

MAKING MOVES WITH AQUA GROOVES

*Presented by
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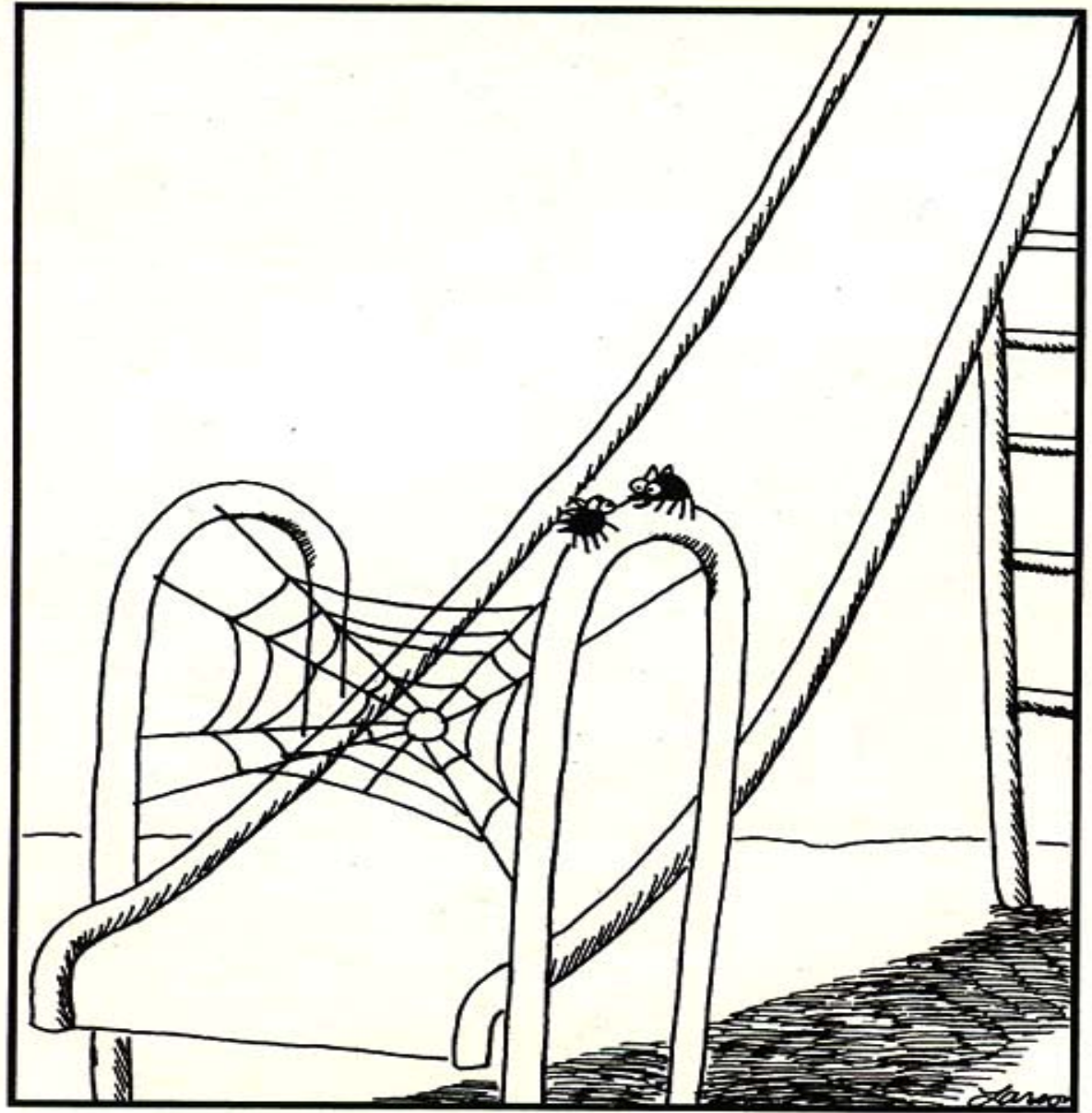


Aqua Groove objectives

- Define groove
- Senses and the power of a class
- Participants to performers
- Benefits of aquatic fitness mixed with dancing
- Creating an experience for your classes with Salsa, Cumbia, Merengue, Reggaeton, Samba and Latin Hip Hop (this is an active portion- WITH PRIZES!)
- Qualifications and resources to keep you groovy



Finding
your
groove



“If we pull this off, we’ll eat like kings.”

Groove definition

- An established routine or habit
- Enjoying oneself
- Dancing with one's own rhythm
- Performing well
- How does this transfer to the aqua floor?



THE MORE STEPPING STONES ACROSS THE
CREEK, THE EASIER IT IS TO CROSS IN
YOUR OWN STYLE



New England Journal of Medicine Study

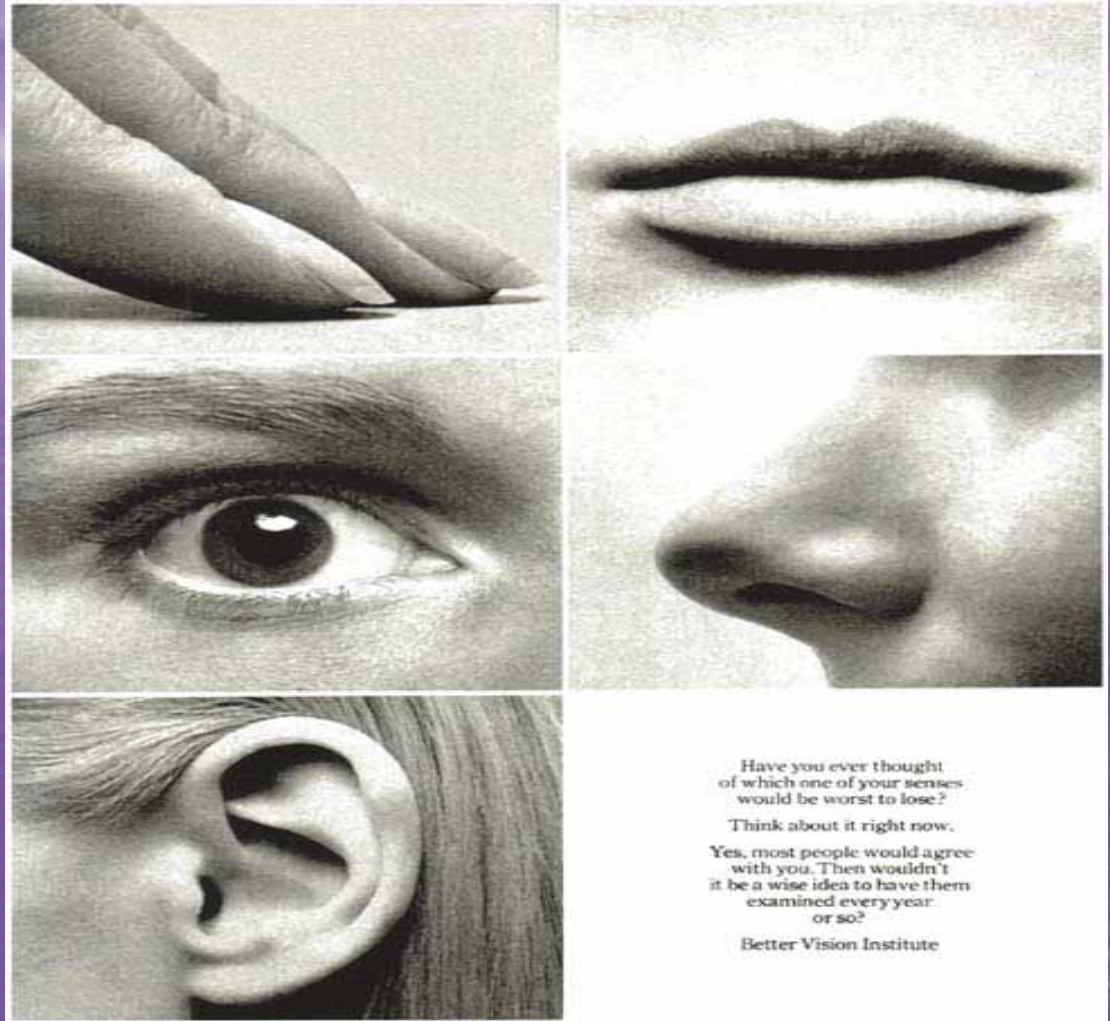
- Studied 75 years or older for 21 years to measure if recreational activities had any bearing on mental acuity in aging
- Many activities used, ONLY physical activity to offer protection against dementia
- Participants who did this 4 x a week reduced their risk by 76 % compared to 47% reduction with this activity
- Do whatever you can to create new pathways



Senses and the power of groove

When's the last time
taste, smell,
sight, hearing
and touching
affected your
aquatic fitness?

Where could it bring
you and your
participants?



Have you ever thought
of which one of your senses
would be worst to lose?
Think about it right now.
Yes, most people would agree
with you. Then wouldn't
it be a wise idea to have them
examined every year
or so?
Better Vision Institute

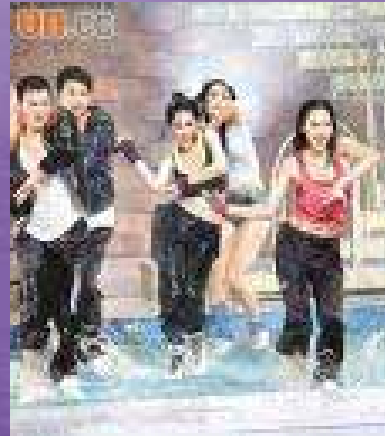
Why Aqua Groove works

- Your inner BABY is sheltered by water
- No one can see your two left feet
- Blood circulation with a beat mimics the heart rate
- You don' have to know how to swim or dance to groove
- From teens to the chronologically enriched-it's a fit!
- Dancing and aquatics connect kinesthetic, rational, musical and emotional processes



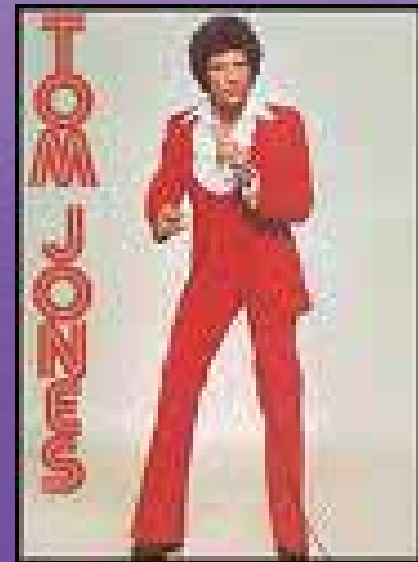
Various styles of aqua groove

- Use of direction slower
- Short vs long levers to vary intensity
- Balance
- Transferable skills
- The Johnny Castle Principle



The chair portion of this lecture is now over

- Find your water, your two left feet, your senses and get ready to groove!
- Quick reminder of intensity, heart rate, go at own pace and PAR-Q chat

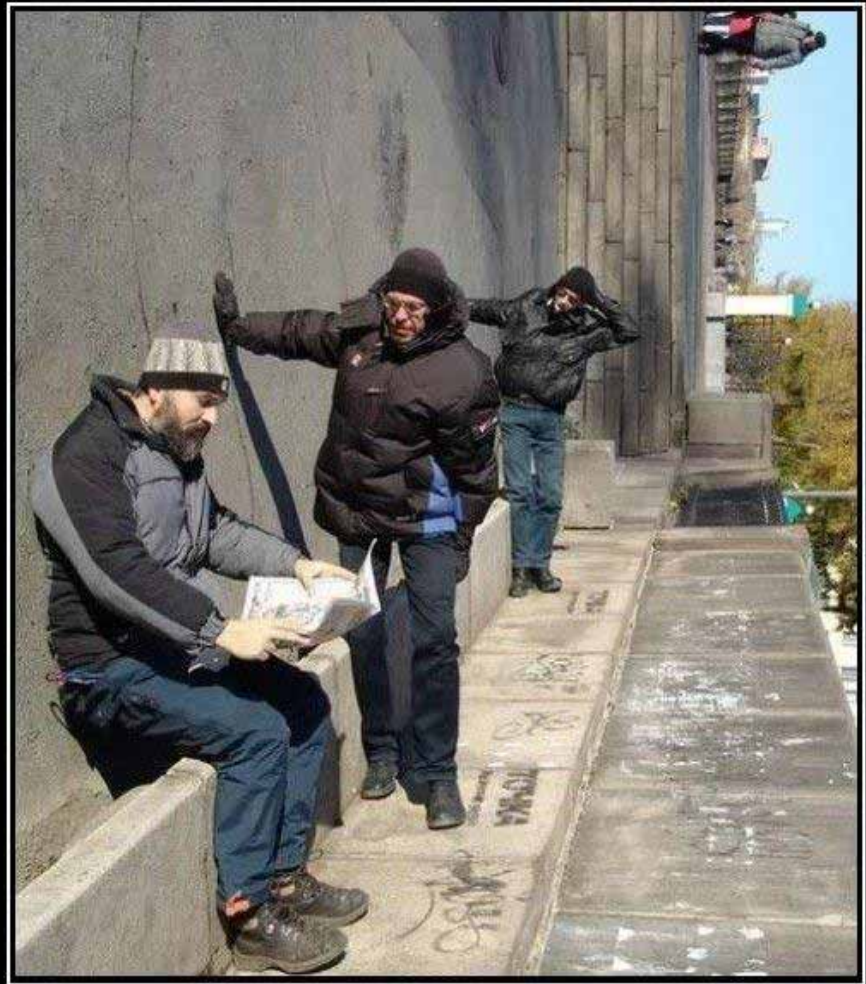


Our groove selection today courtesy of ZUMBA FITNESS

- Caribbean *"Baila pa' emociona"* warm up
- *"Nena Bonito"* Merengue
- Salsa *"Quimbara"*
- *"Mueve la Pump"* Latin Hip Hop
- Reggaeton *"La Batidora"*
- *Samba* Grooving
- Colombian Cumbia - *"Pa' Charco"* warm down

Thoughts

- Safety with the groove
- Creating an experience
- Benefits of finding your aqua groove
- The Johnny Castle Principle



PERSPECTIVE

Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the truth.

Remember

- Trust your feet and your heart to make your class a part of something special
- Use a few moves in other classes- or a your next staff meeting



Sources



- Learn from www.calainc.org
- Check out www.zumba.com
- Enjoy www.waterart.org
- Find funk at www.ymca.ca
- Visit www.findlawrence.com to unleash
- Visit www.town.bracebridge.on.ca in Muskoka , don't forget Gravenhurst, Lake of Bays and Huntsville-Obama won't in 2010
- Feel free to email at fvanderwerf@bracebridge.ca

Certs and fun

Any Aqua Groove Questions??



- Mom and Wife
- B.A, BSc Physical Anthropology /Classics from Lakehead University
- Can Fit Pro- OAS, PTS, NWS, FIS, PPS, CPR
- Pro Trainer- FIS /OAS/ CPR
- WaterArt-Specialized Populations and Aqua Fitness
- CALA- Aqua Fitness Instructor
- Zumba / Zumba Gold Instructor
- YMCA-Yoga, Spinning, Group Fitness, Aqua Fitness, Individual Conditioning
- Multiple Ironman Triathlon athlete and marathon finisher
- Low Ropes and Climbing Wall Certified CUI Level Two
- CAC- Boxing and Triathlon
- Published Fitness, Travel and Nutrition writer
- Certified Parade Balloon Handler-Macy's NYC
- Ashtanga Vinyasa Yoga Teacher 500 hours
- Achilles Athlete Supporter

THANK YOU FOR COMING OUT!
Safe drive home!
Thanks for volunteering Louise



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