Then reaching to the front and leaning back on heels.

Cardiovascular Workout:

- Cross country ski – first standing in place and then moving in back and forth.
- Ankle touches, then heel touches, and then up and down at the side. Stationary and then moving back and forth.
- Elbow to knees on the same side – again stationary and moving back and forth.
- Jumping rope – skipping, skipping with a kick-out from the knee and hot-peppers.
- Scissor set – right leg power scissors, left leg power scissors, power jacks and then starting with your legs straddled and then jumping up.
- Jog set – jogging in place and/ or moving and doing various arm moves – punching to front, punching down at the side, breaststroke, crawl stroke, push and pull with arms to the front and to the side, big levers, spin your wrist.
- Playing basketball – jumping up with right hook, left hook and jumping to block the shot.
- Lemon squeezers and froggies.
- Three sets of flutter kicks up by the ramp – each set is 2 minutes long – alternating with power kicks and karate kicks.

Toning with Noodles:

- Wrap noodle around waist and have legs float straight out in front – open and close legs with toes pointed to the ceiling, then toes pointed out, and then toes pointed in.
- With noodle around waist lay back in the water – alternate one leg out of the water at a time; crunches – with legs together, right ankle over left, left ankle over right, and then number 4 leg lifts with each leg.
- Holding noodle in front – pushing noodle in and out in front; then diagonally and then above head.

Stretching:

- Face the ramp and stretch one leg to the back on the floor – foot flat on the floor and lean into the ramp – calf stretch and then do the other leg.
- Another calf stretch but pigeon toeing the foot.
- Walk feet up the side of the ramp – leave one foot on the ramp and stretch other leg behind and the reverse and do other leg.
- Straddle legs on the ramp and pull toes toward you.
- With legs straddled on the ramp – swing side to side and hold for a few seconds on each side – inner thigh stretch.
- Walk feet together and put body into a tuck up against the ramp and then push bottom toward the floor – lower back stretch.
- Walk away from the ramp – punch your arms above your head to the back.
- Swing arms side to side at shoulder height in front of your body.
- Roll shoulders forward and then back.
- Neck stretch – ear to shoulder and then other side and then drop chin.
- Reach to the ceiling with both arms, up on your toes and then lean back on your heels and reach to the front.
- Give yourself a hug and drop your chin.

AQUA FITNESS WORKOUT 2006

Deanna Harpham

WARMUP 10 min.

Jog up and down pool about 5 min. (till everyone gets warmed up and organized)

Arm Stretches (arms outstretched and 10 counts per each exercise)

Arms at side, bring to center, repeat

Arms at side to arms overhead, repeat – head, bring down repeat

Arms to front, arm chop above head, down to waist, repeat

Pectorals

Neck/shoulder stretch

Arms above head / lean to the right

Drop left arm to side, stretch right arm /neck opposite direction

Repeat other side

Neck Stretch

Turn head from side to side, looking over each shoulder, hold

Torso stretch

Hands clasped out behind waist / stretch arms back

Tilt head back (head and arms become U-shaped), hold

Arm / Elbow stretch

Touch hands in back – right arm over right shoulder, left arm reaching from waist level – touch hands

Do opposite arms

Leg Stretch

Right leg extended back, foot flat on floor, left knee bent

Reach arms out in front, hold

Pull right heel up to behind – keep knees together, hold

Right knee up in front, rotate foot

Extend right leg to front, point and flex, touch toes

Repeat with left leg

AREOBIC – 25 – 30 min.

1. Move back and forth across the lane:

Moves alternate between large and short muscles (legs extended, legs bent)

March, knees high

Cross Country, cup the water in both directions with hands in a figure 8

Cannon Ball, scrunch and extend

Side Lunge

Leap Frog, stretch and reach

Soldier Kick, with or without arm movements

2. In place: 1st set -- 30 reps, 2nd set -- reverse order doing 20 reps, 3rd set -- 10 reps from
Do 30 reps
Scissors R
Mama Frogs
Jump Joy
Lemons, arms up, arms out
Scissors L
Funky Chicken
Power Jack Center
Hat Dance
Reverse order -- do 20 reps
Reverse order again and do 10 reps

Go to side of pool and kick 20 times
Daddy Frogs across
Alternate Daddy Frogs and Jump for Joy in place
Mama Frogs back
Kick
Lemon Squeezers across
Alternate Lemon Squeezers and Jump for Joy in place
Hat Dance back
Kick
Jump for Joy in place
Pogo stick

AROEBIC COOL DOWN

Move back and forth across the lane:
Rocking Horse R
High Heels in back
Rocking Horse L
Hat Dance behind
Side lunge across and back (this move signals the end of aroebics, then it's joke time)

STRETCHING/TONING 10 – 15 min. (Weds.)

Mon – noodles, Fri - volleyball

Aqua Weights: - 10 – 15 reps each – keep weights below water line at all times

Pump arms up and down at sides
Pump arms up and down in front
Arnolds – from sides bring weights together in front
Arnolds behind – bring weights together in back
Roll out arms/shoulders
Arms extended to side – pull weights down to side legs
Arms extended in front – pull weights down to front legs
Arms extended in front – pull weights in an arc (butterfly style)

Roll out arms/shoulders

Bicep curls

Tricep curls

Arms down at sides – do slow cross country moves

Roll out arms/shoulders

LAST STRETCH

Arms above head, bring down to sides

Right elbow up/ hand on shoulder

Left elbow up/ hand on shoulder

Pull right arm across body, hold

Pull left arm across body, hold

Extend arms up and out

CLASSIC WORKOUT

by Vickie Bank

WARM UP

Low Intensity Jogging (Length of Pool)
Cross Country Skiing (Length of Pool and Backwards)
Rocking Horse (Length of Pool and Take Backwards)

ACTIVE STRETCHING (Jogging in Place)

Bicep Curls
Tricep Press
Long Arm Levers in Front and Straight Back
Figure Eights
Lateral Arm Swing in Front of Hips
Lateral Arm Swing Behind Hips
Lateral Pulldowns
Knee Up, Out, Across Body and Lunge Back (Standing)
Leg Swing (Front to Back)
Leg Swing (Laterally)
Up on Toes, Back on Heels
Baseball Swing (Standing)

AEROBIC SEGMENT (25 Minutes Using Pyramid)

Toy Soldier (Length of Pool and Backwards)
Baby Frogs (Length of Pool and Backwards)
Rear Leg Lifts Using Motor Boat Arms (Length of Pool)
Ankle Touches Front and Back (20)
Elbows to Knees (20)
Climb the Rope
Scissor Arms and Scissor Legs
Cross Country/Half Jacks
Over the Log Side to Side
Over the Log Front to Back
Pendulum
Pogo
Mama Frogs (20) (Across Pool Short Lap)
Jog In/Jog Out (Arms Punching Out in Front)
Daddy Frogs (20) (Across Pool Short Lap)
Tucks (Cannonball) (20)
Lemon Squeezers (20) (Lemon Pushers for Less Intensity)
Garlic Presses (20)
Jump for Joys (20)

AEROBIC COOL DOWN

Giant Step to Side (Length of Pool and Back)
Toy Soldier (Length of Pool and Back)
Bicycling on Noodles (Length of Pool and Backwards)

TONING AND STRETCHING SEGMENT

Stomach Crunches Straight Leg (Using Noodles - 25)

Bent Knee Crunches (20 to 25)

Diamonds

Double Knee Twist For Obliques (20)

Pull Thrus

Double Leg Lifts

Scissors in Chair Position

Straddles in Chair Position

Machine Presses (3 sets of 10 to 12)

Lateral Pulldowns with Hamstring Pull (3 sets of 10 to 12)

Tricep Press (Using Rubber Bands) Straight Down, Across
Chest and Diagonal (2 sets each arm of 10 to 15)

Bicep Curl (Using Rubber Bands) (2 sets of 10 to 15)

Front to Back Swing with Legs

Abductor Lift and Adductor Press

Figure Eights

Knee Up, Out, Across and Lunge Back

Up on Toes and Back Onto Heels

Hugs

NICOLE'S WORKOUT

Cardio portion

To adjust to temperature of H2O-jog 1 lap down frontwards and 1 lap backwards

Stretch then 1 lap side lunges - changing sides half way down the pool

20 push-ups

Holding onto wall - stair stepping (legs behind in H2O, jogging fashion, one knee coming into wall other leg extending straight behind) 40 count

20 push-ups (10 hands pointed in, 10 hands in triangle)

Form group circle or square: walk on heels while doing this

Jog-10

Touch ankles in front-10

“ “ “ back-10

Jog-4

Jog narrow/narrow - wide/wide-20

Jog-4

Cowboy hoedown-20

Pendulum-10

Jog-4

Low kicks to each side (alt)-10

Jog-4

Low kicks in front (alt)-10

Straight leg kicks behind (alt)-20 Push-pull arms

Bent leg lifts behind (alt)-10 Same arms

Jog with following arm workout - med to high knees:

Climb rope up-15

Lat pull down-15

Front pull down-15

Machine press-15

Push down by sides in H2O(alt)-15

Side lunges w/ bow & arrow arms (alt)-10

Jog-4

Cross country ski-rebound-20

Rocking horse each side-10

Jog-4

Karate Combo for 15: punch/punch, hook/hook, front kick/front kick

Russian (alt)-10

Jog-4

Side Karate Kicks (alt)-10

Jog-4

Personal Circle both directions twice

Jog-4

Scissors arms in front-10

“ “ “ back-10

Power Jacks-20

Yippee-15

Power Jack/Yippee Combo-10

Jog-4

Bee-Sting-15 (tuck w/arms shooting out front)

Wasp-15 (wide tuck w/arms shooting out front)

Bee-Wasp Combo-10

Cross-country ski Scissors Combo-10

Jog arms out of H2O bent at 90 degrees alt machine press fashion (not crossing plane of nose)-10

Baby frog-8

Mama frog-8

Papa frog-8

Jog-10 white water from arms moving

Papa frog/Lemon squeeze Combo-15

Jump 4 Joy-20

Jump rope arms moving forward-10

“ “ “ “ backward-10

Jog-20 white water from arms moving

Toy Soldier push-pull arms-10

“ “ arms out of H2O-10

Jump over log-front/back-8

side/side-8

diamond shape-8

Jog-4

Pendulum w/hop-10

Jog-4

Straight leg kicks behind-10

Cross country ski-neutral position (in H2O up or over shoulders, no bouncing or rebounding)-20

Scissors slowly-10

Side lunges (alt) with bow/arrow arms slowly-5

Jog much slower-10

Calf raises-10

Walk on heels to get equipment at one end of pool

3 big breaths thru nose out mouth

Toning Portion

Breaststroke down 1 lap with buoys

10 push-ups

Reverse breaststroke back down 1 lap with buoys

10 push-ups

(Group will then spread out accordingly)

Pull-thrus-20

Cleopatras (triple kick alt sides)-10

Upper Crunches-20

Lower Crunches-20

Helicopter for stretching-3 each direction

Stretch

CLASSICS WATER AEROBICS CLASS**Audrey Olive**

Section and Length	Que's	Exercise (instructors choice 20, 25 or 30 reps.)
Warm-up 5 min.	Carefully warm up	Little jog (Do these exercises up/down length of pool) Easy cross-country Wide leg jog
Warm-up 5 min.	Stay in your spot/ Careful with your elbows/Don't hyper-extend	<u>ARMS:</u> Palms up and down Windshield wipers Breast stroke front/reverse Heel lifts and criss-cross arms in front/back/alternate Baseball swings Number 8's with palms of hand
	Don't hyper- extend knees/ If lower back hurts be careful not to swing leg too far back/Squeeze your buns	<u>LEGS:</u> One leg thru all exercises then other leg Short leg kick Full length swing Swing leg left then right Screen Doors (Knee up, open, across and back) Pogo Karate Kicks Side to side Baby Frogs
5 min.	Let's get moving across the pool Pick up the pace! We need to get moving!	Ankle touches in front Ankle touches in back Machine press arms and heel lifts Elbow to knee Spider man Climb the rope Heel lift and palm in hands Basket ball bounces (left hand, right hand, alternating hands)
<p>During <u>cardio</u> all of the following exercises are alternated with cross country, run and swim or power jog across the pool. The following exercises are sometimes done while crossing the pool and for a slower workout done in a circular motion.</p>		
Cardio 20-25 min.	Take deep breaths Land flat-footed	Half Jacks Six kicks (6 kick in front, side then back)

		Jump for joys Power Jacks Reverse Power Jacks Mama Frogs Junior Frogs Papa Frogs Lemon Squeezers Garlic Presses Funky Chicken Pump hands/ high knee jog (palms down, up, angle etc.) Swing leg front to back Reindeers Cross Country-half jacks Papa frogs-lemon squeezers Basket ball (right hand, left hand, both hands) Jump rope Skip rope Toy Soldiers Rocking horse Repeater Splits Swimmer legs on side of pool Bicycle legs on side of pool
	We are half-way thru your workout think about your rate of perceived exertion! Breathe, breathe breathe!!	
	Slow down pace and heart rate	Side to side Pendulum Hoe down Russian dancers Cannon balls Up and over the log Boxing: single punches, dbl punches and upper-cuts
Cool down 5min.	Take deep breathes/ slow heart rate	Pogo Little karate kicks Cross country stretch Baby frogs Side stretch (length of pool) Grapevine (length of pool)
Tone 10 min.	Don't hyper- extend knees/Keep control of weight/ Resist and push weight slowly	<u>LEGS:</u> Knee up and down Bent knee out to side and then up and down Short leg swing Full leg swing front to back Swing leg left and right Fire Hydrants

Press
Tap toe down to bottom of pool
Nestea plunge

Don't hyper-
extend elbows/
No death grips with
hands/Resist and
push weight slowly/
Keep elbows tucked

ARMS:
Alternate weights up and down
Palms up
Palms down
Arm presses in front
Arm presses in back
Tricep curls in back
Flys to the side
Flys to the front weights meet under belly button
Barrel rolls forward/back/alternate
Push ups
Cross country arms
Nestea plunge

Use ab muscles

AB's
Bicycle down the length of pool and the backwards
Leg scissors open and close
Leg scissors up and down
Ab crunches alternating feet up
Number 4 crunches
Number 4 side crunches
Diamonds or Bell side crunches
Press soles of feet together and crunch
Pull thru's
Straddle pull thru's
Cleopatra's (can be doubled)
Helicopters
Rickshaws
Triple crunches (side, front, side)
Nestea plunge

Stretch
5 min.

Reach for sky on tiptoes
Alternate arms to sky flatfooted
Side stretch for 10 seconds
Cat stretch
Dog stretch
Shoulder roll (forward, backward, up and down)
Hug
Squeeze shoulder blade

Knee to chest and circle ankle left, right and point and flex
Grab toe and stretch
Hurdler stretch
Half moons
4 stretches
Toe and heel stretch (toes straight, in and out)

Neck stretch arms up (left and right)
Look left then right
Sweep head down left and right
Chicken neck stretch