

Workshop Goals

Enjoy an energized fusion of Pilates, strength and easy to follow rhythmic movement in the aquatic environment. The focus of this workshop will be how to add Pilates to your current aquatic class that can combine awareness to the Power House, stability, strength, flexibility and mobility.

I will emphasize that working in your bodies "power house" is the surest way to get your core conditioned and guide you through a class that works from the deepest level of the core muscles (abs, thighs, lower back and gluteals).

Objectives

By the end of this workshop you will:

- Be able to define and apply a compression of the abdominal known as the "scoop" with every movement
- Develop an awareness of the power house and understand how to improve core strength
- Be able to apply land based Pilates movements into the pool that are effective for all fitness levels
- Feel REJUVINATED and the sense of stress RELIEF stress

Definitions

Power House - An area that powers each movement. Described as a four-inch band that wraps around the middle from the hips to the ribcage, back to front.

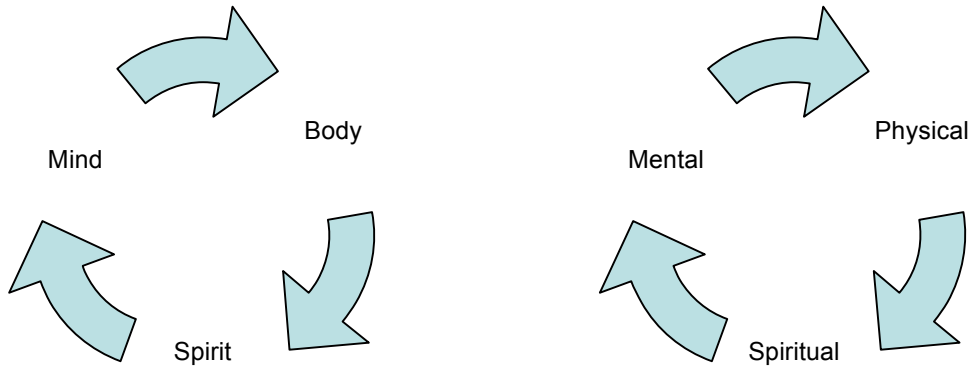
Scoop – An image that is a hollow created as the lower abdominals are lifted up and under the ribs. Biomechanically, it represents the synergistic interaction between the transverse abdominals, pelvic floor and multifidus to initiate Pilate's movements, support the spine, and stabilize the pelvis.

Why would you want to add Pilates movements to your class?

- Adds variety to your exercise program
- Builds a strong, healthy body
- Improves posture, circulation, energy and stamina

- Delivers a long, lean, sculpted look

Considerations



Focus on clues that build on strengths and weaknesses

Questions to Ask Yourself

Think of your current class and answer the following questions.

Question	Answer
What should I introduce first?	
Which exercises will improve the performance of another?	
Exercise difficulty?	
When are my students ready?	

Pathway of Learning



Progression Guidelines

Center of Gravity

- Point where the weight of the body is concentrated
- Point where the weight of the body may be said to act
- Location
- Changing the Center of Gravity

Base of Support

- Part of the body is in contact with a stable surface
- Changing the Base of Support
 - Wide is more stable
 - Narrow is less stable

Surface Stability

- Buoyant or weighted surfaces
- Changing the Surface Stability

Exercise Complexity

- Coordinating multiple actions in a sequence accompanied by rhythm changes and breath changes
- Best learned when elements can be rehearsed independently
- Changing Exercise Complexity
 - Building blocks
 - Part teaching

Rhythm and Tempo

- Tempo = speed of movement
- Rhythm = timing of a movement
- Dynamics = accent of a rhythm

Safe and Appropriate Progression


- ✓ Introduce no more than 1 new variation or exercise per class
- ✓ Teach to the ideal
- ✓ Build strength and stamina
- ✓ Teach transitions
- ✓ Challenge the ideal

Signs of Readiness

Is the student ready for it?

Physically 

Mentally 

Emotionally 

Tips to Assure Success

- Take small steps
- Safety first
- Look for signs of readiness
- Remember everyone is at different stages of learning
- Have compassion
- Focus on the quality of the movement

Music Selection

- Sometimes it's good to get away from "aerobic music". Try music that allows you to focus on the mind, body and spirit
- Take advantage of music that lacks lyrics so that you can speak easily to your students – and hold their attention

Today's music selection:

Jayne Zylstra
(952)229-7305
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Session #404 - Fluid Pilates

Hundred
One Leg Circle
Ester Williams
Abdominal Series:
 Single Leg Stretch
 Double Leg Stretch
 Single Straight Leg Stretch
 Double Straight Leg Lower Lift
 Criss Cross
Rolling Flip Flop
Open Leg Rocker (Boat)
Corkscrew
Standing Saw
Swan Dive (laying prone, feet above the surface)
Rolling Flip Flop
Beats on Back
Frog
Leg Circles
Spine Twist
Standing Kick Series
 Front & Back
 Up & Down
 Passe'
 Circles
 Bicycle
 Repeat on other leg
Teaser I
Teaser II
Can-Can
Flutter Kick on Belly
Mermaid Stretch next to the wall
Endings:
 Bicep curls
 Tricep push downs
 Zip Up
 Boxing
 Chest Expansion
 Sparklers
 Wall Series
 Alternating Arms
 Wall Slides
 One Leg Slide