

CALA

Canadian Aquafitness Leaders Alliance Inc
Handout



Use Of Music

Learning to work comfortably with music takes practice. It is worth the time and effort. Movements that fit well with enjoyable music will add to the holistic quality of the class; “the mind will discover, the body will move and the spirit will soar”.

Music Tips

Use the underlying beat (the sound you automatically tap your feet to when listening to music) to structure the movements. The first movement in an exercise or pattern starts on the first beat of each phrase.

Professionally made

music, appropriate for aquafitness classes is structured in groups of 32 beats and fits into the range of 118 to 128 beats per minute (bpm).

It is difficult to change directions quickly in the water. Give adequate warning (a half tempo, four beat countdown) before changing feet, arms, direction, rhythm or sides (right side to left side), on the phrase.

If you get off the beat, pause, focus on giving verbal and non-verbal cues and take the attention away from being off the beat. Look for a participant who moves well to music and take your cue from them to find the right beat and get back on track.

Tempo Tips

Use music with an appropriate tempo to ensure participants are performing movements in a controlled manner.

Choose music with a consistent tempo.

Select music with a tempo that enables effective and efficient execution of each exercise.

Use music with a tempo that is compatible with the requirements of each part of the class.

Often the tempo used for the warm up, cardiovascular endurance and muscular conditioning portions of the class is similar. Remember that exercise intensity can be varied by manipulating tempo.

Practice and develop the skills to use tempo in a variety of ways. The ability to work on tempo, 1/2 tempo and 2x tempo is important. It provides the key to accommodating various levels of fitness in one class, adjusting movement speed to suit the class phase and offering a variety of 'joint ranges of motion'.

It is often more convenient to prepare and plan an aquafitness class on dry land rather than in the water. Remember that aquatic movements will be slower because of the resistance of the water. The ability to change

direction quickly (agility) is lost due to both the resistance and turbulence of water. So go ahead and design on land, but always practice in water before implementing your new ideas.